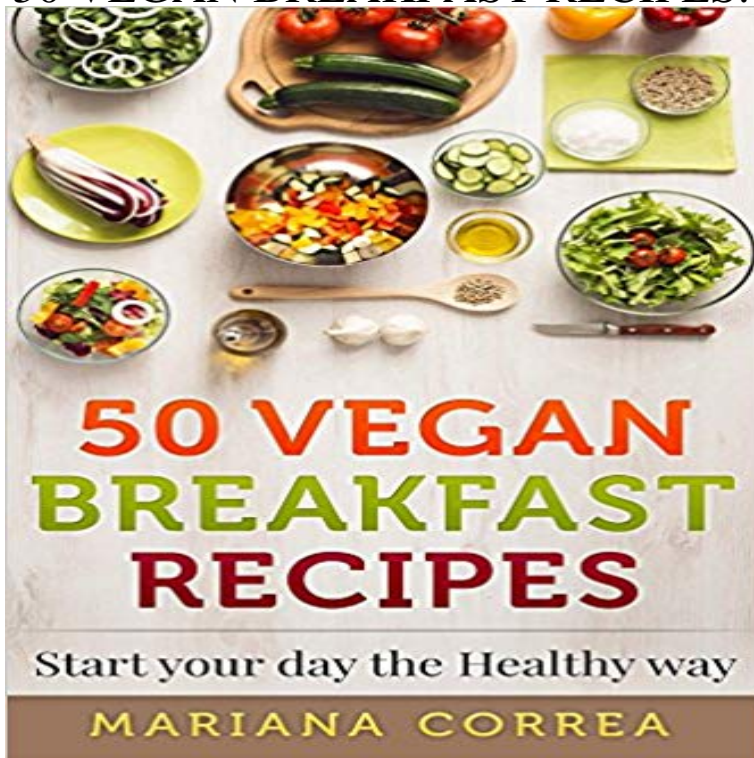


50 VEGAN BREAKFAST RECIPES: Start your day the Healthy Way



50 Vegan Breakfast Recipes is the best book for anyone who is looking to begin the day in the best way possible. You will feel full of energy, revitalized and healthier. You will only feel this way if your body is healthy from the inside out. The recipes in this book are simple, easy to make and delicious. Using attainable ingredients in a varied manner your meals will be full of essential minerals, vitamins, and antioxidants. Your connection with food is the biggest influence for your long-term well-being. The first thing to consider when you would like to make a change in your life is your diet. Healthy nutrition is the foundation of your lifestyle and longevity. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective. You will certainly enjoy all the recipes in this book and might even begin having these breakfast recipes at lunchtime and dinner.

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