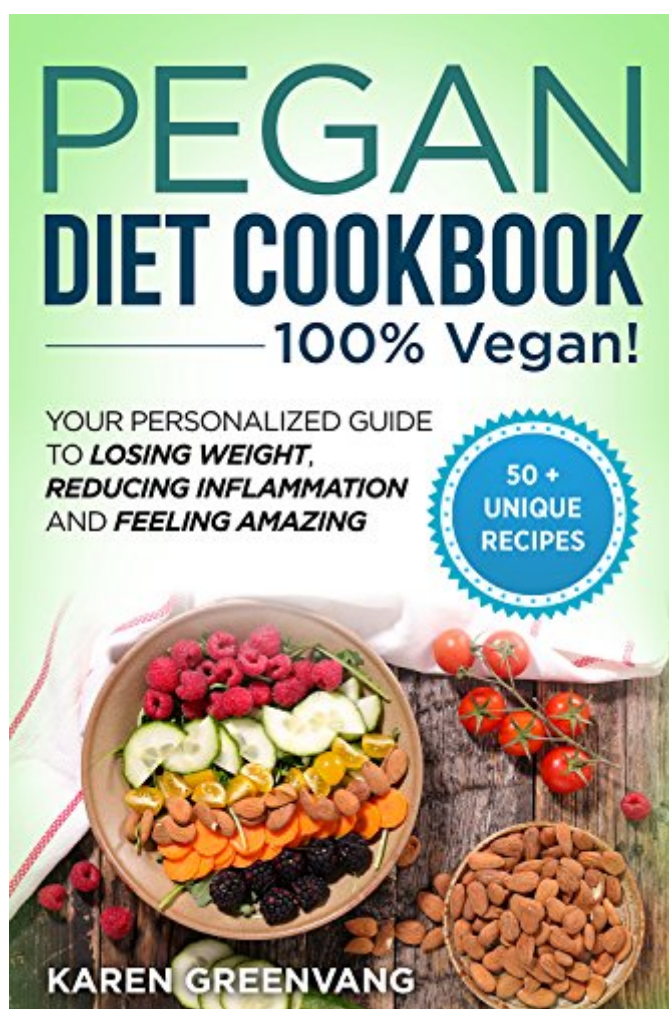


The book was found

Pegan Diet Cookbook: 100% VEGAN: Your Personalized Guide To Losing Weight, Reducing Inflammation, And Feeling Amazing (Plant Based, Vegan, Detox, Alkaline, Gluten Free)



Synopsis

Reduce Inflammation - Lose Weight - Boost Your Energy with the Vegan-Alkaline-Paleo Way! Are you sick of not being able to lose weight or keep it off...or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life...or perhaps it's feeling chronically fatigued, with no energy to live life to the fullest...Or maybe you're just sick and tired of feeling sick and tired...Whatever your goal or challenge, the pegan diet recipes are here to change that for you - right now...Getting to the health and vitality of your dreams can be so easy and enjoyable when you embrace this simple, delicious and nutritious, fully plant-based approach that is naturally gluten-free, grain-free, soy-free, alkaline-forming and fully vegan. The Vegan-Paleo (=Pegan) lifestyle is the result of the combination of the Paleo and Vegan diets. This hybrid diet offers holistic health benefits such as boosting energy levels, reducing inflammation, losing weight in a natural way and feeling amazing! The Body-Mind Benefits of Vegan Paleo Speak for Themselves: -More energy and motivation for workouts -No more digestive issues -No more allergies -Feel younger in your body -Improve your memory With This Guide, You Will Learn Over 50+ Easy Mouth-Watering Recipes including: -Fresh Fruit Skewers with Vegan Coconut Yoghurt Dip -Iceberg Lettuce Wraps -Spinach Wraps with Red Cabbage, Carrot, Grapes, Almonds and Avocado -Pegan Ratatouille with Black Olives and Pine Nuts -Raw Thai Salad with Spiralized Zucchini -Easy Chia Snack -Raw Butternut Curry with Cashew Nuts and Coconut + healing Pegan green smoothies + many more (50+ recipes in total) These recipes are perfect for busy people and are quick and easy to prepare. Most ingredients are easy to find in your local grocery store. You can now forget about calorie counting, eat more and embrace the vegan paleo (=Pegan) approach and become a Paleo gatherer to achieve vibrant health and (if desired) lose weight. It's not about eating less. It's about eating right. With this simple recipe book you can make a healthy Pegan lifestyle easy, delicious, effortless and enjoyable - all the time while you're racing towards the health and body you deserve. The good news? You don't need to be 100% perfect. Just focus on improving your diet with more Pegan recipes! It's absolutely proven beyond all doubt that the Pegan diet works and that it's a wonderful, holistic, natural, wholefoods-based approach to getting to the health you deserve. Try it now, order your copy, and give yourself the vitality and health you have always wanted!

Book Information

File Size: 2684 KB

Print Length: 136 pages

Page Numbers Source ISBN: 1532824254

Simultaneous Device Usage: Unlimited

Publication Date: April 17, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01EESQN8G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #86,507 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #27 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #94 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions

Customer Reviews

I was impressed with everything this book has to offer from the superb advice to the delicious recipes. I have been trying the pegan diet for a while now but I found it hard to stick to because I was running out of recipes. The research done here is impressive. The recipes included on this book are refreshing, with accessible ingredients easy to prepare, and very healthy. This book provides a fantastic starting point for those who want to try the Pegan diet; which can produce benefits like weight loss, lowered cholesterol, and reverse diabetes. This diet book is a MUST TRY!

What I love about Pegan diet is that it is a general concept and not a strict diet plan. It is a plant-based diet and it's not the kind that asks you to starve yourself. I learned a lot from this book by Karen G. It encourages me to love vegetables more. The tips provided on this book is very effective. I was able to maintain my goal weight. The author doesn't beat around the bush in the content. Everything is straight forward. I will definitely share this book with my friends.

This is a very good book to read; it has a lot of useful information on how you can start your vegan lifestyle so that you can reduce weight, avoid inflammation and feel amazing again. Karen did a magnificent job on creating a very well detailed cookbook like this and I commend her for that. It is

really worth spending my money and time on this book.

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

Pegan Diet Cookbook: 100% VEGAN: Your Personalized Guide to Losing Weight, Reducing Inflammation, and Feeling Amazing (Plant Based, Vegan, Detox, Alkaline, Gluten Free) Pegan Diet Cookbook: 100% VEGAN: Your Personalized Guide to Losing Weight, Reducing Inflammation, and Feeling Amazing (Pegan, Plant Based, Gluten Free, Vegan Paleo) (Volume 1) Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Alkaline Diet: 100 Alkaline Recipes For Healthy Dinners To Help Lose Weight (Alkaline, Casserole Recipes, pH, Acid Reflux) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan Raw Food

Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) Pegan Diet Cookbook: Quick and Easy Pegan Recipes Bringing the Best of the Paleo and Vegan Diets Together for Healthy Eating Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies)

[Dmca](#)