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Vegan Eating: 31 Steps To Become A Vegan: It Is Not Just About The Food - You Want To Be Healthy, Fit And Change Your Diet. Here's How You Do It (Health, Vegan Food, Green And Lean)





Synopsis

This book has been Downloaded over 1.000 times already! You're About to Discover How to Live a Healthy Vegan Life and Enjoy It! Ease into veganism and enjoy getting to know a completely different world. These easy steps will help you! In 31 Steps to Become a Vegan, you will learn what you should focus on while going vegan. It will guide your way to get there and improve your health, fitness and overall energy levels. Get ready to find out how to have a great time eating greens and raw foods. And while doing so, loving it! Here Is A Preview Of What You'll Learn When You Download 31 Steps to Become a Vegan Today: Research and Plan Your Vegan Journey Start It Right Know What Vegans Eat "Eating and Cooking Vegan Good Living Vegan Sustaining the Vegan Lifestyle Download Your Copy Today To order 31 Steps to Become a Vegan, click the BUY button and download your copy right now! Tags: Vegan, Veganism, Food, Dinner, Lunch, Vegetarian, Veggies, Diet, Tips, Steps, Step by Step, 31 Steps, Fitness, Eating, Eat, Meal, Improve, Health, Energy, Life, Learn

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Customer Reviews

This book was awesome! So many easy to follow tips and ideas. I especially appreciated reading about what types of supplements I may need, as well as which plants are complete proteins. My only complaint, and it's a pretty minor one is that in the shopping section, I would have liked to see a list of common code words to look out for in ingredients. But, like I said, very minor! Author Philip Vang has done an amazing job with this book.

I have no interest in becoming a Vegan but my sister was really interested. Since it was her birthday I thought a simple e-book would be fine. I kind of wish I didn't is because all she talks about is this book. She's saying it's the holy grail of knowledge concerning how to become a Vegan. So you should probably read it if you want to become a Vegan. :D5 Stars!

Very informative and well-written book. Being a vegan is not just a diet, it's a way of living. The author very clearly and logically outlines the steps to change your lifestyle and eating habits. I highly recommend the book to everyone who wants to become a vegan and sustain this lifestyle for good.

The main message in this book is that vegan is not just a diet, it's a way of life. The book teaches us what we must consider and what we must do if we want to go vegan. I needed to start a vegan diet was to gather some vegan recipes. Thanks Mr. Vang for this enlightening information.

There are a lot of vegans in my city, and it's true (like this book talks about) there are a lot of stereotypes about "those people." The author, Philip Vang, makes veganism accessible and palatable. I really appreciate how the author approached this subject, this was a good read.

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