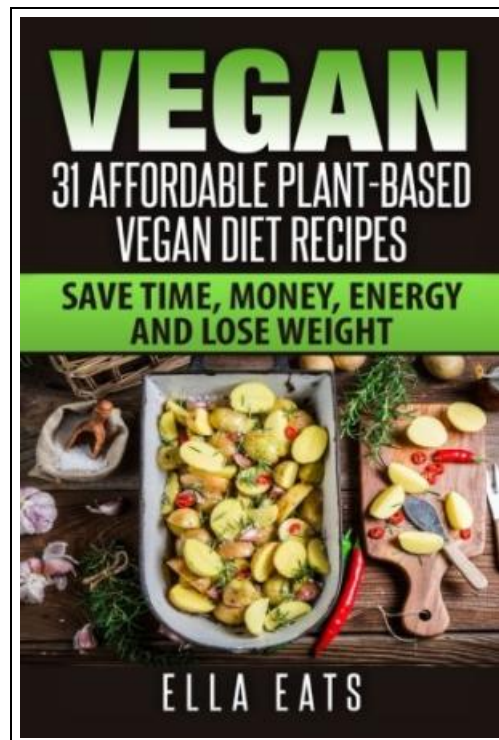


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(Glenna Goldner)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this book, you will find delicious recipes perfect for the vegan diet, such as, Cauliflower Pizza Bites, Three-Bean Chili, or even Healthy Chickpea Pancake. This recipe book includes a shopping list, nutrition information, and quick tips to make the vegan diet as easy for you as possible! Save Time ----- Plant-based foods are simple to prepare and can often times be eaten raw. These simple meals will save you time because time is the most valuable thing to you and I want you to spend it doing things that make you happy. Save Money----- Eating vegan can be very economical for the food budget. Buying beans, grains, and legumes in bulk and cooking them yourself can be less expensive. And even tofu is only half the cost per pound than buying meat products. Plant-based meals are the cheapest foods to eat when prepared at home. People around the world live off \$2 a day eating plant based foods like corn, rice, and potatoes. Save Energy----- Plant-based foods are easily digested by the body. This means your body can use that extra energy to heal. Our bodies are fueled by the food we eat. When you fill it with plant based foods you are using premium fuel that will give you optimal energy. Most nights I find myself dancing around my kitchen because I m beaming with energy and gratitude for the beauty of life. Lose weight----- A vegan diet will help with weight control. It is hard to get fat, or stay fat, on a sensible vegan diet. Many types of vegetables, grains, legumes and soy foods are very filling, yet have little or even no fat. They...

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