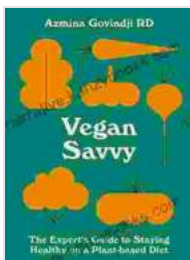


Vegan Savvy: The Expert S Guide To Nutrition On A Plant Based Diet



Vegan Savvy: The expert's guide to nutrition on a plant-based diet by Azmina Govindji

★★★★☆ 4.8 out of 5

Language : English
File size : 14220 KB
Text-to-Speech : Enabled

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 236 pages



The Expert Guide to Nutrition on a Plant-Based Diet

Are you considering adopting a plant-based diet but worried about getting all the nutrients you need? Or maybe you've already made the switch and are looking for ways to optimize your nutrition? *The Expert Guide to Nutrition on a Plant-Based Diet* is the comprehensive guide you need.

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"This book is a must-read for anyone interested in adopting a plant-based diet. It's comprehensive, well-written, and full of practical tips."

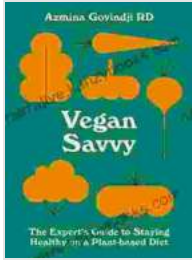
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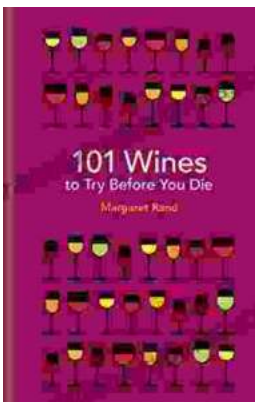
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