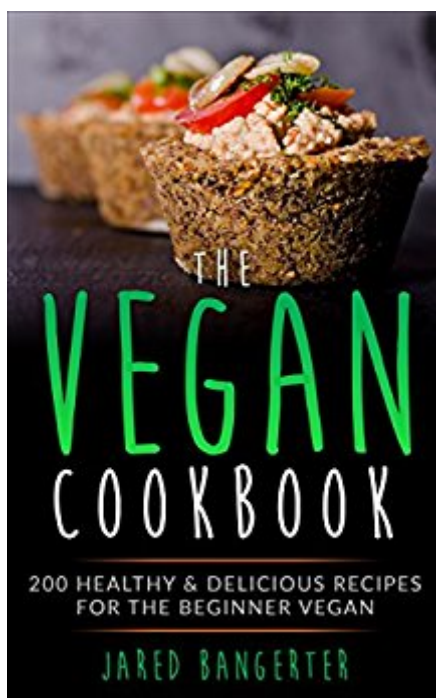


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# Vegan Cookbook: 200 Healthy & Delicious Recipes For The Beginner Vegan



## Synopsis

Are you considering changing to a vegan diet? Are you also thinking about losing weight? Would you like to try something that is innovative and completely different? Now you can enjoy a vegan diet and lifestyle and also lose weight at the same time, with this amazing book, crammed with more than 200 delicious and nutritious recipes which are all suitable for a vegan lifestyle. Inside these pages, you will learn not only how to prepare the sublime recipes, but also:

- Learn about the science of veganism
- How to burn fat and lose weight
- The best ways to adjust seamlessly to a vegan diet
- Recipes for any mealtime
- Real-life testimonials
- And more

If you have ever considered adopting a vegan lifestyle, then there's no better time than right now! Written by a former NASM certified personal trainer and containing exact numbers of calories, protein, fats and carbs with each recipe, you will see exactly what is going into your body and be able to use the built-in diet plan, which is also included, to best effect. Complete with an easy-to-use index, this is not just another cookbook to add to your collection, but the start of a whole new way of life.

## Book Information

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## Customer Reviews

I would recommend this book to anyone, easy to follow recipes, as well as, amazing recipes. The author did a wonderful job putting this together. I know you would enjoy it as much as I am enjoying it.

I'm still getting acquainted with this wonderful guide to vegan cooking ! A new way of feeding ourselves on each page. It's a delicious trip to a healthier life ! Loved the presentation of the book - easy to find what one is looking for and the author's comments about each recipe.

Awesome book it is perfect for the beginner v or veteran vegan. Most recipes are simple and attainable.

If you are looking to transform your diet or take it to the next level, then this book is for you! New to Veganism? So am I, and this book has helped me to better understand the many benefits of living a vegan lifestyle and how to take my diet to new heights. As a veterinary receptionist for a four doctor practice, its important that I maintain a high level of energy throughout the workday. That's were these healthy, quick, and easy to make recipes have been an absolute lifesaver for me. This book provides you with so many delicious recipes with quick prep times which, has made meal prep for the work week, more enjoyable and ultimately more gratifying. So far, some of my favorites are: the Blueberry Pecan Granola, Mango-nut Smoothie Bowl, Cookie Dough Energy Balls, Ginger Stir Fry, Tomato Soup, Avocado and Tomato Sandwhich, the Vegan Pizza, Potato and Zucchini Bake, and the Lasagna Rolls with the Parmesan and Pesto Breadsticks. Aside from these mouth-watering recipes, the author also provides you with informative health studies on how living a vegan lifestyle can lower your risk of obtaining life threatening diseases and a guaranteed way to lose weight, if you so desire. What an added bonus! Don't miss out on trying these delicious recipes! Purchase this book, and start living a healthier lifestyle! You won't regret it!

This cookbook goes above and beyond in making adopting a vegan lifestyle simple and understandable. It's perfect both for the novice or experienced vegan, and anyone in-between. It's very informative and detailed, giving nutrition information for each recipe, and even explains how to lose weight on a vegan diet. There are lots of testimonials from people stating what benefits they have experienced from having a vegan diet. This book was very well thought out, planned and written superbly. I highly recommend it to everyone who is curious about adopting a vegan lifestyle.

This book is written in a well, thought out and concise manner that makes it a joy to read. The fact that Jared breaks down the science of veganism makes it easy to understand for the omnivore, but also for the vegan who wants to expand their knowledge on the subject. Not only are the recipes delicious and flavorful, but they are good for you as well. This book is an excellent tool for anyone wanting to learn how to eliminate cruelty from their plate and also to help improve the environment now and for future generations to come.

A really well put together book to help anyone transitioning into veganism, a beginner vegan or even an advanced vegan! You can tell this was a labor of love and am thankful to have this as an amazing source for tips, testimonials and TONS of vegan plant-based recipes. They all look delicious and many are basic omni recipes just turned vegan that anyone and everyone can enjoy to reach their healthier lifestyle goals. Thank you Jared! :)

I love the simplicity of this! The recipes don't require crazy amounts of ingredients. The book is well organised and provides clear, concise information. This would be perfect for competent cooks and also beginners... Basically everyone that has an interest in Vegan cuisine. I've made a few of the meals already and it is my 'go to' book when I want to try something new. Grab yourself a copy and get cooking!

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