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Michael Falls

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Vegan Diet

20+ High Protein Gluten Free Vegan Recipes

Ever browsed through a recipe section at a book store, only to find millions of recipes, all derived from animal products in one form or another. Have you ever browsed the internet exhaustively to find any Gluten free recipe; that is healthy and tastes delicious? Well, you don't need to look any further. 'Vegan Diet: 20+ High Protein Gluten Free Vegan Recipe' will help you more in this scenario.

Most vegan diets are time consuming and require a lot of effort, especially if you want to keep a balanced diet. Many new vegans ponder and fret over the limited choices they now have. Many people try the vegan life style, only to leave when they are unable to find delicious food that meets their needs and satisfies them.

There are also vegans out there, who are unable to call friends over for dinner, knowing they would be unable to provide the diet they desire; also unable to make their friends appreciate the taste of vegan food. This book will help you with all that and more, it might even make your friends realize how much variety

and substance is in the life style. This book summarizes the Vegan diet for new comers; its benefits and pit falls, which can be avoided by having a balanced diet; how to cover your diet and easy recipes.

- Introduction
- Chapter 1 - Vegan Diet and it’s pitfalls for beginners
- Chapter 2- Diet Planning
- Chapter 3- High Protein Gluten Free recipes: Breakfast and Lunch
- Chapter 4- High Protein Gluten Free recipes: Dinner and Desert
- Conclusion

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