



VEGAN: VEGETARIAN: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle (Clean Eating, Slow Cooker, Raw Food) (Low Fat, Quick & Easy, Clean Eating One Pot)

Charlotte Moyer

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Lose Weight and Gain Lean Muscle Mass – The Healthy Vegan Way!

It doesn't have to be difficult to cook delicious vegan meals at home!

Vegan: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle by is more than a cookbook. Chapter-by-chapter, Charlotte Moyer introduces you to the most essential foods of a vegan diet. You'll learn to prepare delicious dishes based around these popular vegan staples:

- Beans
- Quinoa
- Nuts
- Greens
- Broccoli
- Asparagus
- *and even* Tempeh!

You don't need a Kindle device to read this book – Just download a FREE Kindle reader for your smartphone, tablet, or computer!

You can save money and live better by cooking vegan dishes for yourself and your family. Protect the animals, the environment, and your health while enjoying wonderful meals such as **Lemon Asparagus Pasta, Sweet and Sour Tempeh, and Almond Butter Pancakes!**

Don't wait - It's time to do the right thing for your body and the world. Download *Vegan: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle* right away!

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