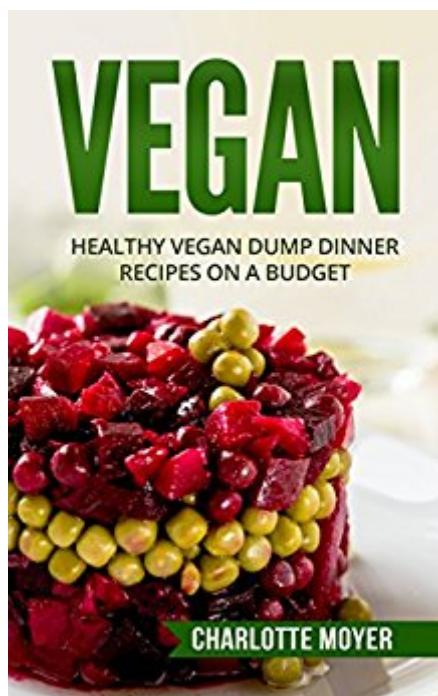


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VEGAN: VEGETARIAN: 32 Dump Dinner Recipes On A Budget (One Pot, Slow Cooker, Raw Food)



Synopsis

Read this book for FREE on Kindle Unlimited - Download Now!  Learn These Delicious & Affordable Vegan Recipes So You Don't Have To Starve Until Your Payday** Get this book by Best Selling Author Charlotte Moyer **Vegan cooking isn't only insanely healthy. It's also really inexpensive. Vegans can enjoy the benefits of eating fresh and nutritious foods without breaking the bank to satiate their hunger. If you would like to follow a vegan diet and save some money in the process, then this book is a must-buy for you! The  contains 32 exceptionally delicious and easy to prepare vegan dishes. Now you can finally satisfy your tastebuds and follow a healthier diet. And you can do it without settling for bland, boring food! All these vegan dishes are thoughtfully selected so they can be: Incredibly healthy to nourish your body and supply it with a variety of essential nutrients! Totally economical so you don't have to starve until you get the next paycheck! Mouth-watering so you can enjoy eating them! An Ideal Book That Every Cost-Conscious Vegetarian Should Read!>>> Scroll up and Download This Book Now

Book Information

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Customer Reviews

A very interesting recipe book...most people think you have to eat meat to be healthy...but this book shows that is false. There are plenty of good recipes in this book that I will try out. Charlotte Moyer does a great job going step by step in the process to make sure you come out with a delicious meal. The reason I gave it a four is because they could have used pictures to help illustrate what the dishes would look like. Highly recommended for Vegan diet lovers or just diet people looking for a change.

Cool book. Great wheat-free meal alternatives. I really liked the 21 day food plan as it will make it easier for me to apply the recommended meals, the shopping list was also a cool little extra that will just make my journey to the supermarket easier and reduce temptation.

I like to make Dump dinners since it's simple and easy to make. But great to have this recipe book since it's vegan. The recipes are all healthy and yes, with the lifestyle today that's always on processed food, I am pretty sure that I will always stick to preparing healthy meals for the family. This recipe book is a sure help!

May work for some IF you can give up all that is made with gluten! Interesting book and I am certain it works if you follow the plan.

IBS ruins my day nearly every day. I haven't dove into WheatFree eating yet, but it looks like that is where I should be. We'll see how the recipes turn out.

Great recipes! A must for any vegan!

Wish there were more recipes.

Helped me understand what Gluten does to your body as you get older.

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