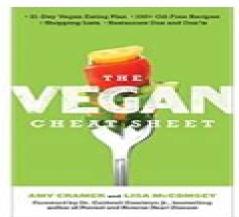
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nuts from the beginning a shift took place This introduced a large confusion mixing humans with the omnivore species Scientifically speaking a plant based diet is much more beneficial and less harmful for humans which is why it is recommended to shift from meat to whole grains legumes vegetables and other nutritional foods of this kind Switching to a Plant Based Diet is beneficial for many reasons If you are suffering from any kind of illnesses or have obesity issues you should focus on a plant based diet as a way to better your health and reduce your symptoms if not cure the illness completely Nutrition is a powerful tool that can be used for great purposes such as helping to relieve pain and health problems improving metabolism and the immune system as well as strengthen your body and improve your mood This book covers the following topics Why Go Plant Based The Basics of a Plant Based Diet What You Stand to Gain from a Plant Based Diet The Macro and Micro Essentials of a Plant Based Diet How to Eliminate Bad Eating Habits Planning and Stocking Your Pantry Plant Based Foods that Boost Your Immunity Ten Plant Based Beauty Treatments to Use on Your Skin Recipes Breakfasts Soups Salads And Sides Entr es Smoothies And Beverages Snacks And Desserts 21 Day Meal Plan And Much More Even if you do not have any health related problems you should transition to a Plant Based Diet as a way of preventive health building Natural ingredients such as fruits legumes or vegetables are full of nutritional values needed for the everyday functioning of our systems In all cases whole food is always better than processed food as it does not contain any chemicals or unnatural substances that could be harmful to our health This book takes the time to explain why the decision to go on the Plant Based eating plan should not be taken lightly In fact most folks generally remain on the fence about it and are not always clear on how this approach can be beneficial to the average individual Moreover there is a great deal of information scattered all over the place probably due to all those other books providing little or no value to the readers This makes it hard to form an accurate picture with regard to what a person can expect when going on the plant based eating plan Would You Like To Know More Buy It NOW And Let Your Customers Get Addicted To This Amazing Book Veaan Vitality Karina Inkster, 2014-11-25 A guide to veganism for active lifestyles with one hundred delicious recipes The culture of food in North America is changing and fast More than eight million North Americans choose to exclude meat from their diets and an additional twenty five million rarely eat meat Many of these individuals consume no animal products whatsoever Why do these vegans and vegetarians choose to forgo steak yogurt or ice cream Most commonly they cite increasing and maintaining personal health Add to this the steadily growing population of health and fitness enthusiasts who adopt plant based diets temporarily to meet their performance goals plus those looking to vegan diets for weight loss and we ve got a full blown diet and lifestyle movement quickly expanding across the globe Vegan Vitality is a comprehensive active living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives Karina Inkster motivates and inspires readers to increase the quality and length of their lives by enjoying a whole foods plant based diet and engaging in regular exercise With healthy living advice for everyone from beginners to amateur athletes as

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The Complete Guide to Vegan Food Substitutions Celine Steen, Joni Marie Newman, 2010-12-01 It reveals exactly how to replace any ingredient in any recipe The results aren t just stellar they re even better than the real thing Rory Freedman 1 New York Times bestselling author of Skinny Bitch The Complete Guide to Vegan Food Substitutions is your secret weapon to turning any recipe imaginable into a deliciously veganized success no guesswork or hard labor involved And no more kitchen failures or recipe flops either Simply look up whatever non vegan ingredient you want to sub out and expert author team Celine Steen and Joni Marie Newman will explain exactly what substitution is best to use and how to make it without compromising taste or flavor so you ll create dishes that are not only better than the real thing but healthier too With more than 200 recipes and substitutions that show the swaps in action you ll find step by step instructions for replacing everything from butter and bacon to gelatin and gouda You ll also find healthy substitutions for replacing things like gluten sugar and fat so you can fine tune any recipe to your dietary needs You and your family and friends will be amazed and delighted with these and more plant based dishes Eggs Benedict with Ham Western Bacon Cheeseburgers Indian Spiced Pumpkin Gratin

Cheesy Chicken Casserole Fish y Sticks with Tartar Sauce Walnut Chocolate Brownies Vanilla Latte Ice Cream Stunning photography and easy to follow charts appear in every chapter making it a cinch to dip in and out whenever you need a quick reference or recipe If you ve always wanted to turn your aunt s famous mac and cheese into a veganized taste sensation or your grandma s buttermilk pie into a rousing reinvented success this guide is the solution you ve been looking for

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