



Let's Do Vegan: Adopting Vegan Lifestyle with 50 Amazing Quick and Easy Recipes and One Week Diet Plan (Vegan Diet & Weight Loss)

Cortney Preston

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Are you interested in adopting a healthier lifestyle? Are you ready to make a huge lifestyle change?

If you answered yes to these questions then going vegan might be the best choice for you.

When you decide to go vegan you are not just looking at a change in your diet, you are also looking at a lifestyle change. Many people mistakenly assume that vegans are simply the same as vegetarians and while their diet is similar, there are very important differences.

Right now you are probably just toying with the idea of going vegan. You haven't committed fully to the change because you are not sure what to expect or what is involved. For those of you who wish to discover more about becoming a vegan this book is perfect.

Inside You Will Learn:

- What it Means to be Vegan
- Why you Should Make the Change
- What Challenges you Might Face
- What Food Groups Your New Diet Should Include
- Fresh and Easy Recipes to get you Started
- And Much More

After reading this book you will understand just what it means to become vegan. You will understand how it is not just a dietary change, but more of a lifestyle change.

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