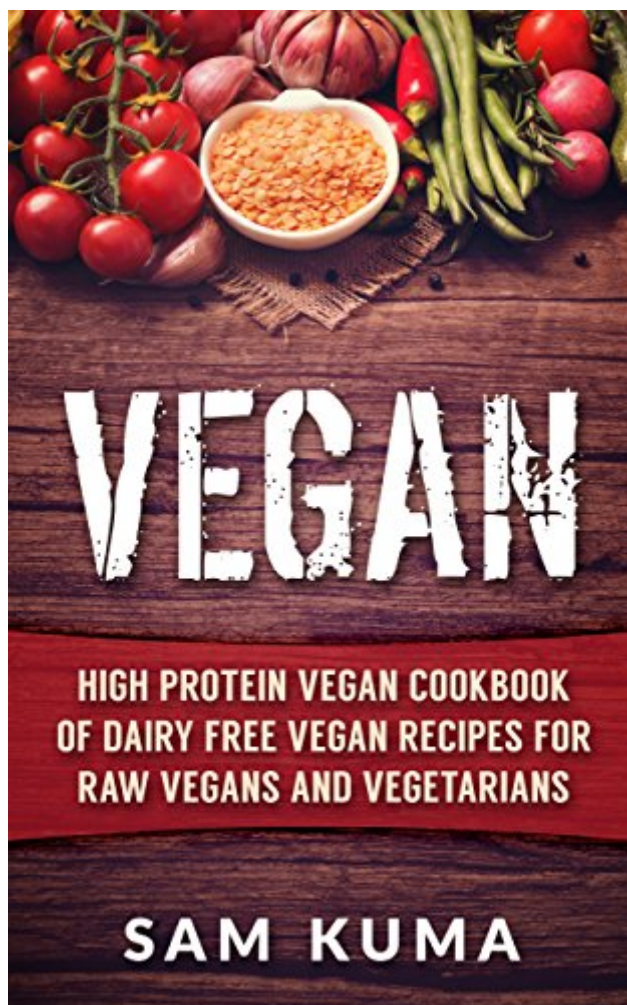


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# **Vegan: High Protein Vegan Cookbook Of Dairy Free Instant Pot Vegan Recipes For Raw Vegans And Vegetarians (Vegan Diet For Gluten-Free, Low Cholesterol, Low Carb Lifestyle Weight Loss 1)**





## Synopsis

Do you want to become vegan but concerned about a diet with lack of protein? Are you just looking for vegan protein sources? Then, read below: The vegan diet is easily one of the healthiest diets in the world and for good reason. Not only does it help in cutting down on the existing fat in your body but also enhances your disease fighting capacity. It is designed to provide people with a complete solution to their weight loss issues and aid with the slimming down process. However, when people hear of Vegan diet, they always ask, "Where do I get my protein intake from?" but the fact is plant-based products have ample proteins, and if you cook your food with the right ingredients, plant based proteins are more than enough to build a lean body. This book is designed so that you can follow a protein-rich vegan diet without having to struggle for new recipes. The recipes in this book are easy to cook, 100% vegan and rich in protein. These recipes are designed for both novice and expert cooks and make use of all the best vegan ingredients that one can buy from the market. The diet incorporates the use of protein rich foods such as chickpeas, quinoa, soya and rice bran, which help in building lean muscles. Below is a summary of the different recipe types we have listed: High Protein Vegan Smoothies, High Protein Vegan Salads, High Protein Vegan Soups, High Protein Vegan Deserts, High Protein Vegan Stir Fry. Bonus: Vegan Lifestyle book Included. Scroll up and Download

## Book Information

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## Customer Reviews

I have never considered becoming a vegan but these recipes are an option I would choose when preparing meals for my family. There are recipes covering the spectrum of eats! The recipes are easy, healthy. Given that they are protein rich, you know you will lose weight if that is a concern.

Some really nice recipes. I have this on my kindle on my phone and I check it for my weekly meal planning. I get some great ideas out of this. love these easy recipes.

Want to go vegan, but worried you won't know how to get enough protein? This books for you. It's chuck full of wonderful protein rich recipes!

This great little ebook is chock full of high protein vegan recipes! Its just what I've been looking for to get more protein in my diet without eating eggs and dairy products. I can't wait to try all of these great looking recipes!In this ebook there are recipes for vegan smoothies like Banana Almond Cream Shake and Salted Chocolate Oatmeal Smoothie, breakfast recipes like Peanut Butter Granola and Cinnamon Nut Quinoa, high protein salad recipes like Black Bean Salad and Carrot Slaw with Tempeh Triangles, vegan soup and chili recipes like Spicy Tofu and Vegetable Chili and Hearty Winter Vegetable Soup, vegan appetizers like Mushroom Tapenade and Pecan Pie Balls, vegan main courses like Vegan Taco and Quinoa Falafel with Avocado-Tahini Dressing, vegan side dishes like Stuffed Peppers and Green Beans Stir Fry, and vegan desserts like Red Velvet Protein Bites and Choco Berry Cheese Cake. Yum!! received this High Protein Vegan Cookbook from Sam Kuma at a discounted price in exchange for my honest and unbiased review of the product after I had received and tested it. I am a working mom and stepmom and between my husband and I we have three teenagers and four elementary aged children so products tested at our house really get a solid testing! I love to save money and get great deals on and I depend heavily on reviews when choosing a product, so I hope my review is helpful to someone else :)

I am not vegan, but vegetarian. I always find difficult to find protein source. I was not looking for a diet book, but I wanted to change my lifestyle and want to eat healthy. I am a big fan of desserts, but

eating so many calories was another issue. So finally my search was over with this book. I really like that author has separated all the recipes according to meals. You get plenty of recipes for breakfast, Smoothies, Main course and dessert. It also has salad, soups, appetizer and side dishes as well. I have few friends who are vegans and diet conscious and I always struggle deciding menu when I invite them for dinner but this cookbook will be perfect solution. It has all healthy varieties of food. One of the great things about this book is the preparation time of food is less. Its not like you spend 3-4 hours of cooking, no take out just 20-30 mins and your meals are ready. Less time to cook and more time to eat and relax. I have received this product in exchange of honest and unbiased opinion, but I am not bound to write a positive review. All opinions are my own.

I liked the picture on front - Sam Kuma made the right choice there, it is attention grabbing and colourful, perfect. I have to admit I did not know quite what to expect but I kept an open mind and was looking forward to looking at this book. I found it really nice that there was a free gift attached inside. It was a link to a document that explained all about Vegans which I found very helpful. The recipes were very different and some of the products I had not heard which was interesting. The book was well laid out and the instructions clear. The only thing I would say is that I like to see pictures of the end result and I was a bit disappointed that there weren't any. I thought that made the book a bit clinical and cold. I look forward to trying some of the recipes and adding them to my daily routine. #veganforlife

This book is exactly what I've been looking for! I am a wannabe vegan. I have been a vegetarian for five years now. My biggest problem is that I don't really monitor my diet. I just don't consume any meat and seafood. I don't have the patience to make sure that my body gets enough protein. It's just the way I am! Therefore my hemoglobin and iron levels are horrible. I've been even diagnosed with anemia. I tried being vegan for one summer, which went even worse for my health. My other problem is that I like carbs, so I've been gaining some weight. Sam Kuma is helping me solve two of my biggest problems! Lose weight by eating high protein food. I like cooking, I just don't like overthinking whether my dish has enough vitamins and such. I was so excited to receive this item for free/a discounted price in exchange of my honest and unbiased review. The book is very well-structured. Recipes are broken down into meal categories. Below are the ones that I found the most interesting and delicious. Smoothies: Banana Almond Cream Shake, Nuts n Seeds

SmoothieBreakfast: Vegan Frittata, Ethiopian Tofu ScrambleSalad: Carrot Slaw with Tempeh  
TrianglesSoup: Lentil and Vegetable Soup, Hearty Winter Vegetable SoupAppetizer: Mushroom  
Tapenade, Breaded, Spiced Tofu, Pecan Pie BallsMain Course: Sun-Dried Tomato, Mushroom,  
Spinach, and Tofu Quiche, Quinoa Falafel with Avocado-Tahini Dressing, Spinach with Pasta, Lentil  
& Bulgur PilafSide dishes: Eggplant & Mushrooms in Peanut SauceDesserts: Red Velvet Protein  
Bites, Plum Protein Parfait, Puffed Quinoa Peanut Butter BallsNice bonus is that there is a link to  
download another book for free. It's called "Vegan Living - A  
Healthy Beginning".

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Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans  
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