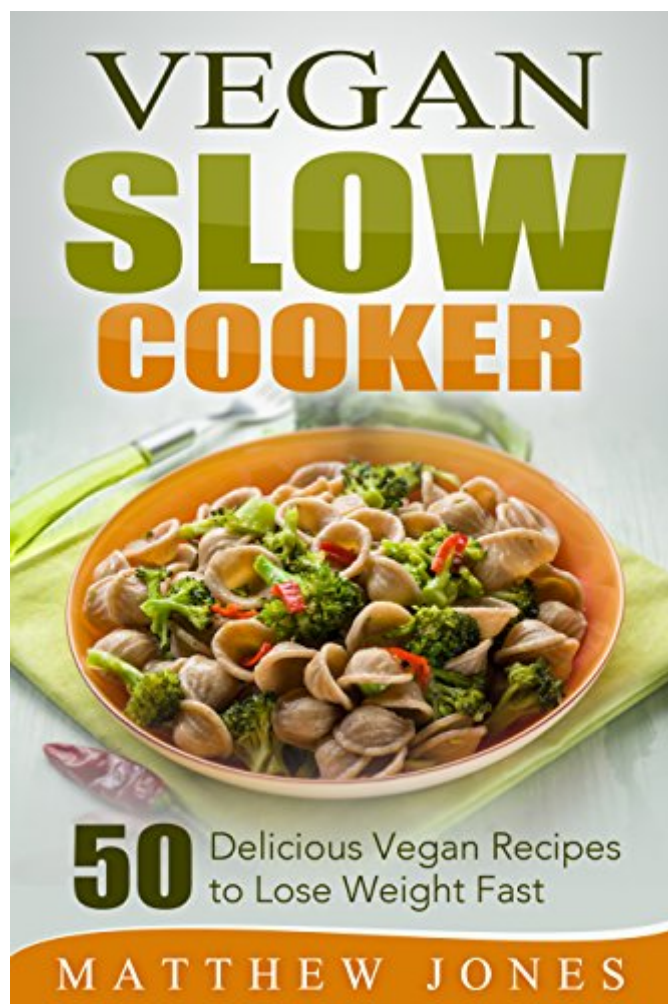


The book was found

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

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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 thing 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!

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