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# Vegan: 100 Delicious Recipes For The Beginner Vegan: Lean Meals, And Diet Plans



## Synopsis

Do you have trouble maintaining weight? Are you tired of the frustration that comes from maintaining a poor diet and the diseases they can cause? When you download *Vegan 100* delicious recipes for the beginner vegan, you will learn the benefits and changing to a plant base raw food diet, your weight can improve steadily each day! You will discover everything you need to know about changing your diet. Would you like to know more about: Lean raw foods? Delicious meal plans? What being a vegan is? Learn about protein and how you can get them from plants. Answering the QUESTION, where you get your protein from? This book breaks veganism down into easy to understand story it starts from the very definition of the word vegan into diet and meal plans great results even as a beginner.

## Book Information

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## Customer Reviews

This is an excellent book, very well written. It tells you the basic stuff about veganism and then dives straight into the recipes - all containing tables with macros and detailed instructions. It not only provides delicious recipes of vegan food, but also provides detailed information about Vegan Diet. Great amount of information, easy read and great format!

This book has 100 Vegan recipes! This is awesome. Imagine, anyone who is making a transition from his old lifestyle to becoming a Vegan will be greatly help by the ideas he will find in this book. Running out of what meal to prepare will no longer be an issue. And the good think is that each recipe comes with a very attractive picture. The discussions made here are also relevant and will enlighten anyone new in this lifestyle. I personally appreciate the ones about "Learn about protein

and how you can get them from plants" and also the one on "Answering the QUESTION, where you get your protein from?" This is a practical purchase.

Being a vegan is definitely more of a lifestyle choice and a philosophy than a diet because a plant-based vegan diet can reduce the risk of mortality from conditions like Type 2 diabetes, Cardiovascular and Ischemic heart disease and Hypertension. Maranda Krall with this engrossing book explains us the vegan lifestyle, the differences between vegans and vegetarians and how to transition into veganism. I truly enjoyed the numerous delectable recipes about breakfast, lunch, dinner, smoothies and desserts and I found the Banana Oatmeal Cookies, Pumpkin Chili and Vegan Pizza recipes really tasty. I greatly recommend it.

Its hard to find vegan dishes that are not majorly green leaves. I mean I am sick of searching all over the internet for recipes that have ingredients that can actually be found easily and cheaply in my area and are easy to throw together. For this reason going vegan is not that easy in my case. This book helped my alteration in life tremendously. Mainly since this is not simply a book compiled of some recipes. This book is made to persuade and urge people to be vegan. No doubt, becoming vegan after years of being otherwise is challenging. In this book, its comprehensive in that way, the writer helps us along the way...like explaining the benefits and clearing misconceptions about being vegan, and how to smoothly and practically change to vegan...PS: chocolate hazelnut, coconut bacon, and one or two other recipe photo doesn't show.

You will fall in love with this book when you open it.....I'm very new at vegan and this is my first book I have read on Vegan and I think I'm done with my vegan study.I have learnt about vegan what I need to know about it.This book has 100 delicious recipes for beginners like me and I have learnt the benefits and switch to a raw food diet herbal, weight steadily improving every day.After Browse the contents of this book It helped me appreciate more the victim to eat vegetables is simply not large.I think this book is great because it in fact a discussion about being a novice in the vegetarian diet opened.I identify with all the thoughts and discussions inside.They are easy to make, and quickly look very rich. Vegan diets improve their health, protect against disease and helps to go green. It is a very interesting book, with a look of simple and interesting recipes.Pictures are really awesome.

When some people think of a vegan diet first thing that comes to their mind is deprivation. To those

people this book will come as a total shock. While vegans would go further than vegetarians and avoid much more items, I bet very few people can figure out how much is allowed in a vegan diet. This book brings delicious recipes that I haven't thought of before. Who would think there are so many chocolate - smoothies, brownies, cakes - included in a vegan diet? Furthermore, the book is richly illustrated with many of the dishes of these recipes. I enjoyed it a lot and recommend to anyone - as you don't need to be a vegan to try these recipes!

If you have any interest in veganism or are considering becoming a vegan, I would recommend that you pick up this book. It provides a great introduction into veganism and what becoming a vegan entails. Now for the recipes, whether your a newbie or a vegan veteran I would recommend that you pick this book up for the recipes. Every meal of the day is covered and you'll surely find something that appeals to you. The instructions are straightforward and the ingredients are readily available (sometimes cookbook are filled with hard to find ingredients). As such, the author has created a gem that will enhance any cookbook collection.

This is a magnificent book for Vegans or anybody attempting to traverse. My mother is a veggie lover so I purchased this book since I am the person who does the cooking. I sensed that I have cooked all that I know of so I required a more current formulas to make diverse suppers. Being a Vegan can be excessively constraining on the off-chance that one doesn't have an assortment of what to cook. I thought just mother would appreciate, turns out we as a whole love veggies. This book separates veganism into straightforward story it begins from the very meaning of the word veggie lover into eating routine and dinner arranges incredible results - even as a beginner! Vegan 100 flavorful formulas for the novice vegetarian, you will take in the advantages and changing to a plant base crude nourishment diet , your weight can enhance relentlessly every day! You will find all that you have to think about changing your diet. Overall its a dazzling book.

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