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# Low-Fat High-Carb Vegan Diet (Recipes Included): Health Benefits, What To Eat, Losing Weight, Misconceptions And Recipes



## Synopsis

Are you looking to try a low-fat high-carb vegan diet? Are you confused about the low-fat high-carb vegan diet, what to eat and how to prepare it? Looking for low-fat high-carb vegan recipes? Then this book is for you! This book presents a brief but thorough guide and an introduction to the diet, its health benefits, what to eat while on the diet, how to lose weight on the diet and more. Furthermore, this book discusses the misconceptions about the diet, meal suggestions, how to follow the diet if you have diabetes, and includes low-fat high-carb recipes for all meals - breakfast, lunch, dinner, snacks and more. I am Lily Penrose - a health and beauty writer who has been interested in holistic, alternative and natural healing approaches for a long time. I am a certified natural health specialist. I am passionate about sharing my knowledge through my books and helping other people deal with health problems. This book will tell you and teach you about: Introduction - what is the low-fat high-carb vegan diet Health benefits of the diet What to eat on the diet Losing weight on the diet Misconceptions about the high-carb low-fat diet Vegan diet for diabetes Low-fat high-carb recipes Are you ready to learn about the low-fat high-carb vegan and greatly improve your health through these delicious recipes? Scroll up and hit that buy button!

## Book Information

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## Customer Reviews

This is a good book on Low-Fat High-Carb Vegan Diet. All of the things that I need to know about health benefits, what to eat, losing weight, misconceptions and recipes are already included and well written inside. Lily Penrose has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Vegan diet for diabetes & Low-fat high-carb recipes". Very healthy, useful and easy to prepare. This book is really a great resource for those who want to learn more about Low-Fat High-Carb Vegan Diet.

Awesome recipes! This book teaches you everything you need to know before embarking on a vegan diet, and more importantly, it contains a very consistent meal plan that will make your transition to a vegan lifestyle much more bearable. However, even though I'm not a vegan and I don't intend to become one, I still got this book because I was looking for some healthy vegan recipes to incorporate into my personal meal plan, and I'm very satisfied by what I got. Really worth recommending!

Yummy! 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. Worth recommending!

I love this cookbook! It contains a large variety of low fat recipes. Vegan recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family. All recipes in this book are saved with simpler ingredients with easy cooking directions. Your family followers will absolutely request you to prepare these dishes again and again.

Impressive guide! I really love this guide. This book will tell you and teach you about: Introduction - what is the low-fat high-carb vegan diet Health benefits of the diet What to eat on the diet Losing weight on the diet Misconceptions about the high-carb low-fat diet Vegan diet for diabetes Low-fat high-carb recipes. Highly recommended for all.

Impressive! The book tells us really very well about the ketogenic way of reducing fat. Lots of people need to lose weight for a variety of reasons and this book can really help them like its helping me. As I am a vegan, it was getting tough for me to find weight loss techniques. So, yes it has encouraged me. This is really worth recommending!

i found this book very informative. it touched biased questions with very detailed explanations. I recommend it.

I'm so happy to have found this book. It has lots of delicious recipes that's also healthy. My sis wanted also to have this book. She's on the diet and she's right all recipes were good and worth trying for. We already try some and doesn't look and taste like its for dietary recipes. Impressive Vegan Diet recipes!

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