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based diet and to make sure that you always have a range of healthy portion controlled meals ready to go Whether you re ready to go entirely vegan or just want to incorporate more plant based meals into your diet and you don t know exactly how to start this book will give you a 30 Day Plant Based Plan to Eat Well Every Day and Improve Your Health Quickly In this book you are ready to discover Why eating plant based foods will increase your health and physique Dozens of helpful tips on how to effectively shop grocery and do meal prep that will give you plenty of nutritious and ready to go meals for your active and busy life Comprehensive food lists to inspire you and guide you on what to look for what to avoid and what exactly some of these new and exciting vegan ingredients are The single most powerful math trick to calculate your caloric needs and what is needed for a balanced diet including in depth details on carbohydrates plant based proteins and healthy fats And much much more If you already tried different clean eating plans online but you are still seeing no results this meal prep cookbook will give you the right information to get in shape and improve your physique in few weeks Are you still wondering Bear in mind that this book isn t only a simple meal prep cookbook that provides recipes it s a practical guide for every person that want to approach the easiest way possible to a plant based diet according to their current situation and eating habits Living on a plant based diet doesn t need to be boring or complicated and once you master a few of these recipes you will feel confident enough to start creating your own masterpieces Invest in your health Embrace plant based nutrition your health the animals and the planet will all thank you Pick up your own copy TODAY **Beginners Guide to Dr. Sebi's Diet**

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