



**Vegan Salads: Over 50 Vegan Quick & Easy
Cooking, Whole Foods Diet, Wheat Free Diet, Low
Cholesterol Cooking: Cooking For Two, Weight
Loss Energy, Weight Loss Maintenance, Natural
Foods**

Jane Plischke

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Vegan Salads book contains over 50 Vegan Salad recipes. This 100 pages long book contains recipes for: • Vegan Salads • Bonus chapter: Chia Puddings • Bonus chapter: Green Smoothies Most of the meals can be prepared in just 10 minutes. Each recipe combines clean eating vegan ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.

“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC

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