



Mediterranean Diet: Mediterranean Diet for Vegans: Delicious Soul Satisfying Mediterranean Vegan Recipes for Weight Loss and a Healthy Lifestyle ... Soy Free, Low Fat, Plant Based) (Volume 1)

Sam Kuma

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Are you a vegan who loves Mediterranean food? Or a Mediterranean food lover who wants to eat healthier? Or anyone who just wants to eat healthy delicious food?

Then read below:

Most people are apprehensive about adopting the vegan diet considering the large number of myths that surround the concept. People believe that vegans have to deal with a very restricted ingredient list and make dishes that lack flavor. However, this is just a myth and one that has absolutely no truth to it. Vegans have available food substitutes for almost every kind of available. In addition to being healthy, it is also better for the environment and also prevents animal cruelty. This book details Mediterranean diet recipes for Vegans.

The Mediterranean diet refers to foods that were consumed by the Greeks and Italians in the early 60s. This diet is well known to make people healthy and enhance their longevity. It has been embraced by people all over the world due to a variety of delicious and healthy recipes that can be eaten all day. There are 1000's of restaurants across America and across the globe that are successful due to the popularity of the cuisine.

This book includes:

- Mediterranean Vegan Pastes, Sauces, and Dips
- Mediterranean Vegan Breakfast Recipes
- Mediterranean Vegan Salad Recipes
- Mediterranean Vegan Soup Recipes
- Mediterranean Vegan Appetizers Recipes
- Mediterranean Vegan Main Course
- Mediterranean Vegan Dessert Recipes

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