



Whole Food Plant Based Diet: Recipes And Tips To Be A Cool Vegan (Plant Based Series) (Volume 1)

Jana Evans

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What is the whole food, plant-based diet? Are you a vegan or vegetarian but not seeing the benefits of being one? Do you suffer from blemished skin, weight gain or health issues? Have you been following a plant based diet but your social life is crashing? Discover what is the whole food, plant-based diet and how it can benefit you. Find out how to be a cool, sociable vegan today! Here is a list of what you will discover in the book: Super Foods, Super Life The Key to Getting the Nutrients You Need How to Heal Your Body and Heal Your Soul 10 Cool Tips To Keep Your Social Life As A Vegan Simple Recipes for Beginners of Busy Working Professionals (Vegan, Paleo and Healthy Recipes!) And much much more Take control of your life today.

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