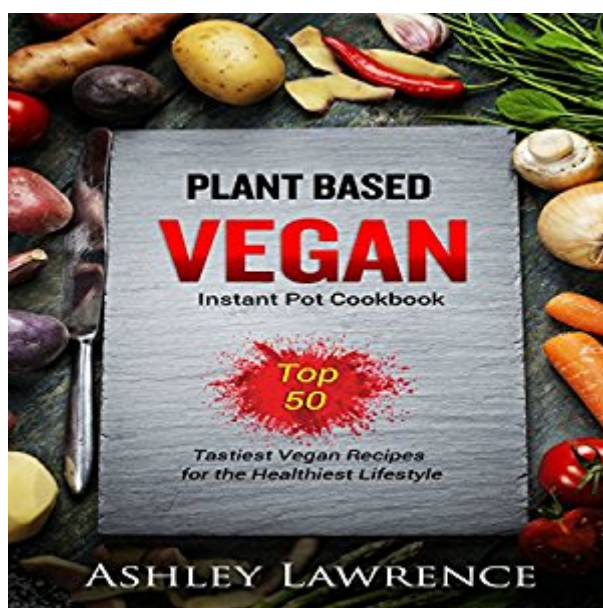


The book was found

Plant Based Vegan Instant Cookbook: Top 50 Tastiest Vegan Recipes For The Healthiest Lifestyle



Synopsis

Going vegan is one of the best life switches that I, and millions of others across the world, have made. Along my journey I have experienced 30+ pounds of weight loss and have developed a much healthier body. There is lots of evidence that vegan diets aid in weight loss more efficiently than non-vegan diets and even vegetarian diets (and yes, in lightning time). Even better, vegan diets have been discussed as a cure to cancer. There of course is no cure for cancer, however eating vegan can drastically reduce the risk of cancer development. A diet high in fruits and vegetables along with vegan protein (i.e. a vegan diet) leads to lower BMI (body mass index). I bring to you some of the most amazing plant-based vegan recipes out there that have helped me accomplish and enjoy a much better lifestyle.

Book Information

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Customer Reviews

I am completely confused as to why this recipe book would call itself an Instant Pot vegan cookbook, as none of the recipes use an instant pot. Sending it back.

Fit perfectly. Very comfortable and stay on your foot!

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