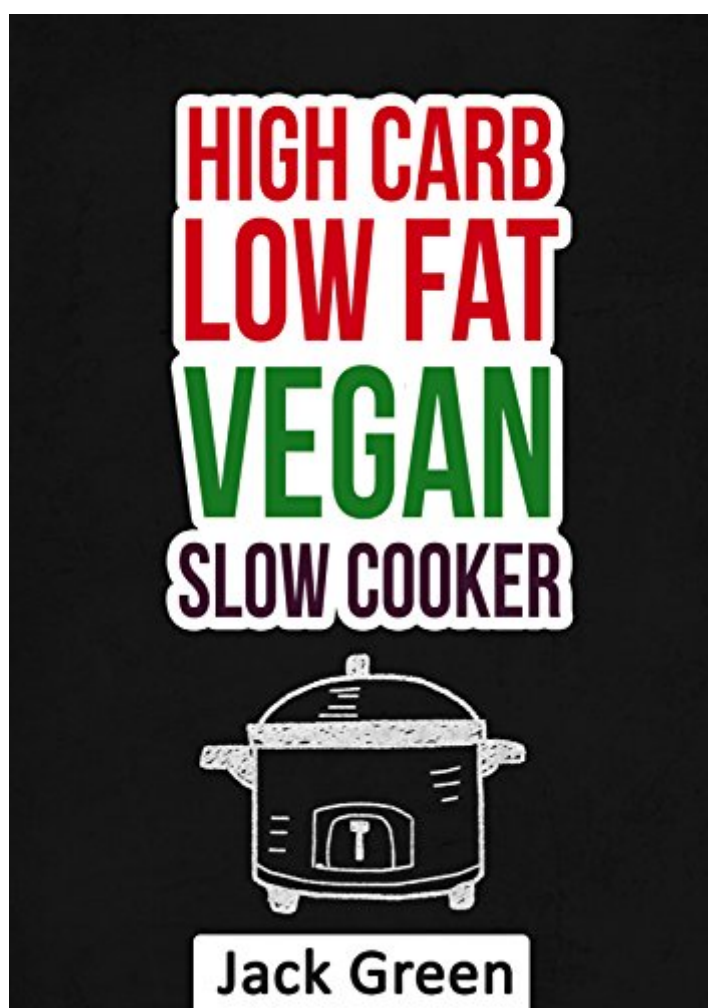


The book was found

**Vegan: High Carb Low Fat Vegan  
Recipes-Vegan Diet On A Budget (  
Forks Over  
Knives,Crockpot,Slowcooker,80/10/1  
0 Diet, Raw Till 4,gluten Free,dairy  
Free) ... Diet,high Protein,low  
Fat,gluten Free)**





## Synopsis

Low Fat High Carb Vegan Slowcooker-Budget FriendlyDownload Your Copy TODAY For The Price Of CoffeeThis book offers many unique recipes strictly for the vegan lifestyle.This cookbook helps with the raw till 4,80/10/10,and Forks Over Knives diet plans. The directions are easy to understand and apply, nothing difficult to comprehend when making these delicious meals. Here's a glimpse of the recipes:butternut squash frijolesfarro and veggies split pea souppumpkin chilimaple pear walnut cake oatmealred beans and rice pumpkin chickâ™n chowder gingerbread lattecreamsicle tapioca puddingveganÂ cassoulet vanilla fig oatmeal topped with baklava fillingmixed-bean casserole with sausagespiced butternut squash & lentil soupbean pot medleytwo-bean corn chilieasy crock-pot winter stewblack-eye & vegetable chilired beans and barleyvegetable chilichili con torgoBonus: Free Ebook-Gluten Free Vegan Desserts

## Book Information

File Size: 493 KB

Print Length: 56 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 21, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B012AWMOEK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #104,885 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #31 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #55 inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein

## Customer Reviews

Great recipes to try here.

Nice!

It would be nice if there were a few more recipes that didn't rely so heavily on beans. I mean, as someone who is trying to eat a plant based diet, I eat a lot of them already. When I buy a cookbook, my first hope is that it will have some recipes that aren't just "more beans". And I do have one or two other little nitpicks that keep this from being a better book. For instance, a couple of recipes have far more nuts than a HCLF diet would ever want to employ. There's a baklava oatmeal recipe in there that would blow your fat allotment for an entire day in just one sitting, if not far exceed it. And it states that it's a vegan cookbook, while having some recipes with things like Worcestershire sauce. Some brands of that are now vegan, but ACTUAL Worcestershire sauce is made with fish. You would want to use a replacement, or maybe... I think trader joe's brand? Something like that. If you're going to specify all the meat and dairy replacements, one should also specify on the Worcestershire sauce. Someone who's new to the diet might not know about the anchovy in there. And it often recommends using meat replacements, whichever ones you prefer. And this is actually not a great idea, because some meat replacements have A TON of fat in them. You really do have to stick to certain brands. All that said, I will definitely try more of its recipes. But even on just a read through, I can't offer it more than 3 stars.

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