



Unexpectedly Vegan: Tips & Tricks To Making Any Recipe Vegan

Courtney Keen

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Forget looking for vegan recipes, turn any recipe you want into a vegan one.

Being vegan seems to be the new fad. So, how do you become a vegan? What are the benefits associated with being vegan. Just try the 20 day challenge.

Not vegan but just want some sugar free, gluten free or low carb recipes? Learn how to recreate any recipe to suit your dietary needs!

If you want to reduce the risk or even reverse diabetes, high blood pressure, heart disease and even weight gain, then this is the book for you!

How about something that's easy and already done for you without having to hunt through multiple cookbooks or search through many healthy recipe websites.

This book show you how to create better health, lose weight and even look younger just buying doing this one thing.....EATING!

It's more than just boring meals, like salads, and expensive foods. It actually become easy once I learned what ingredients to replace with vegan ingredients. Even eating out as a vegan wasn't a problem anymore. I learned how to cut corners and save money without cutting out the quality of my foods. Once I learned how to properly do this I found that it could be applied to anyone seeking a healthier lifestyle, not just vegans.

I achieved increased energy, a flatter stomach and cleared my acne just by eating.

People have also claimed to reverse lupus, Alzheimer's, diabetes, eczema, high blood pressure and more!!! Some within just as little as 3 months, not to mention one person dropped about 40 pounds within 5 months. All just by following what's listed in my Healthy Vegan Guide to Cooking, Unexpectedly Vegan.

If you want to find out about how to still enjoy the foods you love without the health consequences in the end, I have just the guide for you!

This is not only for vegans but those who are just looking to make better health decisions when it comes to their cooking.

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