

Vegan Under Pressure: 51 Perfect Meals, Fast & Healthy in Your Pressure Cooker



Whether you are a veteran vegan or looking to adapt a clean and healthy lifestyle or are looking to transition from a vegetarian lifestyle to a purely vegan lifestyle, this diet guide will hold your hand through the entire process. We will start by looking at where the vegan diet all began and how it has grown to be one of the most popular health movements. We will also teach you how to transition gently into the vegan diet without feeling deprived and all the beautiful things you can expect to gain in addition to great health.

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