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# Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series)



## Synopsis

Try out the science-backed vegan diet to burn fat, lose weight fast and enjoy delicious, healthy meals. Well Fed Vegan The #1 Best-Selling Book in Health & Healing Category • The best Vegan Cookbook you can buy! • Christine Gonzalez, Health Blogger, Nutritionist, Wellness Coach

**Why Vegan?** Lose weight without calorie restriction Get more than 5-a-Day fresh fruits and vegetables/b> Lower the risk of death from heart disease & cancer Improve your fitness level Boost your immune system and energy level Stay young and live longer These quick and easy vegan recipes are perfect for when you're hungry and in a hurry. Trying to Eat Vegan and Feeling Overwhelmed? These are simple, easy Vegan meals. Easy enough for busy weeknights, but filled with enough flavor for the relaxing weekends! Flavourful Stress-Free Meals Plant-Based Healthy No-Fuss Cooking Great For a Newbie Easy Cook, Easier Clean Lots of Variety Perfect for Anyone Picky Children Approved

**Some Vegan Recipes Included In This Cookbook:** Fresh Mango and Avocado Salsa 10 Falafels Pizza Garlic Soup Loaded Veggies Soup Stuffed Acorn Squash Chickpeas Curry Baked Spinach Lasagna Sweet Potato and Quinoa Cranberry Brussels Sprouts

**You And Your Family Deserve To Eat Delicious And Healthy Vegan Meals Every Night Of The Week** Get started with unique and delicious vegan recipes. Whether you are into yoga and healthy living, or you just want to feed your family, you will love these vegan recipes. Scroll up and click the BUY NOW button at the top of this page! \* Free Gift is included

## Book Information

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## Customer Reviews

My daughter and her husband are vegans. These days they come to us as guests and we want to surprise them with a vegan lunch. For this reason I took this book. My wife has prepared something out of this book and I'm really impressed! I did not believe that vegan diets is such a delicious. I can not wait to see my daughter and share this experience with her. And this book is for every recommendation! The recipes are delicious and easy to prepare. And above all, all this is very healthy.

Amazing book, that teaches me new things, Like the Crockpot Sweet Potato Lentils and Teriyaki Tofu with Kales and Rice, and It was very tasty and I can wait to try them all. Compare this book with the last one I've read, This one is more informative, detailed and easy to understand the book. Unlike the last one

The book has information on how vegan diet works to help you lose weight and stay this way. As for me the given recipes come with nutritional information as well, aside from being healthy and delicious, these recipes are also easy to make so you don't have to worry about keeping up and maintaining your diet.

I am not a vegetarian but I know that the best diet to be healthy and fit is the vegan diet. This book has 25 vegan recipes which are not ordinary ones. The recipes are delicious and easy to prepare. The ingredients are simple and easy to find even from the kitchen. I definitely like all the recipes and recommend it to all.

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