

## The Vegan Bundle: Easy Steps to a Healthy Diet for Beginners



The Complete Vegan Guide for Beginners - Veganism Boxed Set Get Three Titles for the Price of One - Plus a Bonus Offer Inside! The Basics of a Healthy Vegan Lifestyle: How to Live Meat-Free and Dairy-Free Basic Vegan Recipes: For Breakfast, Lunch, Dinner & Snacks Vegan on a Budget: Making Veganism an Affordable Lifestyle The Basics of a Healthy Vegan Lifestyle: How to Live Meat-Free and Dairy-Free Basic Vegan Recipes: For Breakfast, Lunch, Dinner & Snacks Vegan on a Budget: Making Veganism an Affordable Lifestyle Plus, see details inside for a FREE copy of The 10 Best Vegan Dishes: Quick, Easy & Cheap Recipes The vegan lifestyle is not just another popular diet plan, and the world is beginning to know why. Veganism is helpful for those who wish to live a healthier life, lose weight, reduce the risk of chronic disease and so much more. A diet free of animal products also means living a greener life and changing the world for the better one plate at a time. However, one of the greatest reasons to become vegan is to put an end to the unethical slaughter of animals for human consumption. See the difference a plant-based diet makes in your life! Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, The Vegan Bundle shows you the way. This series of vegan books guides you every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In The Vegan Bundle: Easy Steps to a Healthy Diet for Beginners you will find practical advice for: How to differentiate between vegan, raw vegan, lacto-ovo vegetarian, pescatarian, flexitarian, paleo, and macrobiotic diets Reliable evidence of why veganism is the better option How to stay fully nourished and healthy while

abstaining from meat and dairy  
Common nutrition myths and explains the best sources of nutrients  
How to choose healthy options while staying animal-friendly  
How to adapt gradually to a vegan lifestyle  
Practical strategies for eating out, traveling, and attending social occasions  
How to become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed  
Delicious, nutrient-rich, easy plant-based recipes  
How to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more  
An introduction to more advanced vegan lifestyles and diet changes (i.e. Raw Vegan, 80/10/10, Raw till 4, High-Carb Low-Fat Vegan, or Plant-Based Vegan)  
There are over 50 recipes that range from grain-based, nut-based, soy-based, legume-based, and vegetable-based meals  
A variety of breakfasts, snacks, salads, soups, sandwiches, entrees for any meal, and healthy, low-fat vegan desserts  
Tips on saving money  
How you benefit your budget and the environment  
Meeting your unique nutritional need and goals  
Where to find the best deals  
Macronutrients & micronutrients and how they fit into a vegan lifestyle  
Get plenty of protein for your body to function properly  
Consuming healthy fats and avoiding the unhealthy fats  
A 5-Day & 7-Day Sample Meal Plan  
Numerous recipes to incorporate into your meals  
Additional tips to stretch your dollar with bulk items and seasonings  
And so much more  
Three books for the price of one and there is a special offer inside for ten additional vegan recipes for FREE! Order your copy NOW!  
Scroll to the top of the page and click the buy button to start your healthy vegan lifestyle TODAY!

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