

The book was found

# Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series)



## Synopsis

Try out the science-backed vegan diet to burn fat, lose weight fast and enjoy delicious, healthy meals. Well Fed Vegan The #1 Best-Selling Book in Health & Healing Category • The best Vegan Cookbook you can buy! • Christine Gonzalez, Health Blogger, Nutritionist, Wellness Coach

**Why Vegan?** Lose weight without calorie restriction Get more than 5-a-Day fresh fruits and vegetables/b> Lower the risk of death from heart disease & cancer Improve your fitness level Boost your immune system and energy level Stay young and live longer These quick and easy vegan recipes are perfect for when you're hungry and in a hurry. Trying to Eat Vegan and Feeling Overwhelmed? These are simple, easy Vegan meals. Easy enough for busy weeknights, but filled with enough flavor for the relaxing weekends! Flavourful Stress-Free Meals Plant-Based Healthy No-Fuss Cooking Great For a Newbie Easy Cook, Easier Clean Lots of Variety Perfect for Anyone Picky Children Approved

**Some Vegan Recipes Included In This Cookbook:** Fresh Mango and Avocado Salsa 10 Falafels Pizza Garlic Soup Loaded Veggies Soup Stuffed Acorn Squash Chickpeas Curry Baked Spinach Lasagna Sweet Potato and Quinoa Cranberry Brussels Sprouts

You And Your Family Deserve To Eat Delicious And Healthy Vegan Meals Every Night Of The Week Get started with unique and delicious vegan recipes. Whether you are into yoga and healthy living, or you just want to feed your family, you will love these vegan recipes. Scroll up and click the BUY NOW button at the top of this page! \* Free Gift is included

## Book Information

Series: Good Food Series

Paperback: 46 pages

Publisher: CreateSpace Independent Publishing Platform; 5 edition (July 19, 2016)

Language: English

ISBN-10: 1535421169

ISBN-13: 978-1535421164

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars • See all reviews • (7 customer reviews)

Best Sellers Rank: #569,550 in Books (See Top 100 in Books) #118 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #960 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

My daughter and her husband are vegans. These days they come to us as guests and we want to surprise them with a vegan lunch. For this reason I took this book. My wife has prepared something out of this book and I'm really impressed! I did not believe that vegan diets is such a delicious. I can not wait to see my daughter and share this experience with her. And this book is for every recommendation! The recipes are delicious and easy to prepare. And above all, all this is very healthy.

Amazing book, that teaches me new things, Like the Crockpot Sweet Potato Lentils and Teriyaki Tofu with Kales and Rice, and It was very tasty and I can wait to try them all. Compare this book with the last one I've read, This one is more informative, detailed and easy to understand the book. Unlike the last one

The book has information on how vegan diet works to help you lose weight and stay this way. As for me the given recipes come with nutritional information as well, aside from being healthy and delicious, these recipes are also easy to make so you don't have to worry about keeping up and maintaining your diet.

I am not a vegetarian but I know that the best diet to be healthy and fit is the vegan diet. This book has 25 vegan recipes which are not ordinary ones. The recipes are delicious and easy to prepare. The ingredients are simple and easy to find even from the kitchen. I definitely like all the recipes and recommend it to all.

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

Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline

Diet, Anti-Inflammatory Diet) (Volume 1) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Nutribullet Recipe Book: The New Nutribullet Recipe Book with Fat Burning Smoothies for Weight Loss, Energy and Good Health - Works with Nutribullet and Other Personal Blenders (Volume 1)

[Dmca](#)