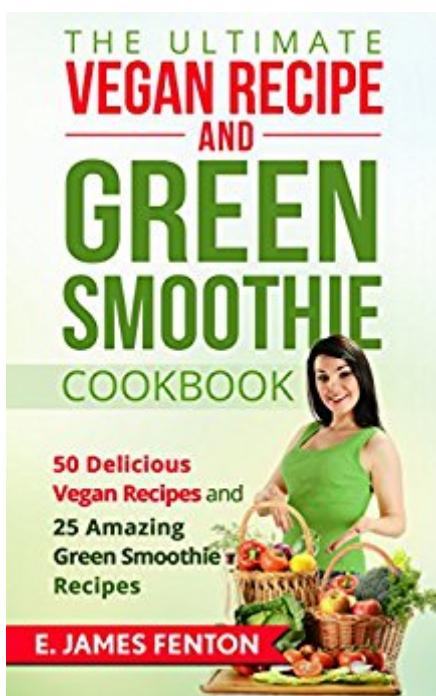


The book was found

The Ultimate Vegan Recipe And Green Smoothie Cookbook - 50 Delicious Vegan Recipes And 25 Amazing Green Smoothie Recipes



Synopsis

Getting Into Shape: Using Healthy Vegan Recipes to Improve Your Lifestyle

Losing weight is hard enough as it is, there are just so many temptations lurking around every corner. Whether itâ™s cheeseburgers or doughnuts, thereâ™s always going to be something that will hold you back from your physical goals - but all of that ends here. With these vegan recipes, youâ™ll be shedding that excess fat and feeling as energetic as possible in no time at all. Your energy levels are going to affect what you put into your body, thatâ™s why people always use the phrase âœyou are what you eatâ•. Itâ™s a proven fact that vegans live a much healthier life, as opposed to somebody who eats a lot of the In order to unlock your true potential, youâ™ve got to get serious about your diet - when you go vegan, thereâ™s no turning back! Itâ™s a commitment that you need to make for your entire life, and this eBook is something that will make the transition an incredibly easy one.

Cooking vegan not only helps you lead a man-made foods weâ™ve come to know and love. much healthier process every single day, but it also saves animals as well. When you cook with this eBooksâ™ vegan recipes, your energy levels will sky rocket back up into the atmosphere.

Whatâ™s Included Within?-This cookbook is jam packed with information, and all of it is going to be useful in one way or another.-There isnâ™t any filler, which is exactly what you would expect from something like this; itâ™s a topic that needs to be efficiently explained in order to work. You donâ™t have to lurk all over the internet and try to find recipes that are going to work day in and day out, just rely on this eBook! Believe it or not, there are some world-class dishes in here (well, they taste world-class, at least!). There are 6 main sections to the eBook, all of which are going to cover a different area of your daily diet. This means that one section will pertain to breakfast, and the others will pertain to lunch and dinner (as well as other areas). You have the ability to stay healthy, youthful and energetic! All it takes are the right recipes! The different sections of this eBook will make sure that youâ™re well equipped to tackle your diet head on, and start living the life that youâ™ve always wanted to live! Youâ™ll have the energy and physicality to do whatever you please, and thatâ™s a fact. The specifics of the segments within this eBook are as follows:- 14 Delicious Vegan Breakfast Recipes - Breakfast is the most important part of the day, so you need to make sure that youâ™re full and ready to tackle your tasks with a smile. These delicious vegan breakfast recipes will fuel you for the tough (and not so tough) days.- 14 Filling Vegan Lunch Recipes - Lunch is where itâ™s time to refuel the tank, and these vegan lunch recipes will have you coming back for more and more.- 14 Healthy Dinner Recipes - Dinner is a special time of the day, as itâ™s usually when you get to finally sit down and relax with a meal. Not only will you be relaxing and enjoying delicious meals, but these recipes will have you eating

healthier than ever before (on a consistent basis, at that).- 8 Delectable Vegan Desserts - Desserts that don't include any animal-related products at all; you can finally figure out how to create organic/vegan ice cream (that actually tastes good!).- 25 Vegan Green Smoothie Recipes - With healthy and organic ingredients (like Kale, Spinach and Cucumber), you'll be taught how to create delicious green smoothies.

Book Information

File Size: 5049 KB

Print Length: 152 pages

Simultaneous Device Usage: Unlimited

Publisher: E. James Fenton (June 28, 2016)

Publication Date: June 28, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01HQ7KU9K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #348,721 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #89 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #187 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #390 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Love these recipes. So many to choose from and easy to make. Very good cook book. Can't wait to try the falafel.

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

Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes Green Smoothie Recipe Book: 500 Delicious

Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet) (healthy food for everyday Book 5) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes Ã¢â€œ Look Good Ã¢â€œ Feel Better Ã¢â€œ Live Strong (Smoothie Bible) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Chicken Pot Pie Recipe : 50 Delicious of Chicken Pot Pie Cookbook (Chicken Pot Pie Recipe, Chicken Pot Pie Recipe Book,Chicken Pot Pie Cookbook) (Karen Gant Recipes Cookbook No.4) 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) 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,) Cheap Vegan: Learn How To Cook Amazing Low-Budget Vegan Recipes That Only Cost A Few \$\$\$ A Day (vegan recipes in 30 minutes) (vegan recipes cookbook Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)