

## The Vegan Bundle: Easy Steps to a Healthy Diet for Beginners



Filesize: 3.2 MB

### ***Reviews***

*It is one of the best ebooks. It really is filled with knowledge and wisdom I realized this publication from my dad and I advised this publication to understand.*

***(Raina Lockman)***

## THE VEGAN BUNDLE: EASY STEPS TO A HEALTHY DIET FOR BEGINNERS

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 256 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. The Complete Vegan Guide for Beginners - Veganism Boxed Set Get Three Titles for the Price of One - Plus a Bonus Offer Inside! The Basics of a Healthy Vegan Lifestyle: How to Live Meat-Free and Dairy-Free Basic Vegan Recipes: For Breakfast, Lunch, Dinner and Snacks Vegan on a Budget: Making Veganism an Affordable Lifestyle The Basics of a Healthy Vegan Lifestyle: How to Live Meat-Free and Dairy-Free Basic Vegan Recipes: For Breakfast, Lunch, Dinner and Snacks Vegan on a Budget: Making Veganism an Affordable Lifestyle Plus, see details inside for a FREE copy of The 10 Best Vegan Dishes: Quick, Easy and Cheap Recipes The vegan lifestyle is not just another popular diet plan, and the world is beginning to know why. Veganism is helpful for those who wish to live a healthier life, lose weight, reduce the risk of chronic disease and so much more. A diet free of animal products also means living a greener life and changing the world for the better one plate at a time. However, one of the greatest reasons to become vegan is to put an end to the unethical slaughter of animals for human consumption. See the difference a plant-based diet makes in your life! Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, The Vegan Bundle shows you the way. This series of vegan books guides you every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In The Vegan Bundle: Easy Steps to a Healthy Diet for Beginners you will find practical advice for: How to differentiate between vegan, raw vegan, lacto-ovo vegetarian,...



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