



Vegetarian: Discover Delicious Vegetarian Recipes Along with Secrets to Becoming Super Healthy with a Nutritious Vegetarian Diet (Paperback)

By Ace Mccloud

Pro Mastery Publishing, 2017. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book ***** Print on Demand *****. Are you tired of having low energy? Would you love to have world class healthy vegetarian recipes? Whether you want to (1) eat healthier, (2) boost your energy and your immune system, or (3) have a variety of incredible vegetarian recipes at your fingertips, then this is the book for you! Do you wish you could feel good more often? Instead of eating pre-prepared chemical-laden foods that only increase the toxins your body will struggle to process, discover a simpler way, a healthier way. When you choose to eat less of the meats that are extremely hard for your body to digest and more of the fruits and vegetables that are packed with more easily accessed nutrients, you are boosting your body's ability to fight off sickness and disease. You may also notice increased energy and mood. Eliminate the meat and still get the protein you need. Contrary to popular myth, it is fairly easy to take in all the protein your body needs without resorting to animal products. The benefits of a vegetarian diet...



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