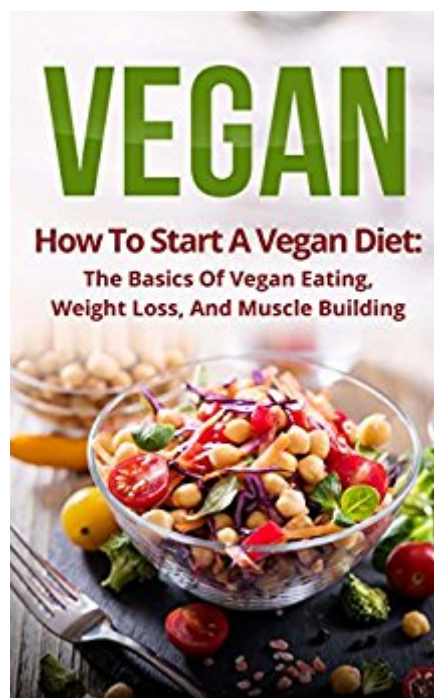




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# **Vegan: How To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building (Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes)**



## Synopsis

LIMITED-TIME BONUS INCLUDED: 4 FREE VEGAN EBOOKS Revealing Exactly How To Get In Shape As A Vegan! Use These Highly Effective Vegan Health And Diet Secrets To Immediately See A Positive Change In Your Body! Are you feeling overwhelmed, unhealthy, and unhappy? Do you feel as though getting fit and healthy is impossible? Have you found it hard to find easy to understand help online from other like-minded vegans? Would your life be better if you felt healthier and more in shape? You may be under the impression that if you go vegan you will be nutrient deficient, weak, and unhealthy. However, you couldn't be more wrong. What you need are the basics to get you going. A vegan diet can be one of the most rewarding diets out there if you do it correctly. I know what it's like to eat vegan and see no results in my weight or muscle. I would drag myself into the gym every single day and give it my all but I still saw no results. At one point I gave up, I figured being vegan meant I couldn't get the right amount of protein to build muscle or I would be too weak to lose weight. However that all changed when I fixed my nutrition. Most amazing bodies are built through proper nutrition, not by working out three hours a day. A vegan diet is special, however. We need to be creative with how we get our protein and other nutrients which are exactly what this book will show you. Through following and applying the recipes and techniques found in this book I guarantee you will start to see a positive change in your body. That is because these recipes are packed with protein and provide more than enough nutrients to keep you healthy. These fundamentals of a healthy vegan diet have not only worked for me, but for thousands of others who have tried them and have seen permanent success. So find yourself some time and learn the basics of being a healthy vegan, and to do just that, you need this book. Here's a preview of what you'll learn:

- What Is A Vegan Diet? Why You Should Go Vegan
- Food To Eat And Avoid
- How To Lose Weight As A Vegan
- What To Do If You Are Having Trouble Losing Weight
- How To Build Muscle As A Vegan
- Animal Vs. Plant Protein
- 10 Protein Packed Vegan Recipes
- And Much, Much More!

Click the BUY button and begin reading *How To Start A Vegan Diet Today!* Download "How To Start A Vegan Diet" right now..... and get 4 FREE BONUS VEGAN EBOOKS On Exactly How To Get In Shape As A Vegan!

## Book Information

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## Customer Reviews

This book started with a brief explanations of what a vegan diet is composed of, and the different types of vegan diet to understand its concept. And the varied recipes which sounds really healthy and delicious. Good for losing weight. Couldn't wait to try some of the recipes myself!

Started with the overview of vegan diet and reason why one should go vegan, this book does a good job in letting readers aware exactly what they are looking for. This book helps you not only loosing weight as a vegan but also takes you through other related stuff. Recommended read.

Well written guide on how and why to be a vegan. It was long enough to thoroughly cover the topic without having a lot of fluff, or unnecessary rambling. I would recommend this to anyone considering become vegan or really anyone just curious about the lifestyle.

What a great book!, I love how this book explains how to become a vegan , lose weight and it even has vegan recipes. I will definitely be reading this book over and over again.

I liked the book as it begins with the detailed exlanation on vegan diet and basics so I understand the concept easily. This book helped me a lot to follow the vegan diet as well as provides good guidelines. Recommed for those who want to start the vegan diet.

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