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(Rhoda Durgan PhD)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It is heartening to see that over time more and more people are adopting a vegan lifestyle. There are so many advantages to adopting a plant based only lifestyle than just a trim waistline. However, it is undeniable that there are many obstacles in the way of adopting a vegan lifestyle while losing weight. The primary of which is the fact that you have to alter your entire diet pattern. Most of your favorite foods might end up off the list. That s why this cookbook will provide you quick and easy high protein and low carb recipes that are available so that you don t have any undue hassle because of your vegan lifestyle. Here s a quick peak of the delicious vegetarian recipes inside:Tapioca Porridge Spicy Chickpeas Banana Wrap Indian Vegetable Curry Tofu Triangles Pita Pockets Butternut Squash Linguine Faux Mac n Cheese Sesame Truffles Strawberry quot;Cheesequot; Cake Two Mushroom Tapenade and Much more! Get these 67 vegetarian with high protein and low carb recipes and continue to stay vegan!.



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