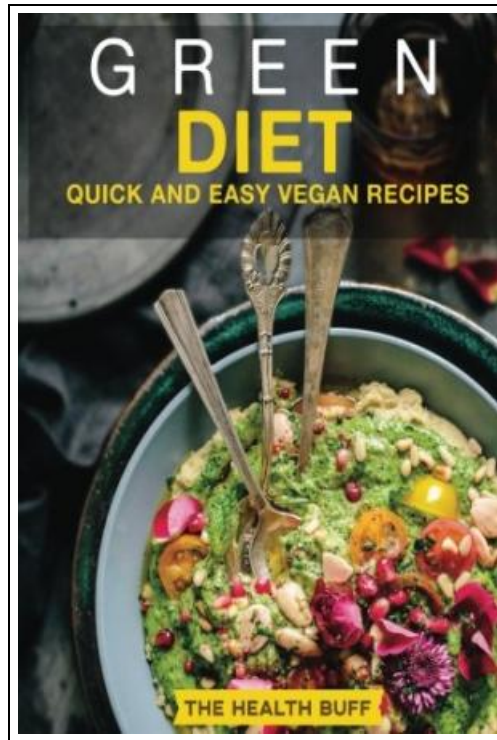


Green Diet: Quick and Easy Vegan Recipes (Paperback)



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GREEN DIET: QUICK AND EASY VEGAN RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Veganism is the practice of abstaining or cutting back on the use of animal products, specifically in diet, and a philosophy that rejects the commodity status of animals. Vegan is the person that follows this kind of lifestyle. Vegan diets are mostly based on grains, legumes, fruits, vegetables, edible mushrooms, and nuts. Meat alternatives are usually based on soybeans (tofu) that are in the form of veggie sausage and burgers. While some people easily go from eating meat to vegan right away, others struggle with their new commitment or choose to go vegetarian first and then slowly trim eggs and dairy. There s no right or wrong way to do it, but you may want to learn about what s worked for other people. Whatever way you want to do it, keep your goals in mind and remember why you are choosing to adopt a vegan diet. The Health Buff is a group of writers that aims to help people on what diet they want to achieve. And this book offers simple and easy vegan recipes that are gathered in different places. Green Diet serve palatable dishes from your early morning breakfast up until your snacks and smoothies that you can enjoy guilt-free!.



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