

Keto Vegan Cookbook For Beginners The Ultimate Guide To Ketogenic Plant Based Diet With Easy And Healthy Low Carb Recipes For Rapid Weight Loss Boost Energy Reset Your Body English Edition By Thomas Slow

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Are you fretting about how to get rid of extra fat? Want to boost the performance of your brain and improve your health? Or do you want to cleanse your body while enjoying your favorite foods?The truth is... Losing weight is a long process, and sometimes maintaining a healthy diet can be overwhelming and confusing. The ketogenic diet is famous for its dramatic effects on weight loss. But most keto meal plans are meat-based and dairy-heavy, creating numerous problems, especially for those who follow a vegan diet. By following the Keto-Vegan diet, you will find sugars replaced with alternatives that help you keep your body in that low-carb, low-sugar fat-burning mode, accelerating you to your health goals while still satisfying those cravings for all the things that do not quite fall in the keto-vegan territory. And that's what you'll learn in Keto Vegan. **DOWNLOAD: Keto Vegan: The Ultimate Guide to Ketogenic & Vegan Diet** Keto-Vegan is just what you need to launch yourself to the next level. Discover what it is like to prepare a dish, knowing everything

is not only keto-friendly but also free of animal products! Here's a tiny fraction of what you're going to discover in this Book: Principles of Keto-Vegan Diet and Why it is so Effective for Weight Loss A Simple Strategy to Maintain the Diet Plan without Suffering Hunger The Only Tools You Need to Meal Prepping without Spending a Ton of Money on Equipment Why the Vegan and Ketogenic Diet are so Effective When Combined 20+ Breakfast Choices You can Use to Satisfy your Sweet Tooth without Ruining your Diet Lunch and Dinner Recipes that will Boost Your Energy Levels Low Calories Smoothies and Dessert Recipes 30+ Snacks, Sauces, Soups and Dips Recipes that are Quick and Easy to Prepare...and much more! If you are ready for a lifestyle change, then you are looking in the right place. Ketogenic-Vegan diet has been shown to reduce inflammation and lowers the risk of many chronic health problems. Keto-Vegan is packed with expert tips, tricks on managing macronutrients, balancing electrolytes, and finding your carb sweet spot. It also contains easy-to-follow recipes that will allow you to create delicious meals for breakfast, lunch, dinner, dessert and more. Would You Like to Know More? Download Now to Start your Keto-Vegan Journey! Scroll up and click "BUY NOW with 1-Click" to get your copy now!

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