



# **Vegan Cookbook for Beginners: Insanely Delicious and Nutritious Vegan Recipes to Help You Achieve Your Health and Weight Loss Goals Fast (Vegan, Vegan Recipes, Alkaline Book ) (Volume 1)**

*Karen Greenvang*

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## **Vegan Cooking for Beginners- Create a Healthier, Stronger and More Balanced Version of Yourself and Enjoy the Process!**

**Getting to the health and vitality of your dreams can be so easy and enjoyable- you just need to follow a really simple rule to living a healthy and balanced vegan lifestyle...**

It is simply not possible to create any form of healthy lifestyle if you don't have recipes that are not only delicious and quick-to-make, but that also don't leave you feeling like you're 'on a diet'....

First of all...**It's not about going on a diet.** It's about creating a healthy, vegan lifestyle- good for You and for the planet.

**It's about fueling your body and mind with healthy and nutritious meals that you ENJOY. It's about stimulating your imagination...**

*Once you have a collection of quick, delicious and nutrient-dense vegan recipes this will allow you to move effortlessly towards your biggest health goals. Guilt-free. Cruelty-free. Full of vibrant health, energy. With a sexy body and a focused mind...*

## **Here's What You Are Just About to Discover:**

- Chapter 1 – Motivational Intro- Dangers of Consuming Animal By-Products
- Chapter 2 – Insanely Good and Healthy Vegan Recipes:
- Nutritious and Delicious Breakfast Recipes (options for busy people included)
- Easy to Prepare Lunch Recipes- Taste and Health Combined
- International Dinner Recipes for Infinite Pleasure!
- Awesome, Vegan Friendly Treats and Snacks- Indulge in Them!

**This simple recipe book is just perfect for beginners! It takes all of the hard work and frustration out of meal prep and gives your body all of the tools and nourishment it needs to thrive!**

And you'll still get to ENJOY your food and have awesome treats, your favorite meals in their vegan version and fun meals with friends and family. The sheer abundance of nourishment from eating vegan will give you more than enough motivation to carry on...

**What are you waiting for?** Give yourself the nutrients you deserve so that you can create a sexy, healthy, fit body while keeping it cruelty free and safe for the environment- in alignment with your vegan lifestyle!

**Would You Like To Know More?**

Order now and start making delicious, vegan recipes today!

**Scroll to the top of the page and select the "buy" button to get started now!**

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**Steven Slaughter:**

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**Brian Nelson:**

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