



## 21 Days to a New Healthy You! Hearty Vegan Vegetarian Slow Cooker Recipes (Hardback)

By Kyla Latrice Tennin

Lady Mirage Publications, Inc., 2014. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. This cookbook is dedicated to men and women around the world that have dealt with or are beginning to deal with obesity or those whom simply want to loose weight, get healthy and get fit once and for all. I share my 170 lbs of weight loss secrets with you and how I was obese twice, ridiculed, looked down upon and even rejected. In this cookbook (and typically with all of my cookbooks and fitness manuals) I help get you started on being free. In this book I also cover my Salad Fast weight loss journey, with photographs included and my new healthy lifestyle introduction. A collection of my tips, tricks and health notes along with slow cooker recipes will help you do just that. Further, this cookbook is for Vegans, Vegetarians, those whom are Transitioning to Vegan and/or Vegetarian or those whom would just like to have some meat-less and dairy-less days for a healthier lifestyle and to promote lifespan longevity (reduce their expose to...



**READ ONLINE**  
[ 7.56 MB ]

### Reviews

*Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.*

-- Felicia Nikolaus

*These sorts of ebook is the ideal book offered. It can be writter in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.*

-- Mr. Alejandrin Murphy PhD