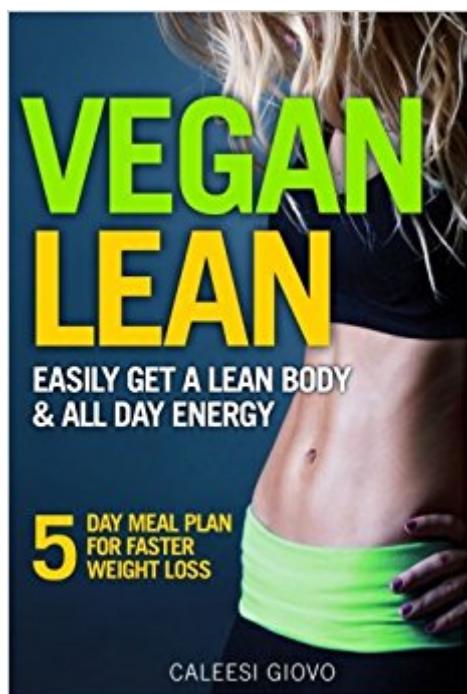


The book was found

# Vegan Diet: Easily Get A Lean Body & All Day Energy + 5 Day Meal Plan For Faster Weight Loss Results



## Synopsis

Weight Loss on a Vegan Diet Doesn't Have to Be Boring A vegan diet doesn't mean you are sentenced to eating only carrots and lettuce for the rest of your days. In fact, the growing popularity of a plant-based diet means that more creative recipes, restaurants, and supermarkets are providing more vegan options than ever. When starting out as a vegan, however, it is important to understand that there are certain dietary guidelines to consider that will help you to maximize your health and weight loss. Step by Step Guide on Getting Lean This book offers step by step guidance on a vegan diet in order to get the lean body, all day energy, and health benefit results you're looking for. Here's a preview of what's in this book: Benefits of a vegan lifestyle you might not have heard yet How to make eating vegan easy for long term weight loss Foods that turn your body into a super fat burner and metabolism booster Plus, you'll get quick highlights on: Avoiding the common mistakes of a vegan diet A list of over 20 do's and don'ts Top 5 tips on how to get a lean body on a vegan diet How to put it all into action with a: 5 Day Meal Plan Guide for Faster Weight Loss Results Real Success Stories To also get you inspired there are several success stories with links to their youtube videos so you can hear directly from the source how they lost the weight, love their vegan lifestyle, and have maintained their lean body for years. BONUS: How to Stop Cravings in Less than 5 Minutes A video tutorial on a unique strategy for ending sugar or junk food cravings fast. You'll notice your desire for particular foods dramatically decrease in just a few minutes.

## Book Information

Paperback: 54 pages

Publisher: CreateSpace Independent Publishing Platform (February 12, 2016)

Language: English

ISBN-10: 1533052328

ISBN-13: 978-1533052322

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 1.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 31 customer reviews

Best Sellers Rank: #115,513 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

## Customer Reviews

I was looking for a book which can help me and guide me in getting a fit body shape. This book is a

good one. It taught me a lot of things to get back in shape in an easy way and healthy way. This book shared some diet meal plan which are tasty and healthy to intake. I am loving the result and I must say that I highly recommend this book to everyone.

It wasn't very educating for me as I am already a vegan for 3 years now and read the book 80/10/10 before. I would recommend this book for vegan newbies or people who do not know anything about the high carb low fat lifestyle. Since I became vegan I lost a lot of weight (and I wasn't overweight to begin with) and a lot medical issues that could not be solved by ordinary medical treatment got better along the process. I recommend this book and lifestyle to anyone who's tired of being tired, tired of yo-yo dieting, loves animals, loves fruit, loves themselves enough to treat their bodies as they deserve to be treated.

This was a really great book on the Vegan Lean diet. Ever since my birthday last year, followed by major holidays like Thanksgiving, Christmas, then New Year's where I partied too hard and drank a ton, I feel really yucky and fat. This book is full of tips to easily go vegan and get lean without a whole lot of sacrifice! It is full of easy meal prep tips and the ingredients were all easy to find. I'll definitely be keeping this book in my arsenal of weapons to fight the fat and get lean!

First off- it seemed as though it was printed straight from an e-book. There were links you could "click" so you could see the transformation pictures they reference. Secondly, it's like 40 pages, including recipes. If you aren't a heavy reader this may be a good buy for you because I don't think it even took me ten minutes to read the entire thing. Was super bummed with this purchase. Seeing how this book got such great reviews I definitely expected more content. Everything I read in it seemed to be either common sense or I'd already read in other articles/books. It's alright if you want a (VERY) basic overview but don't expect any in-depth knowledge. If you're already vegan (like me) don't bother purchasing. You've probably already read the "tips & tricks" listed in this book.

This book is full of tips to easily go vegan and get lean without a whole lot of sacrifice! It is full of easy meal prep tips and the ingredients were all easy to find. A lot of books just include the health benefits of being vegan. This book not only includes a meal plan, but stories from other people who have lost weight!! The best thing about the guide was the interesting recipes that can put a tasty twist on your meal plans.

I've been a vegetarian for a while now, but I want to trial a vegan diet to see what impact it has on my physique. Although I'm healthy, I'd like to be that little extra bit lean! Within the book the numerous benefits of a vegan lifestyle are clearly and concisely explained - many of which I was never aware of. The best thing about the guide was the interesting recipes that can put a tasty twist on your meal plans. Overall, this is a great informative guide for anyone just starting with a vegan diet with the hope of achieving a super lean body.

A great book for vegan and there are a lot of delicious vegetarian recipes, and especially ensure the daily nutrition. Having a vegan diet has tons of benefits and this book gives you plenty of tips of getting rid of animal products and a list of ingredients that can fully replace animal products in your diet, very complete and useful information without extremist crap. Thanks a lot for sharing this book.

This book plus her bonus teach me how to eat healthy plus the inspirational YouTube videos motivated me. I never knew Vegan chips, cookies or ice cream are not necessary healthy. I learn that from this book. I work in a grocery store and I have craving for junk foods and I tend to give in my craving but her bonus tips put my craving into rest. I highly recommend this concise and valuable book. :)

[Download to continue reading...](#)

Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet

for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)