

The Pegan Diet...The Happy Middle between the Paleo and the Vegan Diets! You will never feel so good about your diet. Lose weight, feel absolutely energized, regain your health and look fabulous with the Pegan diet! Inside learn the basic guidelines of the pegan diet and everything you need to know to get a quick start to your new pegan lifestyle including health benefits, the diet guidelines, what food to eat and to avoid and more. . In this book we have brought together the best of both worlds to introduce you to the Pegan lifestyle. This Pegan cookbook is filled with delicious recipes for breakfast, lunch, dinner, appetizers, and snacks that take into consideration all of the elements of the Pegan diet. Inside find: â€¢ Satisfying and nutritious breakfast recipe like the Banana Chocolate Pancakes. â€¢ Energy building lunch such as Creamy Zucchini Soup or the Pegan wrap â€¢ Delicious dinner meals everyone will love like the Pesto Noodles or the Wild Salmon and Cashewed Plums â€¢ Appetizers snacks to keep you going all day with recipes like the Almond Honey Cauliflower Skewers â€¢ Luscious desserts like the Chocolate Coffee Cake Scroll back up and order your copy today!

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