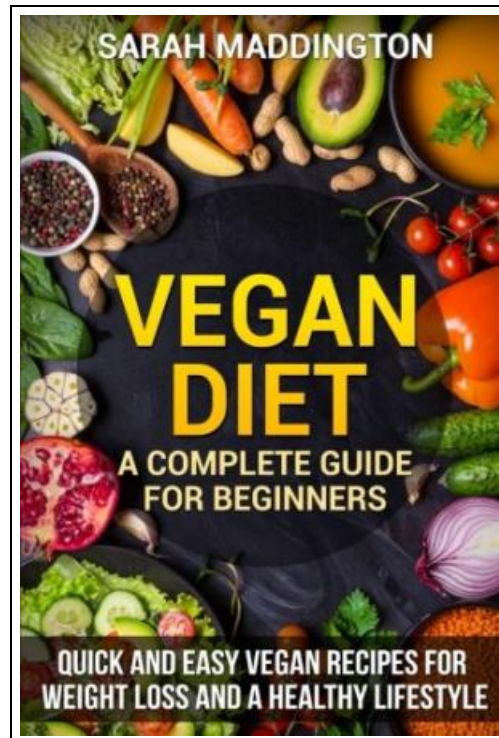


Vegan Diet: A Complete Guide for Beginners: Quick and Easy Vegan Recipes for Weight Loss and a Healthy Lifestyle (Paperback)



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Reviews



Without doubt, this is actually the best job by any publisher. It is written in basic phrases instead of difficult to understand. You will like the way the author publishes this publication.
(Dr. Marvin Deckow)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Our society has seen a lot of change in recent years. The way we do business, science and technology, communication, travel and so on. But there s one thing hasn t seen much change in the last few decades, our diet. With all the junk going around, fast food, doctors giving mixed advice, how do we know what s actually good for us? There are many different types of diets going around, from the prehistoric paleo diet, to a more modern ketogenic diet, and of course the typical vegetarian diet. One diet, the vegan diet, has slowly gained popularity over the years, equating to nearly 1 in the USA alone. This may not seem like much, but given our animalistic nature to want to eat meat, it might seem quite absurd to many that people wouldn t want to eat meat at all, let alone any animal bi-products such as milk, cheese, eggs and even arguably honey. The vegan diet or veganism is a diet which does not consist of any meat or animal products, including dairy products. Alternatively, one way of looking at veganism is a diet that excludes any exploitation of any animals. Although honey is a contentious topic in the vegan community, some vegans choose to eat honey due to the health benefits. However, for the sake of diversity, recipes in this book will include honey. Though it s not necessary to use honey within the recipes.

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