



**Weight Loss Box Set: 53 Incredibly Easy to Make Vegan Recipes. 12+ Exercises to Build Calisthenics Body. 28 Delicious Grain-Free Recipes to Lose Wheat ... easy vegan recipes, best vegan recipes)**

*Betty Burns, Wanda Cruz, Austin Allen, Frank Carter*

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## **BOOK #1: Vegan Recipes: 28 Incredibly Easy to Make Vegan Recipes Every Beginner Should Know**

**Welcome to the fabulous world of vegan cooking!** Preparing tasty and nutritious dishes does not have to be a difficult task; in fact, you will be surprised how simple it actually is to cook vegan meals. Even the good old classics such as spaghetti Bolognese and pizza are so easy to make, you will want to make them all the time!

## **BOOK #2: Running For Beginners: 23 Outstanding Lessons on How to Start Running and Reduce Your Weight**

Do you ever see your friends who enjoy 5Ks, 10Ks and other road races and wish you could join you? Have you wanted to learn how to run but never took it up because every time you tried you ended up feeling discomfort, aches and pains that made you stop? You don't have to stand on the sidelines anymore.

No matter your current health and fitness level or your past experiences with running, whether short, middle, long or ultra distance running, the lessons shared in this brief, easy to read and enjoyable guidebook will get you over the hump and out on the road.

## **BOOK #3: Vegan Recipes: 25 Simple and Easy to Make Vegan Recipes for Beginners**

Choosing the vegan life with purposeful awareness can be both gratifying and challenging at once. Choosing a vegan lifestyle requires you to make a commitment to live a healthier life while having a positive effect on the world around you. This is not only a simple, healthy diet change; this is an oath you take to earnestly

scrutinize every aspect of your life. It is not only animal-free food that is part of our search, but also our choices in cosmetic products, clothing etc.

## **BOOK #4: Calisthenics: 12 Effective Exercises to Build Calisthenics Body in 14 Days**

Exercise is an essential part of life; particularly in the stressful world we live in, filled with unhealthy temptations like junk food, alcohol, cigarettes and television! If you don't keep active, you will gradually find that simple tasks are difficult to perform, health problems start creeping in, and unpleasant aches and pains become part of your everyday life.

## **BOOK #5: Wheat Belly: 28 Delicious Grain-Free Recipes to Lose Wheat, Reduce Your Weight, and Become Healthier**

Wheat can cause your belly to swell; not only, but it can also make you feel tired, inefficient and lacking in energy. Our modern diet, especially when it comes to ready-made meals, is far too rich in wheat and gluten. Many people are allergic to it, even more people are intolerant to it. If, for example, you feel drowsy and need a nap after a plate of pasta, the chances are that you have a gluten intolerance.

## **BOOK #6: Calisthenics: 12 Incredible Tips to Get Muscular Using This Calisthenics 7-Day Muscle Building Program**


Congratulations are in order to you because by purchasing this book you are now on your way to a stronger, healthier, more toned, and muscular body. In this book we'll take a look at what Calisthenics is, how these exercises can be used by anyone, and various seven day plans that target different muscle groups of your body. It's hard to believe that in just seven days you can start to transform your body, but that's exactly what Calisthenics makes possible.

To make the book more user-friendly you'll find it's been broken down by muscle groups so you can go ahead and skip to the one you're interested in, or just read through all of the content so you can work on re-shaping your total body.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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What do you regarding book? It is not important along with you? Or just adding material when you really need something to explain what yours problem? How about your spare time? Or are you busy person? If you don't have spare time to perform others business, it is make one feel bored faster. And you have time? What did you do? Every person has many questions above. They have to answer that question since just their can do which. It said that about book. Book is familiar in each person. Yes, it is proper. Because start from on guardería until university need that Weight Loss Box Set: 53 Incredibly Easy to Make Vegan Recipes. 12+ Exercises to Build Calisthenics Body. 28 Delicious Grain-Free Recipes to Lose Wheat ... easy vegan recipes, best vegan recipes) to read.

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