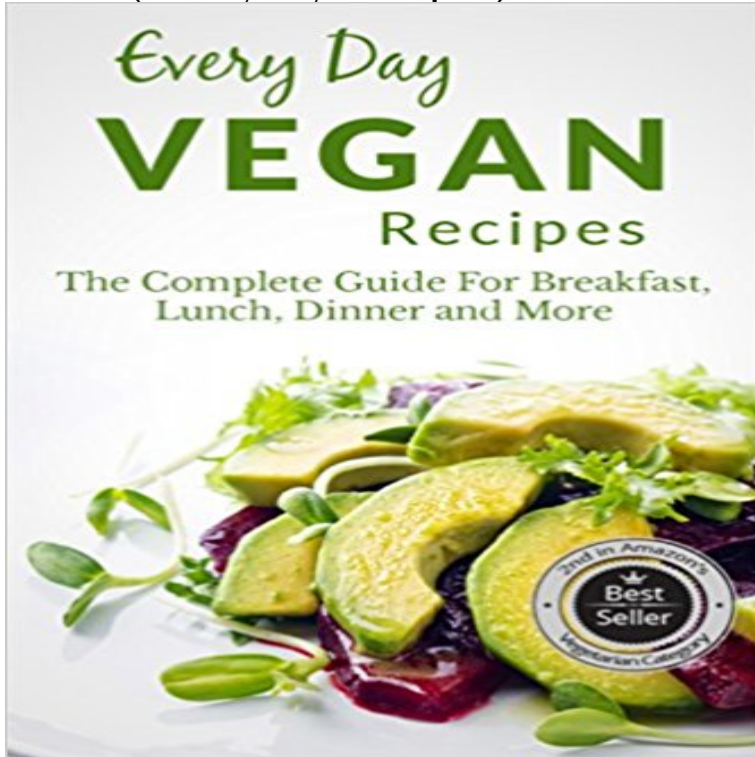


Vegan Recipes: The Complete Guide to Breakfast, Lunch, Dinner, and More (Everyday Recipes)



If you say the word vegan in a crowd, reactions may be mixed. Some may wonder why you're speaking to yourself. Others may scoff at the vegan lifestyle while others will support you for a tough choice. For whatever reason you are or are going vegan, whether its health or animal rights, its good to know exactly what a vegan diet is and what a vegan diet does to your body. A vegan diet is the same as a vegetarian diet, but also restricts any animal byproducts such as dairy, animal fat, eggs, and more. With the Every Day Vegan Recipes book, a great variety of ideas is brought in to cook recipes for breakfast, lunch, dinner, and more. And remember, leave a review to make us happy and also to let us know what we should improve book to book!

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