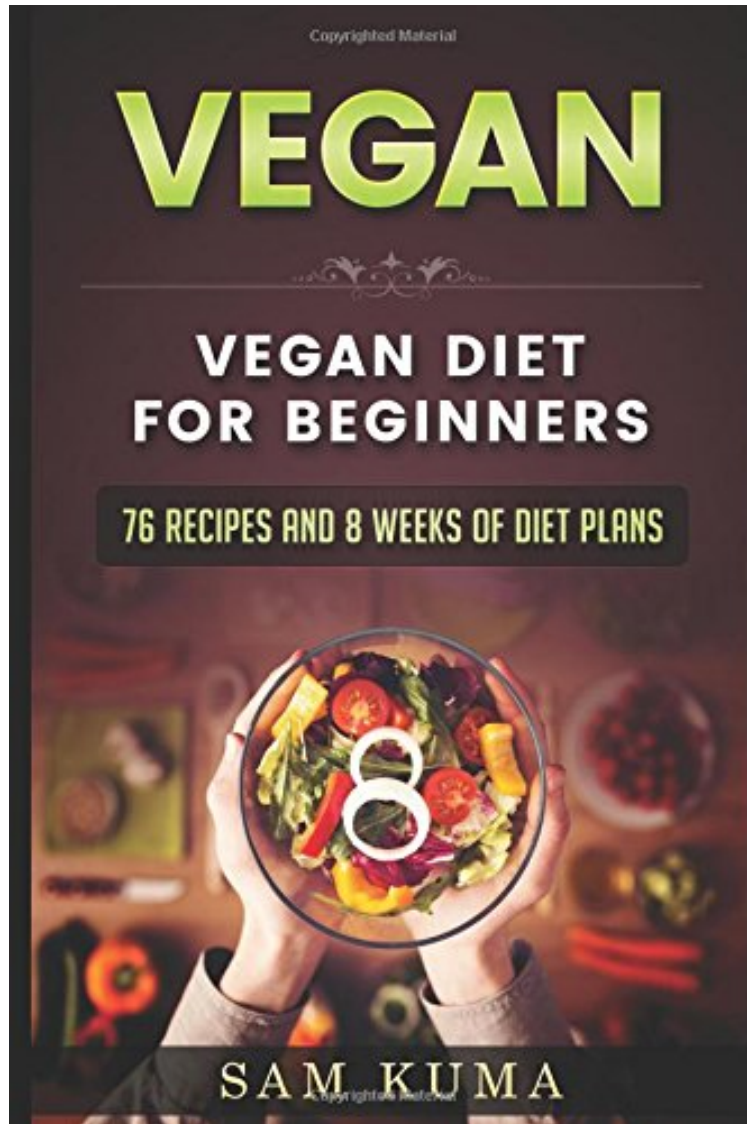


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Vegan: Vegan diet for beginners: 76 Recipes and 8 Weeks of Diet Plans (A Vegan Recipe Cookbook of Dairy Free Recipes)

Sam Kuma

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1 of 1 people found the following review helpful. LOVEEEEEBy JamieI'm a vegan and I'm constantly looking for new recipes to spice up my life lol. I've looked over the authors, Sam Kuma, other books so I didn't hesitate to check this one out. This has 75 recipes that include breakfast, lunch, dinner, snacks, smoothies, soups, salads, and desserts. All easy to make recipes with great vegan healthy ingredients. Some of my favorite recipes are the Tropical Coconut Smoothie, Blueberry delight, Tofu Spinach Quiche, and Tomato Mac n Cheese. Those are just the ones I've tried. This book also comes with an 8week diet plan. Has a day to day list of what to eat for 8weeks. All having the recipes for each item. This book is not just for vegans but also those trying to get healthy, lower cholesterol, or to lose weight. A great way to bounce back and enjoy life again. Amazing recipes with an over all exceptional food quality lol.0 of 0 people found the following review helpful. Excellent book for Vegan diet loversBy AnandVegan Diet For Beginners is an excellent book, which examines all aspects of cooking delicious recipes. The book includes 76 recipes including diet plans of 8 weeks. The author has covered vegan breakfast smoothie, appetizer, salad, soup, side dishes related recipes. The last chapter deals with the main course and it provides a detailed list of all recipes. The author has covered the details of each recipe in a uniform manner with ingredients paired with detailed instructions. The advantage of the book is that you will learn the Vegan recipes of all countries under a single umbrella. The book contains over 2000+ pages of Vegan related diet content. You will find a table on the top of each book. It includes prep time, total minutes and servings. You will find serving related information in all recipes. After that, the author provides a detailed list of ingredients in bulleted format followed by detailed instructions. I would appreciate if the author releases the book in two parts because it is difficult to navigate and read 2000 pages of content in a single stretch. However, I highly recommend the book for all people who love to cook Vegan diet because the book mentions all important recipes in a simple style. The author has examined the steps required to prepare recipes in a style which is easy to read.0 of 0 people found the following review helpful. Good collection to get you started on a Vegan meal plan. By enchantedtreeI have several cookbooks by Sam Kuma, and have been pleased with all of them. My only real complaint is that there are no pictures of the prepared dishes. I'm a very visual person and like photos in my cookbooks. I'm not vegan, but have been vegetarian for almost 30 years, and am always looking for good vegan dishes so I can cut back on dairy. I love that this book is set up with an easy to follow meal plan for 8 weeks. It contains a variety of recipes for breakfast, lunch and dinner. It also has recipes for smoothies, appetizers, soups, salads, side dishes and deserts along with the main entrees. This is a nice cookbook to get you started on a vegan meal plan, plenty of recipes to try out. Ingredient list is pretty basic stuff you can buy at the regular grocery store, not too many unusual items like you often see in vegan cookbooks. Overall, very pleased with this cookbook. Just wish that it had pictures to go along with the recipes.

What can a Vegan diet do for you? Lose weight, lower cholesterol, save the environment; you name it. This is a complete beginners' guide that you will struggle to find on the market. A total of 8 weeks of diet plans focused only on vegan recipes. Are you curious about veganism or the vegan lifestyle? Do you want to start taking care of your body and perhaps the planet as well? Do you want to lead a healthier life? Did you simply want to give the vegan diet a try? But you don't know where to start. You don't know the kind of foods that you can eat. Then this book would be the perfect choice for you. This book will provide you with a diet plan that is perfect for beginners. There are many health benefits of following a vegan diet and its time to reap these benefits. You will lose weight and you will be able to keep it off, you will be eating better and healthier foods, and not just this, but you will also be making a difference in society! You will be doing all this while getting healthier! Isn't that quite rewarding? You might have some concerns regarding how your body will be able to receive all the nutrition that it usually derives from animal products. This book will help you in putting all your concerns to rest. While on a vegan diet, you will be getting sufficient amounts of good fats from cold-pressed oils, nuts, and even seeds. While doing this, you will be getting rid of all unhealthy processed foods that you were used to eating. You can think of the vegan diet as a reset button that will help you in improving your overall health, relationship with food and also your habits. This book will teach you everything that you need to know to get started. The recipes given in this book will help you whip up delicious and healthy vegan food that is not just good for your health but will make you feel better about yourself. By planning out your meals well in advance, you will be able to stick to your diet and won't fall back into your old unhealthy eating habits. Making a few healthy changes definitely has many advantages. So, all that you need to do is get started with reading this book and following the advice given in it! If currently you are unhealthy, overweight, or just in the mood for something new, In this book, we have: Vegan Breakfast Recipes Vegan Smoothie Recipes Vegan Appetizer Recipes Vegan Soup Recipes Vegan Dessert Recipes Vegan Salad Recipes Vegan Main Course Recipes (for Lunch and Dinner) Are you excited? Scroll up and download today!