

Vegan and Vegetarian Box Set (5 in 1): Over 150 Budget-Friendly Healthy Recipes to Adopt Vegan Lifestyle and Lose Weight (Vegan & Vegetarian Cooking)



Vegan and Vegetarian Box Set (5 in 1)
Book One: Vegetarian Cooking: 20 Budget-Friendly Vegetarian Recipes to Be Lean and Be Healthy Here is a preview of what you will learn from this book: How to Effectively Adopt A Vegetarian Lifestyle Hearty Recipes That You Can Cook For Breakfast Healthy and Filling Recipes To Try Out For Lunch Dinner Time Vegetarians Specials Favorite Vegetarian Snack Foods That Are Not All About Veggies and Fruits Low Calorie, But Tempting Desserts Helpful Tips When Preparing Veggie Meals And Much More Book Two: Only Vegan: Vegan Recipes for Healthy Living & Clean Eating Inside You Will Learn: What is a Vegan Diet? Whats the Difference Between Vegan and Vegetarian? What Are Some Great Vegan Dishes to Try With Your Family? Why Do People Choose to Be Vegan? And Much More Book Three: Lets Do Vegan: Adopting Vegan Lifestyle with 50 Amazing Quick and Easy Recipes and One Week Diet Plan 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 Book Four: Slow Cooker Recipes for Vegetarians: 35 Easy, Hearty and Meatless Meals for You to Enjoy If you are a vegetarian or a vegan with several levels of restrictions in your food ingredients, you will also feel that you do not have a whole lot of options when it comes to how you cook your food. This book aims to really make cooking and eating easier and more versatile through the art of slow cooking. Yes! Slow cooking is a manner of cooking meals that require slow and sometimes long processes to infuse more flavors, and this can also be used by vegetarians when preparing their meals. Book Five: Spiralize Your Diet: 20 Delectable Spiralizer Recipes for a Healthy

Gluten-Free Diet Here is a preview of what you will learn from this book: How to use a spiralizer The most common spiralizing tools The benefits of spiralized cooking Why spiralized cooking is good for your gluten-free diet The ingredients and instructions to prepare easy and delicious recipes

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