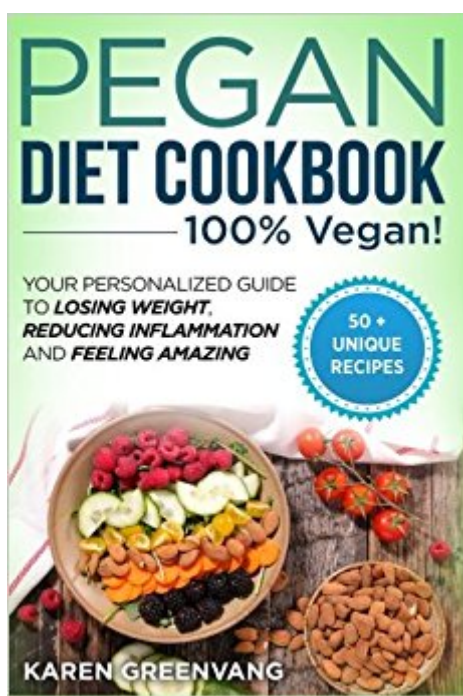


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# Pegan Diet Cookbook: 100% VEGAN: Your Personalized Guide To Losing Weight, Reducing Inflammation, And Feeling Amazing (Pegan, Plant Based, Gluten Free, Vegan Paleo) (Volume 1)



## Synopsis

Reduce Inflammation - Lose Weight - Boost Your Energy with the Vegan-Alkaline-Paleo Way! Are you sick of not being able to lose weight or keep it off...or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life...or perhaps it's feeling chronically fatigued, with no energy to live life to the fullest...Or maybe you're just sick and tired of feeling sick and tired...Whatever your goal or challenge, the pegan diet recipes are here to change that for you - right now...Getting to the health and vitality of your dreams can be so easy and enjoyable when you embrace this simple, delicious and nutritious, fully plant-based approach that is naturally gluten-free, grain-free, soy-free, alkaline-forming and fully vegan. The Vegan-Paleo (=Pegan) lifestyle is the result of the combination of the Paleo and Vegan diets. This hybrid diet offers holistic health benefits such as boosting energy levels, reducing inflammation, losing weight in a natural way and feeling amazing! The Body-Mind Benefits of Vegan Paleo Speak for Themselves: -More energy and motivation for workouts -No more digestive issues -No more allergies -Feel younger in your body -Improve your memory

With This Guide, You Will Learn Over 50+ Easy Mouth-Watering Recipes including: -Fresh Fruit Skewers with Vegan Coconut Yoghurt Dip -Iceberg Lettuce Wraps -Spinach Wraps with Red Cabbage, Carrot, Grapes, Almonds and Avocado -Pegan Ratatouille with Black Olives and Pine Nuts -Raw Thai Salad with Spiralized Zucchini -Easy Chia Snack -Raw Butternut Curry with Cashew Nuts and Coconut + healing Pegan green smoothies + many more (50+ recipes in total)

These recipes are perfect for busy people and are quick and easy to prepare. Most ingredients are easy to find in your local grocery store. You can now forget about calorie counting, eat more and embrace the vegan paleo (=Pegan) approach and become a Paleo gatherer to achieve vibrant health and (if desired) lose weight. It's not about eating less. It's about eating right. With this simple recipe book you can make a healthy Pegan lifestyle easy, delicious, effortless and enjoyable - all the time while you're racing towards the health and body you deserve. The good news? You don't need to be 100% perfect. Just focus on improving your diet with more Pegan recipes! It's absolutely proven beyond all doubt that the Pegan diet works and that it's a wonderful, holistic, natural, wholefoods-based approach to getting to the health you deserve. Try it now, order your copy, and give yourself the vitality and health you have always wanted!

## Book Information

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## Customer Reviews

I was impressed with everything this book has to offer from the superb advice to the delicious recipes. I have been trying the pegan diet for a while now but I found it hard to stick to because I was running out of recipes. The research done here is impressive. The recipes included on this book are refreshing, with accessible ingredients easy to prepare, and very healthy. This book provides a fantastic starting point for those who want to try the Pegan diet; which can produce benefits like weight loss, lowered cholesterol, and reverse diabetes. This diet book is a MUST TRY!

Never realized paleo recipes can be 100% vegan-friendly too! Thanks to this book! Of course, expect a lot of plant-based, all-natural recipes. This saved me time from thinking and reinventing the usual salads I make. This kindle version is handy and very useful for me too. The recipes inside are simple, easy directions, just the right ingredients and also made for those who are also always on-the-go.

What I love about Pegan diet is that it is a general concept and not a strict diet plan. It is a plant-based diet and it's not the kind that asks you to starve yourself. I learned a lot from this book by Karen G. It encourages me to love vegetables more. The tips provided on this book is very effective. I was able to maintain my goal weight. The author doesn't beat around the bush in the content. Everything is straight forward. I will definitely share this book with my friends.

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