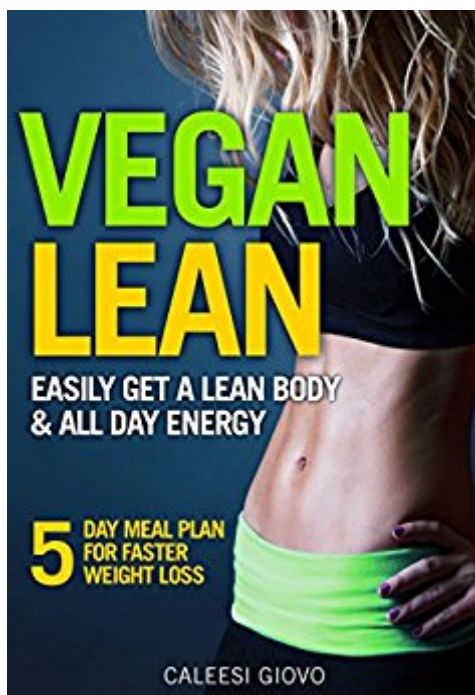


The book was found

Vegan Diet: Easily Get A Lean Body & All Day Energy + 5 Day Meal Plan For Faster Weight Loss Results And Success Stories (vegan Weight Loss Meal Plan, Vegan Diet For Beginners, Vegan Diet Guide)



Synopsis

Weight Loss on a Vegan Diet Doesn't Have to Be Boring A vegan diet doesn't mean you are sentenced to eating only carrots and lettuce for the rest of your days. In fact, the growing popularity of a plant-based diet means that more creative recipes, restaurants, and supermarkets are providing more vegan options than ever. When starting out as a vegan, however, it is important to understand that there are certain dietary guidelines to consider that will help you to maximize your health and weight loss. Step by Step Guide on Getting Lean This book offers step by step guidance on a vegan diet in order to get the lean body, all day energy, and health benefit results you're looking for. Here's a preview of what's in this book: Benefits of a vegan lifestyle you might not have heard yet How to make eating vegan easy for long term weight loss Foods that turn your body into a super fat burner and metabolism booster Plus, you'll get quick highlights on: Avoiding the common mistakes of a vegan diet A list of over 20 do's and don'ts Top 5 tips on how to get a lean body on a vegan diet How to put it all into action with a: 5 Day Meal Plan Guide for Faster Weight Loss Results Real Success Stories To also get you inspired there are several success stories with links to their youtube videos so you can hear directly from the source how they lost the weight, love their vegan lifestyle, and have maintained their lean body for years. BONUS: How to Stop Cravings in Less than 5 Minutes A video tutorial on a unique strategy for ending sugar or junk food cravings fast. You'll notice your desire for particular foods dramatically decrease in just a few minutes.

Book Information

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Customer Reviews

I was looking for a book which can help me and guide me in getting a fit body shape. This book is a good one. It taught me a lot of things to get back in shape in an easy way and healthy way. This book shared some diet meal plan which are tasty and healthy to intake. I am loving the result and I must say that I highly recommend this book to everyone.

It wasn't very educating for me as I am already a vegan for 3 years now and read the book 80/10/10 before. I would recommend this book for vegan newbies or people who do not know anything about the high carb low fat lifestyle. Since I became vegan I lost a lot of weight (and I wasn't overweight to begin with) and a lot medical issues that could not be solved by ordinary medical treatment got better along the process. I recommend this book and lifestyle to anyone whose tired of being tired, tired of yo-yo dieting, loves animals, loves fruit, loves themselves enough to treat their bodies as they deserve to be treated.

This was a really great book on the Vegan Lean diet. Ever since my birthday last year, followed by major holidays like Thanksgiving, Christmas, then New Year's where I partied too hard and drank a ton, I feel really yucky and fat. This book is full of tips to easily go vegan and get lean without a whole lot of sacrifice! It is full of easy meal prep tips and the ingredients were all easy to find. I'll definitely be keeping this book in my arsenal of weapons to fight the fat and get lean!

First off- it seemed as though it was printed straight from an e-book. There were links you could "click" so you could see the transformation pictures they reference. Secondly, it's like 40 pages, including recipes. If you aren't a heavy reader this may be a good buy for you because I don't think it even took me ten minutes to read the entire thing. Was super bummed with this purchase. Seeing how this book got such great reviews I definitely expected more content. Everything I read in it seemed to be either common sense or I'd already read in other articles/books. It's alright if you want a (VERY) basic overview but don't expect any in-depth knowledge. If you're already vegan (like me) don't bother purchasing. You've probably already read the "tips & tricks" listed in this book.

This book is full of tips to easily go vegan and get lean without a whole lot of sacrifice! It is full of easy meal prep tips and the ingredients were all easy to find. A lot of books just include the health benefits of being vegan. This book not only includes a meal plan, but stories from other people who have lost weight!! The best thing about the guide was the interesting recipes that can put a tasty twist on your your meal plans.

I've been a vegetarian for a while now, but I want to trial a vegan diet to see what impact it has on my physique. Although I'm healthy, I'd like to be that little extra bit lean! Within the book the numerous benefits of a vegan lifestyle are clearly and concisely explained - many of which I was never aware of. The best thing about the guide was the interesting recipes that can put a tasty twist on your your meal plans. Overall, this is a great informative guide for anyone just starting with a vegan diet with the hope of achieving a super lean body.

A great book for vegan and there are a lot of delicious vegetarian recipes, and especially ensure the daily nutrition. Having a vegan diet has tons of benefits and this book gives you plenty of tips of getting rid of animal products and a list of ingredients that can fully replace animal products in your diet, very complete and useful information without extremist crap. Thanks a lot for sharing this book.

This book plus her bonus teach me how to eat healthy plus the inspirational YouTube videos motivated me. I never knew Vegan chips, cookies or ice cream are not necessary healthy. I learn that from this book. I work in a grocery store and I have craving for junk foods and I tend to give in my craving but her bonus tips put my craving into rest. I highly recommend this concise and valuable book. :)

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