



Vegan: The Essential Vegan Diet Cookbook That Includes Delicious Slow Cooker Recipes (Dairy Free - How to Live Better by Eating Healthy)

Hannah Parkes

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This vegan book will provide all the information you need to become vegan today. The book includes all the information regarding the benefits of a vegan diet, nutritional information and delicious recipes. With this book, you can begin your vegan journey knowing you will have a healthy, nutritious and delicious diet that causes harm to no animals. This book will teach you: 1) What a vegan diet is 2) Why so many people, from celebrities to athletes choose a vegan diet 3) Why being a vegan is good for you 4) Why being a vegan is good for animals 5) Why being a vegan is good for the planet 6) How to eat a healthy vegan diet with all the nutritional benefits your body requires 7) How to cook vegan food in a slow cooker 8) What supplements you might need 9) Vegan store cupboard essentials 10) Foods to replace dairy items 11) A guide to equipment required 12) A guide to eating out 13) How to replace meat and dairy with healthy and simple alternatives 14) Plenty of simple recipes to create healthy tasty food quickly and easily from breakfast to beverages 15) Several slow cooker recipes so you can load up the slow cooker and get on with your day 16) Plus lots more So start reading this book and make a journey to a healthier and happier you in the knowledge that no animals will be harmed on your behalf and the planet will be better off, too. Join the millions of people worldwide who enjoy the ethical, environmental and health benefits of a plant-based vegan diet.

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