



The Plant-Based Diet Cookbook

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Plant-Based Diet Recipe Book PDF For Beginners

This Plant-Based Diet Recipe Book PDF for beginners features over 100 amazing vegan recipes. From breakfast, lunch, dinner to dessert, this vegan recipe book has it all! Inside the Plant-Based Diet Recipe Book PDF, you will find easy-to-follow instructions that allow you to prepare each one of the recipes with ease.



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You will be able to enjoy delicious high protein food without paying a hefty price for unhealthy ingredients. The Plant-Based Diet Recipe Book PDF for beginners is for anyone serious about thriving on a vegan diet for life, with delicious dishes that will leave you satisfied and energetic.

The recipes that you will find in the Plant-Based Diet Recipe Book PDF are universally loved, so it doesn't matter if you're an elite athlete, a beginner, or a stay-at-home mom, there are recipes for everyone to enjoy.

Remember: When you consume foods derived from plants and eliminate animal products, you will begin to trigger a wave of rejuvenation throughout your body, one that's visible on your midsection, your muscle tone, skin, hair, face and much more.

This is just one reason why so many people from all walks of life are turning to the Plant-based diet because it cuts out unhealthy items like sugars and refined grains.

The great thing about eating plant-based foods is you can eat a lot without worrying about calories or gaining weight, this is true especially when you focus on whole foods. This isn't about eating in moderation, no, it's about living abundantly off the good stuff!

This is what makes the Plant-Based Diet Recipe Book PDF work is being able to make a variety of meals that taste good to you... so that you never get bored and always feel great about what you're eating.

For proof, everyone from celebrities to athletes to entire companies like Google and countries as big as China are all support of eating more plant-based foods. There is nothing else like this, quite simply, because there's no other community quite like vegan.

This book has a variety of different recipes using various ingredients ranging from tofu, tempeh, beans, lentils to nuts and seeds.

The Plant-Based Diet Recipe Book PDF is great for all the health conscious people who are looking for plant based foods. You will be preparing and cooking these recipes with fresh ingredients that shouldn't take you no more than 20-30 minutes to cook.

More and more people from all over the world are starting to make conscious, healthier food choices than ever before.

After you download your copy of the Plant-Based Diet Recipe Book PDF, you can begin eating healthy meals that do not result in you eating bland, boring or tasteless foods.



The recipes in the Plant-Based Diet Recipe Book PDF are healthy and rich in protein and do not contain any animal ingredients. Rest assured, you will get all the essential nutrients that your body needs to function properly.

All the ingredients with simple foods instructions are laid out for you so you know how to make amazingly good meals without taking forever or breaking the bank.

You'll even learn how to make delicious "vegan desserts" that aren't overloaded with sugar, cream or flour. Rest assured that you will never have to eat a boring meal ever, again!

The Plant-Based Diet Recipe Book PDF contains plenty of breakfast, lunch, dinner, snacks, and dessert recipes (nearly 100 when you include the bonuses!). It's your guide to a much healthier lifestyle.

Whether you're a seasoned vegan or just starting out, this program will help you get more protein (and other nutrients) into your diet.

There are plenty of vegan options within the following categories that will excite your taste-buds, that are worthy of a dinner party. You will also get a variety of “special categories” that will help you indulge in sandwiches, soups, tofu omelets and so much more, all 100% by following plant-based principles!

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I've gone to great lengths to include popular vegan recipes to make this diet delicious, with plenty of variety each day.

No prior cooking experience required!

You will be able to whip up a meal even if you're a total novice or a lazy cook! The recipes are simple to make, so you'll be a pro in no time!

Here's just a sample of what you get...

Simple Vegan Recipes

With a wide variety of done-for-you healthy vegan recipes that will wow non-vegans, Your friends or family will never turn down these meals after taking one bite!

Vegan Grocery

A complete grocery shopping list and food table. This section of the Plant-Based Diet Recipe Book PDF includes a detailed shopping table that provides you with tons of food items that you can easily buy.

Vegan Meal Prep

Clean, meal prep instructions anyone can follow. There's no guesswork, and each recipe offers simple and clear instructions, so you can prepare your meals easily.



If you were like me and you hated spending time in the kitchen, and just want to cook a quick vegan meal that tastes great, then the Plant-Based Diet Recipe Book PDF has more than 100 vegan recipes: from, cereals, omelets, smoothies, salads, soups, main dishes and snacks!

Easy recipes that you can cook in less than 30 minutes. You don't even have to think about what to cook, just read this book and your mouth will water.

Don't want to wait? Take the 30 day jumpstart challenge and feel the difference a plant-based diet can make in your life.

This jump start guide included in the Plant-Based Diet Recipe Book PDF will get you started on a Vegan Diet journey, and make sure you can actually make a permanent, positive change in your health.

This program will help you to improve your overall health, shed a few pounds and in the end reach your goals. When you pick the right foods and approach your health properly, your quality of life, from your energy levels, happiness, sex drive, and more, will improve.

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