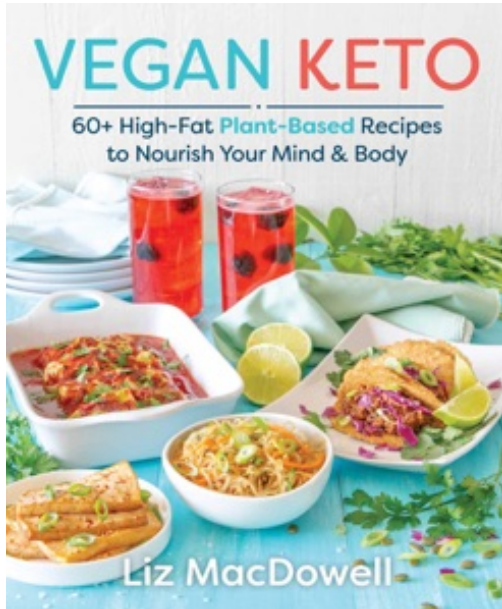


Vegan Keto Download Online EBook Liz MacDowell Download Ebooks [EN] PDF, EPub, Mobi



Vegan Keto Download Online eBook Liz MacDowell Free eBook PDF/ePub/Mobi/Mp3/Txt, Liz MacDowell flawlessly delivers the best of two nutritional worlds in her new book, "Vegan Keto." Her unique approach harnesses the health and weight loss benefits of the ketogenic diet and unites it with the vegan lifestyle. Liz dispels the myth that veganism contradicts the keto diet and offers a template to achieve optimal health and weight loss by eating a ratio of healthy fats and plant-based proteins. MacDowell offers more than 60 recipes that are all free of meat, eggs, and dairy and are keto compliant.

MacDowell's revolutionary new approach emphasizes a nutrient-dense nutrition plan sourced from whole, natural foods that are rooted in healthy fats with plant-based proteins that are lower in carbohydrates. She has created a sustainable model that will enable those living a vegan lifestyle to achieve optimal health, lose weight, and eliminate cravings for inflammatory foods.

"Vegan Keto" is complete with full-color photos, four easy-to-follow weekly meal plans, shopping lists, and tips and tricks for getting started and staying on track. Above all, Liz brings a wealth of expertise and invaluable advice derived from real-world experience in her role as a nutrition counselor.

Recipes Include:

- Coconut Flour Waffles
- Lemon Poppy Seed Muffins
- Spinach & Olive Mini Quiche Cups
- Green Keto Balance Bowl
- Mediterranean Zucchini Salad
- Kelp Noodle Pad Thai
- Buffalo Jackfruit Tacos
- Lupini Hummus
- No-Bake Falafel
- Chocolate Almond Butter Cupcakes
- Snickerdoodles

Whether your eating plan of choice is vegan/vegetarian, keto-tarian, or keto or you are just someone who loves good food and having a bit of fun in the kitchen, this book has something for you!

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