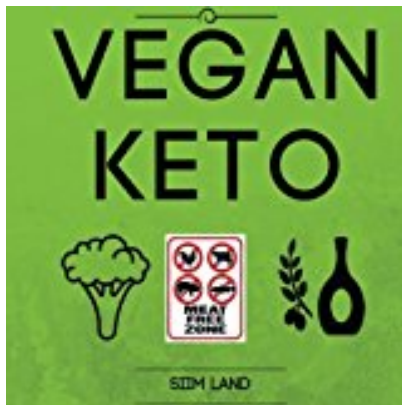


Vegan Keto The Vegan Ketogenic Diet and Low Carb Vegan Diet for Rapid Fat Loss Works as a Vegetarian Keto Diet As Well Volume 1



BOOK DETAILS

- Author : Siim Land
- Pages : 156 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

The Ground-Breaking and Life-Transforming Vegan Ketogenic Diet Are you a vegan or a vegetarian? Have you ever wanted to start a ketogenic diet? Don't know where to begin eating low carb? Is a vegan keto diet even possible? The answer is an astounding YES! Whatever your reason or condition, you will most definitely benefit from this. Vegan Keto provides you with a simple plan to start a ketogenic diet for vegans and vegetarians. Everything you need to know about the keto diet and low carb eating. A tasty ketogenic diet meal plan created on plant based foods that burn fat and battle diabetes. Here's what you'll get from Vegan Keto. * Burn body fat, not muscle. Weight loss doesn't equal fat loss. * Improve your mental focus and make your mind as sharp as a knife. * Battle diabetes and potentially reverse it. * Improve your health markers, such as blood pressure, blood sugar levels and cholesterol * Protect yourself against cancer, tumors and coronary heart disease. * Increase your longevity and insulin sensitivity. * Become fat adapted and start using fat for fuel. * Experience mental clarity and feel amazing. * Have access to abundant energy all the time. * Reduce your hunger and lose sugar cravings for good. * Eat mouthwatering and delicious meals that leave you satiated for long periods of time. All of those benefits while STAYING IN KETOSIS AS A VEGAN. The author Siim Land is a modern day Renaissance man and a keto expert. A holistic health practitioner, fitness expert and an author. He has practised the ketogenic diet for a long time and has improved his performance, health and well-being. The same can be done for you. Vegan Keto is just that - an easy vegan ketogenic diet for beginners that covers everything you need to know about how to start eating low carb without losing your mind or becoming too stressed out. "Life transforming"

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