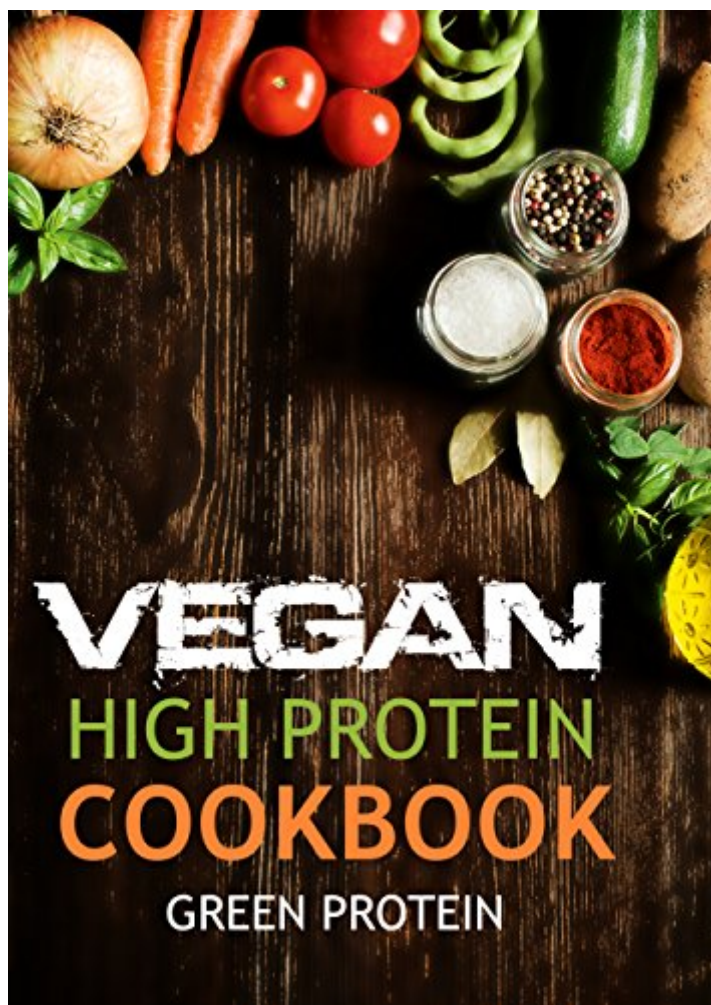


The book was found

# **Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan For Weight Loss, Vegetarian, Vegan Bodybuilding, Cast Iron,)**





## Synopsis

2nd Edition! 2 Bonus Books Included! Read this book for FREE on Kindle Unlimited - Download now you will also get a BONUS book that includes 104 juicing recipes! And you will get another one of my book as a BONUS! That is a Total of 100+ recipes for your Vegan Lifestyle Congratulation For Making The Difficult Choice Of Becoming A Vegan Fun Fact: Did you know that Nate Diaz (UFC Fighter) is a Vegan? It is a common believe that people think vegans have a low level of protein intake and that vegans' lives are tasteless. Well if you're looking at this book right now that can only mean "Your about to prove them WRONG!" And the answer is "Yes, you can!" Within this book you will not only find many simple, yet unique protein rich recipes from breakfast, lunch, dinner, soups, snacks, and smoothies to suit your Vegan lifestyle, but also each of these delicious recipes are aimed to provide your body with a balance level of protein intake. We give you everything you need to know about the recipe such as: serving, prep time, and most importantly Nutritional values. So we can help you to keep track of your healthy vegan lifestyle. Here Is A Quick Preview Delicious Scrambled Tofu Tropical Oatmeal Cherry Almond Cereal Spicy Chickpeas Delicious Vegan Rice Asparagus Soup Black Bean Soup Superfood Energy Boost Smoothie And Much Much More! Right NOW for \$3.99 discount you can either buy this book or a cup of Coffee that eventually ends up in the toilet Lastly, if you don't like the book for any reason. There will be a no questions asked, 30 days money back guarantee! So the Time is NOW! Buy now and enjoy!

## Book Information

File Size: 3706 KB

Print Length: 148 pages

Page Numbers Source ISBN: 1522991344

Simultaneous Device Usage: Unlimited

Publication Date: September 4, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B014YWZ892

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #33,379 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

in Kindle Store > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #9 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #9 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions > Low Cholesterol

## Customer Reviews

This is such a very useful and interesting recipe book to read. I just received this very interesting recipe book that has brief and good introduction and it goes straight to choice of food that you can make to meet your daily value and still be healthy. This book proves that you can eat great while lose weight and gain muscle. It contains lots of high protein and low calories recipes. I love how simple these recipes are covering all meals, they are so easy and quick to make. I have tried a few of them, the taste is amazingly good while the cost is not high, and so you can make them every day. All recipes have calories and nutrients clearly stated to help me to monitor my diet. I was really impressed with what I read. This book will be of great help on my journey towards achieving my health and fitness goals. This book provides great tips to help those wanting to lose weight without any drastic change right away. I would highly recommend this book to anyone who wants to try something new with their vegan recipes.

I had a friend who was a vegan and I really missed her way of cooking, now that she's gone back to Mexico, I sometimes crave for vegan foods. That is why I got this book. This has been a very informative book about Vegan living. I really missed her style of vegetarian tacos that was very mouth watering. It was just a joy to know this type of recipe is included in this book. Kudos to the author of this book for including this Mexican dish.

I've been a vegetarian for nearly two years now and I've been looking to add some more recipes to my life. This vegan cookbook was exactly what I needed. It is full of amazing recipes which are all high in protein! A common misconception of vegans and vegetarians is that they lack protein but I living physical proof that's not the case. I highly recommend this book to anyone.

The author of this book has taken a different approach to presenting the vegan diet. From the beginning the author lets the reader know that it doesn't take much to start living a healthy life.

Eating right has all the right benefits including a stronger immune system to better prevent illness. The author also shows that the vegan diet is not reserved for animal rights group members, but that it is for anyone willing to be healthier and not consume unnecessary amounts of food. The diet as presented in this book is also good for weight loss. What makes this variation of the diet is the high protein content. The author has some recipes here to help guide you on your eating right journey.

This book is exactly what I've been looking for! I am a wannabe vegan. The recipes are listed in a simplistic way so that there can be very little mistakes in making the meals. This book is a good partner to start living green. The recipes are magical and really helped change my body structure and now I look younger too.

This is one of the toughest things about going Vegan in making sure you can uphold a decent protein intake, so I am always on the lookout for cookbooks like this and this is by far one of the best Vegan cook books I've come across yet. There are some delightful recipes here and you won't be frustrated with how they taste. Recommended!

Very good recipes. Says there are shopping lists but there isn't one. Obviously translated from a foreign language as some direction is backwards and out of order, but it's easy to get the point. All in all a pretty good book.

In order to become vegan you must commit to a process of personal change, both internal and external. Sometimes vegetarians become vegan and other times meat-eaters make the shift. A big diet/lifestyle change is not easy. If you are trying to eat less meat, or are making the commitment to be a vegetarian, these tips here might help.

[Download to continue reading...](#)

Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low

carb,Vegetarian low fat) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Ketogenic Diet: High Fat and Low Carb Vegan Recipes for Weight Loss (Vegetarian and Instant Pot Dairy Free Vegan Diet Recipes for Healthy Living and Weight Loss Book 1) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)