



## 50 Vegan Recipes: Your Vegan Cookbook for Plant Based Eating and Healthy Living (Paperback)

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By Charity Wilson

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Vegetable lovers this is for you! 50 Vegan Recipes To Satisfy Any Veggie Lover Love vegetables? Hate meat? Then this book is for you. Maybe you don't hate meat as in the flavor but have made a conscious choice to not consume meat due to your stance on the treatment of animals. Whatever the reason a vegan diet is one of the healthiest diets available. Live in a Vegan Local if you are just about to embark on a vegan lifestyle or maybe have decided to be vegan by day and carnivore by night, you need vegan diet recipes. Having a wide variety of delicious meals at your fingertips means you will stick with your lifestyle. Living a vegan lifestyle is one where you abstain from eating anything that contains animal meat or animal by-products. You will not find eggs, dairy or any products that are processed using animal by-products. Does that mean you are stuck eating buckets of broccoli and kale? No way! There are a million ways to eat the plethora of vegetables you have access to. Plus...



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