



**The Vegan Diet (Vegan Diet Plan for Health)
(weight loss motivation) Healthy (Easy-to-Make
You Don't Have to Be Vegan to Love) Weight
Maintenance &: Healthy and delicious recipes
(Cookbooks Book 9)**

Ruby Cooper

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There are so many diet programs currently on our planet earth that people normally get confused which one is best for them or which one can live up to their expectations. Once the major hurdle of selecting a diet program is out of the way, then there is a struggle of knowing every little small detail about that program and then is the diet regime. So many things to do in a very small time is a very difficult task. Before I started the vegan diet, I was facing the same dilemma and then I got to know the Veganism and the idea really attracted me. How about taking care of myself by eating healthy and not only there will be peace in my life, also there will be peace in the lives of the animals too. To consume the natural plantation source diet is really ideal and it really attracted me, but there was so much written about it which I really didn't want to know because I had nothing to do with it. So, I decided to assemble a book which would help a normal human like me to find out everything which is helpful in any way possible. The book contains optimum (no-scrap) details about how to follow Veganism, what problems you will face while following it, and the easiest way to tackle it. This book is a must have for anyone who is afraid of taking on something which is very difficult. It is such a good feeling that you are helping yourself, environment, and the animals at the same time while following Veganism. As Ellen DeGeneres said;

"I became vegan because I saw footage of what really goes on in the slaughterhouses and on the dairy farms."

This book contains a series of varied recipes that you can assemble meals for all day. Accompanying recipes include sandwiches, salads, varied lunch, desserts, cakes, ice cream and more.

I hope that you will find this book helpful and you will benefit from it completely. I would like to welcome you in the beautiful world of Veganism where everyone lives in peace and tranquillity.

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