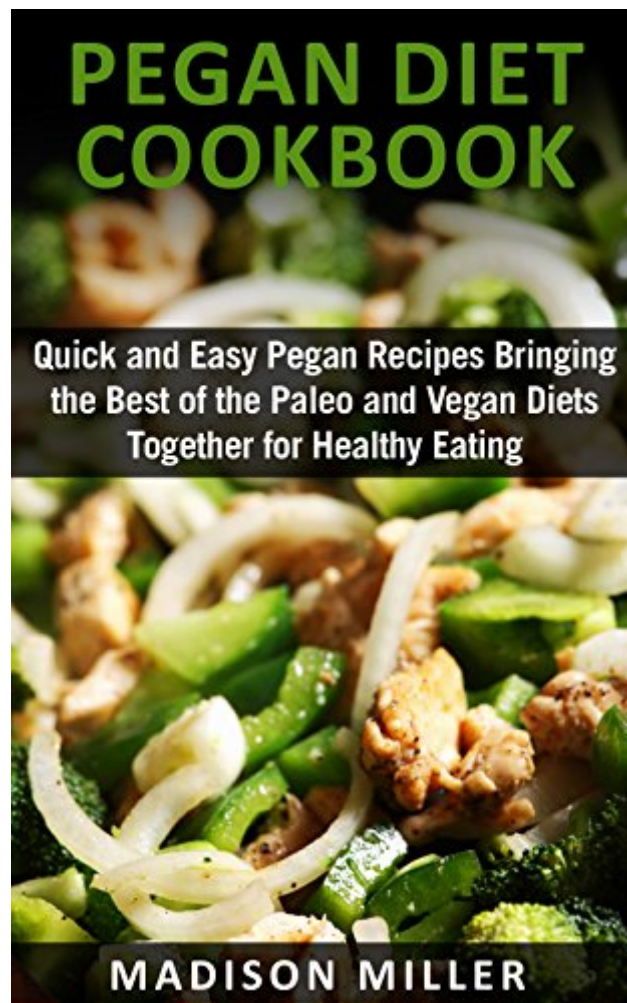


The book was found

Pegan Diet Cookbook: Quick And Easy Pegan Recipes Bringing The Best Of The Paleo And Vegan Diets Together For Healthy Eating



Synopsis

The Pegan Diet...The Happy Middle between the Paleo and the Vegan Diets! You will never feel so good about your diet. Lose weight, feel absolutely energized, regain your health and look fabulous with the Pegan diet! Inside learn the basic guidelines of the pegan diet and everything you need to know to get a quick start to your new pegan lifestyle including health benefits, the diet guidelines, what food to eat and to avoid and more. . In this book we have brought together the best of both worlds to introduce you to the Pegan lifestyle. This Pegan cookbook is filled with delicious recipes for breakfast, lunch, dinner, appetizers, and snacks that take into consideration all of the elements of the Pegan diet. Inside find:

- Satisfying and nutritious breakfast recipe like the Banana Chocolate Pancakes.
- Energy building lunch such as Creamy Zucchini Soup or the Pegan wrap
- Delicious dinner meals everyone will love like the Pesto Noodles or the Wild Salmon and Cashew Plums
- Appetizers snacks to keep you going all day with recipes like the Almond Honey Cauliflower Skewers
- Luscious desserts like the Chocolate Coffee Cake

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Book Information

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Customer Reviews

Pegan diet is a unique blend of two powerful diet which I find truly interesting. The recipes included on this book are refreshing, with accessible ingredients (which you can get anywhere even from Walmart), easy to prepare, and very healthy. I love the twists on each menu and how the ingredients come together to pull off an exciting, delicious meals. I also love how nuts and other fruits were added to make a flavorful dish like cashews, pomegranate and more. The smoothies and other desserts seem divine! If you're a lover of asparagus like me, you'll definitely love the sauteed asparagus dish here. If you wanted to keep an exciting meal at home, at the same time, ensuring the quality and health value of each food you serve in your table, I highly recommend this book. I definitely want to share this with my family and friends.

I like this book because it is very clear and easy to understand. It contains the lists of yes and no foods. The recipes are great and I love the Banana Chocolate Pancakes. Who thought mixing these two ways of eating could be so delicious!

Although I was able to use a few good recipes, this is a Paleo diet only. Animal products are not part of a Vegan diet!

Not too many recipes here. Looks like with was made on a copy machine.

meh

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