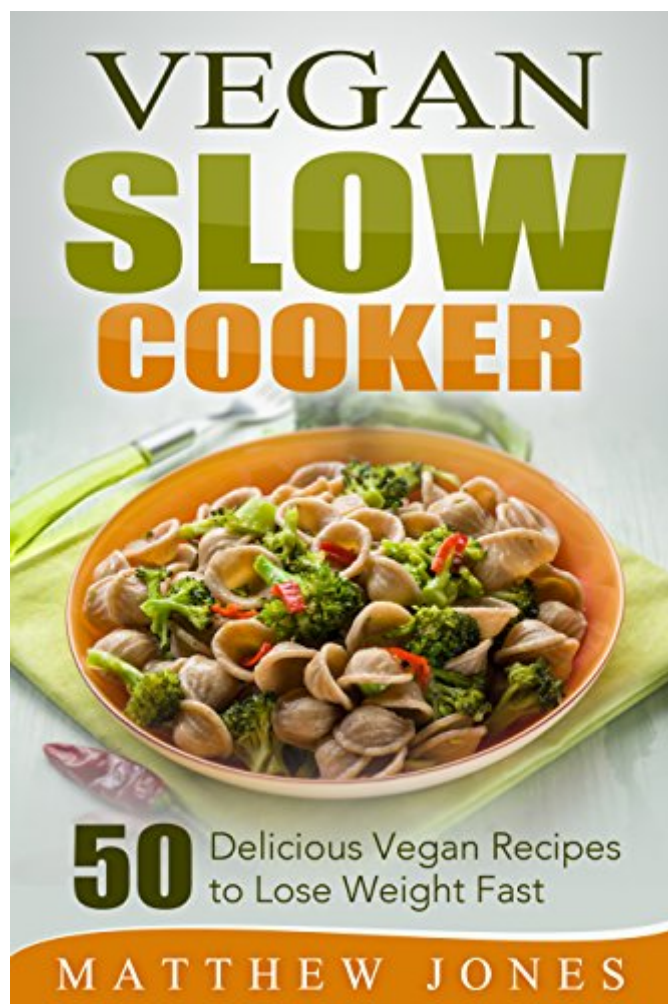


The book was found

Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes)





Synopsis

Achieve your Weight Lost Goals with these Vegan Recipes!!* * * FREE BONUS INCLUDED at End of Book!!!* * *Have YOU EVER wondered HOW REAL Vegan Foods TASTED Like? Well you will FINALLY find out when you BUY this Book!!There is a high chance that you've already tried a ton of different diet plans and weight loss strategies that simply didn't lead to the desired weight loss effect or you just lost the weight only to gain it all back. Chances are you've tried your best, but the techniques simply didn't work. If this is the case, you don't have to worry. This book will give you the much-needed recipes for you to enjoy to make your diet easier to start and continue to gain the numerous health benefits you will achieve while on a vegan diet!You will be happy to know that the vegan diet is quite different from other diets. It has been proven by various scientific sources that the vegan diet is extremely beneficial to your health. However, this is not even the best part. What's great about the vegan diet is that it requires little to no excess work. This doesn't mean that there aren't challenges that arise from the implementation of the vegan diet. As with any other diet or life-changing plan, you will have to face certain restrictions, which may be a bit too much for your willpower. However, this book will provide you the 50 best vegan recipes in order for you to get the most from your new vegan diet and to make it more easy to stick to.Here Is A Preview Of What You'll Gain From This Book:10 Soup Recipes10 Stew Recipes9 Chilli and Chowder Recipes10 Main Course Recipes10 Snack and Dessert RecipesDOWNLOAD YOUR COPY TODAY!

Book Information

File Size: 2079 KB

Print Length: 60 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 1, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00QHHHPCQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #174,102 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Vegetarian #111 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #153 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

I am always looking for good slow cooker recipes. I am not a vegan but my family does not eat meal certain times of the year because of their religion. This book has a great variety of recipes for soups, stews, chowders, chilis, main courses, snacks, and desserts. The bonus is that all these recipes are healthy and keep your calorie count low. These recipes are nutritious and taste good too. There are five chili recipes so my family is happy with that. My husband loves the eggplant steaks with baked garlic.

I'm not a vegan but I do love to eat clean and healthy. However, the problem I've encountered with vegan food is that it usually just tastes bland to me without the juicy meats or my recipes just suck. I've followed some of the recipes in this book and the food was easy to make and tasted great. I even ran the macros in myfitnesspal app and the food actually had healthy macros. This is a great book for vegans with great tasting recipes.

I would highly recommend this vegan slow cooker cookbook. I've had a slow cooker for sometime now but I wasn't using it that much as most of the recipes I've come across were kind of complicated. That's not the case with this book. The recipes I've tried so far are tasty and both guests and hard to please family members have enjoyed them. My personal favourite so far is the Eggplant Steaks with Baked Garlic. Yum! If you're looking for simple Vegan recipes for your slow cooker you can't go wrong with this book. Recommended!

I bought this because it got all good reviews on here, but was disappointed to see that it is a very thin book, and had no recipes I felt I could use. I was looking for inspiring dinner recipes and it had few dinner recipes and the ones it did have were not ones I could use for one reason or another, and not very inspiring, in my opinion. Most vegan cookbooks I have seen use recipes that contain ingredients that I keep on hand on a regular basis, but this one did not. Every time I opened it up to see what I had in the house that I could fix from it, I found nothing that I didn't have to go shopping first in order to prepare. And I keep lots of vegan foods in my pantry at all times. I found I couldn't

even substitute and "make do" with any of them. I ended up donating the book.

It's that time of year again. Time to get back on track after the holiday parties. Why not start the year off vegan. This is a simple and straight-forward no-nonsense cookbook. Exactly what i was looking for. Great delicious vegan recipes without a bunch of fluff. Breakfast. Lunch. Dinner. Snacks. Everything. The only thing that could have been added would have been nutrition facts, thats why i have to give it 4 out of 5 stars. Even so I still recommend this book for every one with a new years resolution to eat healthier.

I like to cook and I love to taste new flavors. In this book there are a lot of recipes for vegetarian people and I am happy for this. It is a well written book and the directions are simply and concise. This book includes a great variety of recipes for soups and this is good because my family loves soups! Also there are a lot of ideas for snacks and deserts which only made in a few minutes. It's cooking time!

I get tired of eating the same old thing every day just to stay healthy. I bought this book to change things up a bit. I have a slow cooker but haven't pulled it out in forever. I forgot how easy it is to use. I put everything in before I leave for work, and it is ready when I got home. The recipes in this book were super easy to make and tasted really good. All around 5 stars.

One of the best Vegan Recipe books I have found! It has all the best recipes and so many varieties of my favorites! I was happy to see that it included a whole section on desserts and my favorite artichoke dip as well. It's hard to find recipes that are easy and still taste good when you can't eat anything you want. It's books like these that make an alternative diet much easier! Recommend!

[Download to continue reading...](#)

Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohytrade, low carb recipes, low carb, low carb ... low carb cooking,

weight loss Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)