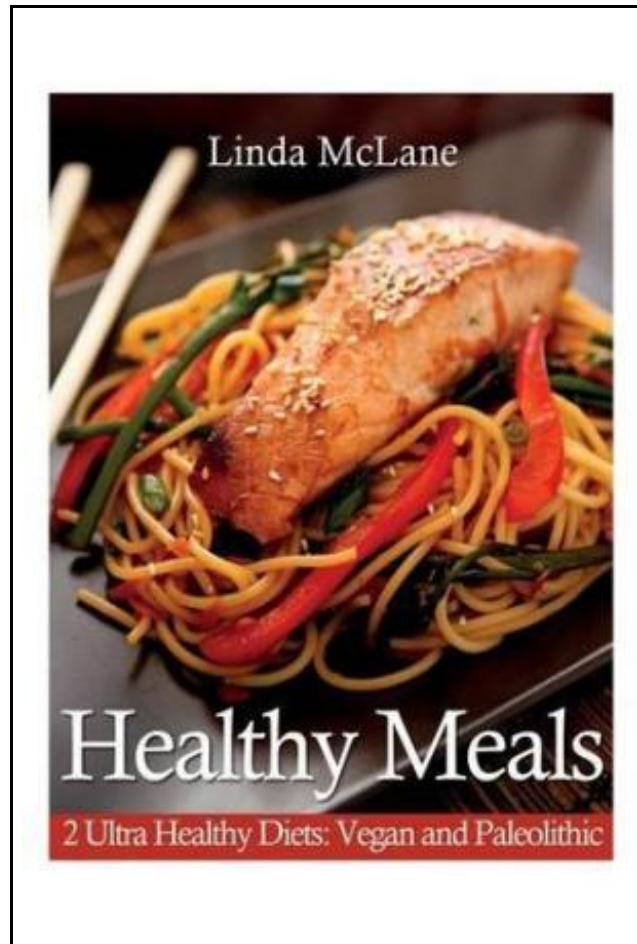


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(Dr. Kayden Gerlach)

HEALTHY MEALS: 2 ULTRA HEALTHY DIETS: VEGAN AND PALEOLITHIC (PAPERBACK)



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Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Meals 2 Ultra Healthy Diets: Vegan and Paleolithic Sometimes the best dinner recipes that follow a healthy meal plan come from diets that are quite a change from the norm, including the Vegan Diet and the Paleo Diet. Each of these diets is featured in this Healthy Meals book. Each plan offers a balanced diet for those who choose to live two different lifestyles, one of a strict vegetarian and one of a meat lover. Both diets offer a healthy meal plan with a healthy recipe selection for all day. You are able to plan the menu for several weeks. The goal here is to be healthy and it starts with nutrition by having a healthy meal for dinner, lunch, and breakfast. The Vegan Diet section discusses the definition of the vegan diet. You will learn what it means to take on this dieting lifestyle. The recipe sections include Vegan Breakfast Recipes, Vegan Soups, Vegan Salads, Vegan Main and Side Dishes, and Vegan Desserts and Snacks.



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