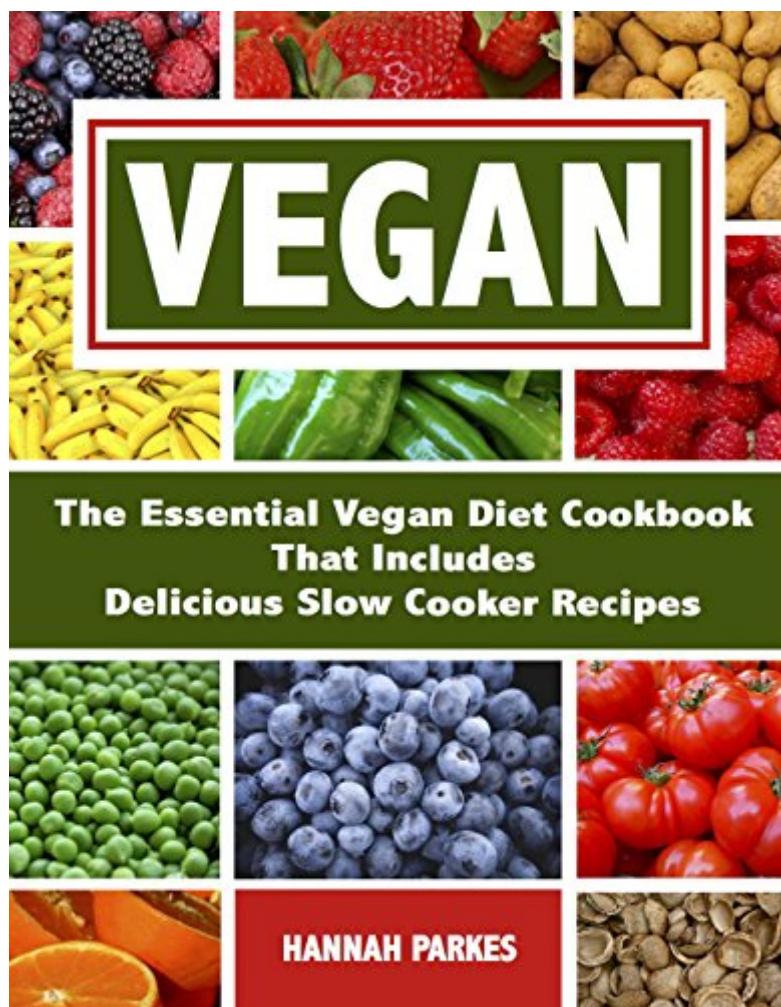




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Vegan: The Essential Vegan Diet Cookbook That Includes Delicious Slow Cooker Recipes (Dairy Free - How To Live Better By Eating Healthy Everyday 365 Days A Year)





Synopsis

This vegan book will provide all the information you need to become vegan today. The book includes all the information regarding the benefits of a vegan diet, nutritional information and delicious recipes. With this book, you can begin your vegan journey knowing you will have a healthy, nutritious and delicious diet that causes harm to no animals.~ ~ This book will teach you:~ ~ 1) What a vegan diet is~ ~ 2) Why so many people, from celebrities to athletes choose a vegan diet~ ~ 3) Why being a vegan is good for you~ ~ 4) Why being a vegan is good for animals~ ~ 5) Why being a vegan is good for the planet~ ~ 6) How to eat a healthy vegan diet with all the nutritional benefits your body requires~ ~ 7) How to cook vegan food in a slow cooker~ ~ 8) What supplements you might need~ ~ 9) Vegan store cupboard essentials~ ~ 10) Foods to replace dairy items~ ~ 11) A guide to equipment required~ ~ 12) A guide to eating out~ ~ 13) How to replace meat and dairy with healthy and simple alternatives~ ~ 14) Plenty of simple recipes to create healthy tasty food quickly and easily from breakfast to beverages~ ~ 15) Several slow cooker recipes so you can load up the slow cooker and get on with your day~ ~ 16) Plus lots more~ ~ So start reading this book and make a journey to a healthier and happier you in the knowledge that no animals will be harmed on your behalf and the planet will be better off, too.~ ~ Join the millions of people worldwide who enjoy the ethical, environmental and health benefits of a plant-based vegan diet.~ ~

Book Information

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Customer Reviews

Bare bones cookbook. Yet to make some of the recipes. No pictures, so no eye catching photos to get you cooking.

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