



**Vegan: Vegan Complete day to day diet plan to have unstoppable energy (Bonus: Over 100 Vegan Diet Recipes ) (Vegan Diet Guide, Vegan Reciepe, Vegan guide, Vegan plan, Vegan weight loss)**

*James Vardy*

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## **Understand The Vegan Diet and How It Is Changing People's Lives. Discover The Secrets and Benifts of The Vegan Diet**

**\*\*GET IT NOW\*\*get this Amazon Guide for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

A well balanced vegan diet appears to provide protection from heart diseases and certain other degenerative diseases. It has been regarded as appropriate for all stages of life-cycle. In ancient times vegetarianism could be traced back to India and Greece. In 19th century the word vegetarian came into use to refer to those people who avoided meat, eggs and milk as total or strict vegetarians.

The word vegan represents the beginning and end of the word vegetarian. Animal sources of foods may include meat, poultry, sea food, dairy products, eggs, honey, tallow, whey, casein, gelatin, lard, etc. While animal products of non-food items may include bee wax, fur, goose down, silk, leather, fur, feathers, bone char carmine, bone China, cochineal, isinglass, lanolin, yellow grease, etc.

Common vegan dishes utilize all sources of plant based food items to create and develop recipes of great interest appeal and variety. Various natural herbs, spices and flavor enhancers have been utilized to their best potential to improve flavor, aroma, color, texture, appeal, consistency and nutrient content of different foods.

### **This book consists of simple chapters**

- What is Vegan Diet
- The Benefits of Vegan Diet
- COMPLETE 15 days Vegan Diet Plan
- 100 Vegan Recipes
- Much Much More !!

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