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a plant based diet is a type of diet based on real whole foods derived from plants including nuts seeds fruits legumes vegetables and whole grain with little or no animal products a plant based diet is a health beneficiary diet that contains alot of natural nutrients that is not usually available in processed animal foods a plant based diet assists in reducing high blood sugar increasing weight loss preventing type 2 diabetes

inflammatory diseases several heart related diseases and adding to the life longevity of an individual this plant based diet cookbook is the complete plant based diet cookbook for any plant based diet beginner vegetarian or veteran vegan with the desire for new easy to cook and delicious plant based recipes to enjoy for easier understanding and seamless use this plant based diet cookbook has been sub categorized into different chapters such as breakfast recipes salad dressing main dish side dish soup and smoothie recipes

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shopping lists for each with tips on what you can prepare ahead of time to get dinner or meal on the table faster let this be an inspiration when preparing food in your kitchen with your love ones for the holiday it would be lovely to know your cooking story in the comments sections below again remember these recipes are unique so be ready to try some new things also remember that the style of cooking used in this cookbook is effortless i really hope that each book in the series will be always your best friend in your little kitchen

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