



## The Basics of a Healthy Vegan Lifestyle: How to Live Meat-Free and Dairy-Free (Paperback)

By Lewis Haas

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Simple Guide for the Vegan Beginner Learn how veganism can transform your life TODAY! Whether you re a vegan newbie, on-the-fence vegetarian, or simply curious about veganism, this book clarifies the brilliant simplicity and incredible benefits of a plant-based diet. The Basics of a Healthy Vegan Lifestyle shares the advantages of removing meat and dairy while still maintaining a healthy lifestyle. The Basics of Healthy Vegan Lifestyle discusses issues such as: What makes veganism the best, most cost-effective lifestyleThe scientific proof of why veganism is the better optionHow to stay adequately nourished and healthy with veganismVegan nutrition myths debunked Best sources of nutrients such as protein, vitamin D, iron and vitamin B12Secrets of the vegan athletes for eating out and travelingVarious delicious, nutrient-rich, plant-based recipesAnd so much more!What Are You Waiting For? Give Veganism a Shot! Scroll Up and Click the Buy Button to Learn More TODAY!.



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