



Keto Vegan: Essential Guide to Healthy Lifestyle and Easy Weight Loss; With 50 Proven, Simple and Delicious Vegetarian Ketogenic Recipes (Paperback)

By Jennifer Martins

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Looking for an easy way to get rid of those pesky excess fats while not deviating from the honorable path of the Vegans? Then the Keto Vegan diet is what you are looking for! Very few diets in the world are as effective and as misunderstood as the Ketogenic Diet! While there are thousands of people out there who are just one step away from embarking on a Keto journey, they are often discouraged due to some misleading information found all around the web. Crossing this initial Chasm of misinterpretation is even more difficult when that individual happens to follow the noble path of Veganism! Finding the proper instructions on how to blend the restrictions of your Vegan diet with that of a Ketogenic Diet might be somewhat tricky at first, but with proper guidance, it eventually turns into a breeze! This book has been designed to include all the necessary information required to follow a fully-fledged Keto Vegan journey with ease. Since everything here is written in easy to understand bite sized portions, even an amateur will be able to grasp...

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