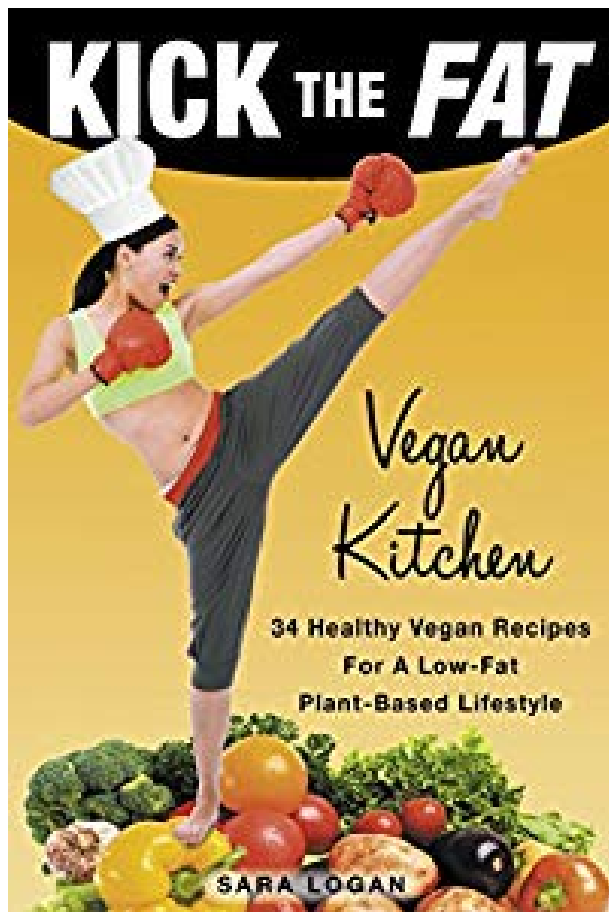


Kick The Fat Vegan Kitchen: 34 Healthy Vegan Recipes For A Low-Fat Plant-Based Lifestyle



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Are you looking for a low-fat vegan cookbook? Do you want easy, delicious recipes that promote vegan weight loss? Kick The Fat Vegan Kitchen contains 34 favorite oil-free recipes with a focus on tasty ways to fuel your body.

Each recipe is accompanied by a full-color photo. The recipes do not contain tofu or mock meats. A majority of the recipes are gluten free and the rest are adaptable. This cookbook is suitable for healthy lifestyles including: Starch-based Plant-based Whole-food High-carb low-fat Heart-healthy Whether you are looking for no-oil recipes for weight loss, or are a seasoned plant-based vegan you will find many recipes to add to your repertoire! Is it time to Kick The Fat out of your diet? Scroll up and grab a copy today!