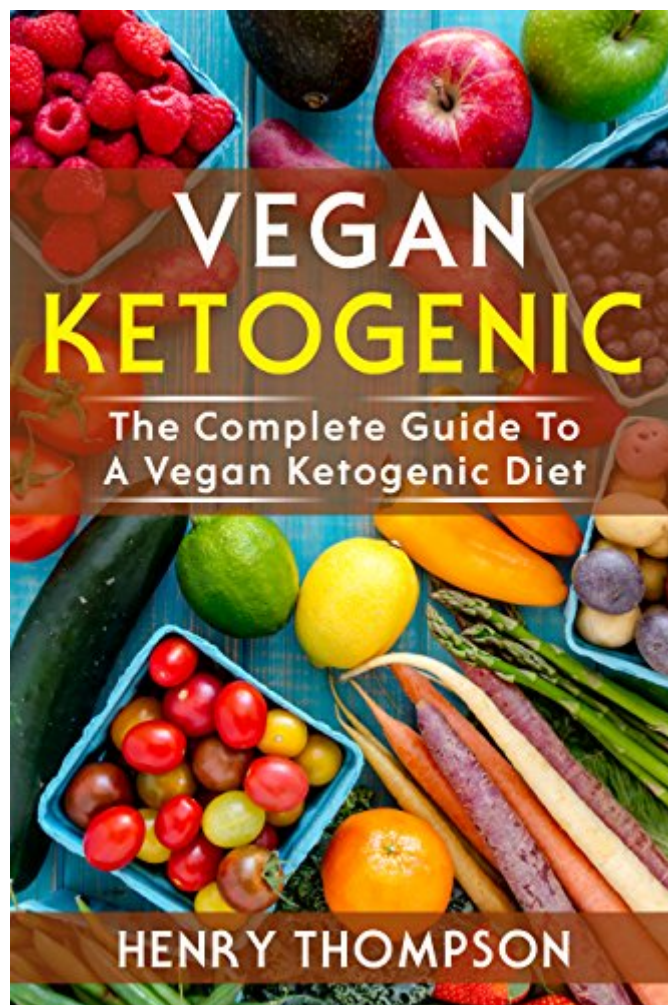


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Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet And Recipe Guide (Recipe Plans, Protien, Carb, Keto, Keto Living, Healthy Living, Fast Weight Loss, Weight Loss, Burn And Lose Belly Fat)





Synopsis

Get the best out of your body with these incredible Vegan Ketogenic Recipes! Do You Want A Way To Stay Healthy That Is Also Easy and Delicious? If so, [“The Complete Low-Carb Vegan Ketogenic Diet and Recipe Guide \(Recipe plans, protein, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat\)”](#) by Henry Thompson is the book you need! While it's common knowledge that Vegan Diets are the go-to for your health, many don't understand Ketogenic Diets. Plus, making Vegan Ketogenic Meals Requires Little Time! Now, with the vegan ketogenic diet, getting the vitamins and nutrients you need at the beginning and end of every day has become simpler and stress-free. With this informative recipe book, you'll have amazing new recipes to try any morning and evening you wish. Here Is What You Will Find Inside | What is a “Vegan Ketogenic Diet”? • Health Benefits of a Vegan Ketogenic Diet Challenges of a vegan Ketogenic Diet Delicious Breakfast Recipes Mouth watering Lunch and Dinner Recipes And much more! So, download this guide and learn incredible new recipes that you, and your body, will love! See you inside!

Book Information

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Customer Reviews

I am a great fan of ketogenic diet but i am unable to eat meat and exotic non vegetable items as I like vegetable most, that's why i found this book really helpful to follow. The author provided great tips and strategies to follow ketogenic diet with vegetable dishes and the recipes i have tested from this book is loved by everyone in my family.

Great recipes with proper description to go vegan with ketogenic diet. This book included a wide variety of vegan recipes for breakfast lunch and dinners. I have some smoothies and salads that were a great experience in preparing them and they taste delicious. I am happy to get this book.

Tofu, Broccoli and Eggplant these are my favorite food ingredients. You will find a new delightful recipes in this Vegan Ketogenic Cookbook.

Great tasty recipes and easy to make. I already feel healthier and more fit and the dinner recipes are delicious. Thanks for this

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