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Thrive Vegan: Top 100 High Protein Recipes To Whip Up Tasty Meals With Simple Ingredients (Good Food Series)



Synopsis

My Vegan Diet Almost Killed Me â “ No, just kidding Thrive VeganThe #1 Best-Selling Book in Health & Healing Categoryâ œThe best Vegan Cookbook you can buy!..â •Christine Gonzalez, Health Blogger, Nutritionist, Wellness CoachWhy Vegan?Lose weight without calorie restrictionGet more than 5-a-Day fresh fruits and vegetables/b>Lower the risk of death from heart disease & cancerImprove your fitness levelBoost your immune system and energy levelStay young and live longerThese quick and easy vegan recipes are perfect for when you’re hungry and in a hurry.Trying to Eat Vegan and Feeling Overwhelmed?These are simple, easy Vegan meals. Easy enough for busy weeknights, but filled with enough flavor for the relaxing weekends!FlavourfulStress-Free MealsPlant-BasedHealthy No-Fuss CookingGreat For a NewbieEasy Cook, Easier CleanLots of VarietyPerfect for AnyonePicky Children ApprovedSome Vegan Recipes Included In This Cookbook:Fresh Mango and Avocado Salsa10 Falafels PizzaGarlic SoupLoaded Veggies SoupStuffed Acorn SquashChickpeas CurryBaked Spinach LasagnaSweet Potato and Quinoa Cranberry Brussels SproutsYou And Your Family Deserve To Eat Delicious And Healthy Vegan Meals Every Night Of The WeekGet started with unique and delicious vegan recipes. Whether you are into yoga and healthy living, or you just want to feed your family, you will love these vegan recipes. Scroll up and click the BUY NOW button at the top of this page! * Free Gift is included

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Customer Reviews

Awesome recipes! This is a comprehensive book about veganism. There are so many recipes and they sound delicious. I liked that the author went into the details of veganism, the history of health benefits and studies, while also giving practical tips for those starting to stock their kitchen to eat vegan. And there are a lot of meal options. Really worth recommending!

I bought this book for my wife who is trying to go from vegetarian to vegan. With that being said, her getting sufficient protein was one of my concerns. This book not only has high protein recipes, they actually taste great too. I don't have the desire to become vegan or even vegetarian, but I will admit that the recipes in this book could help someone who is a meat eater and wants to become vegan make the transition much easier.

I do not hate vegetables however, I do not love them either. My taste buds actually hate them. I tried it a million times to eat these healthy vegetables but I cannot really take it. But this recipe book makes me wonder if I can try some. They all look delicious and easy to prepare. Of course, they are all healthy are rich in protein. I should try some of them and I wish I am going to love these recipes with the fact that I do not really like vegetables.

I'm so excited that I found this book! I'm a vegan for the last 2 years. I feel better and I am healthier than ever. Vegan eating is one of the best things you can do for yourself, other people, the animals and the environment. Also, Vegan food is so yummy. I love to experiment with various Vegan recipes and cook delicious meals for my family. In this book, there are tons of great recipes I can't wait to try. Very well done!

I found the book intriguing and important for my personal growth. Every other line that I read, I wanted to share with everyone I know... but it is better to actually buy the book instead. Brendan also talks about the importance of preserving our land--after all, our food is only as good as the soil it is grown on. You cannot grow a nutrient dense food on a mineral depleted soil!

One of the main concerns of a vegan is how much protein they eat per day. This book is great for vegans, vegetarians and meat eaters alike as all the recipes are 100% meat free and focus on ingredients that are high in protein.

This author has recently plagiarized recipes and pictures by stealing from other people's websites and publishing them in at least one of his cookbooks. He's also published an extremely high number of books in a couple of months which makes me wonder how much is really his own work, if any.

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