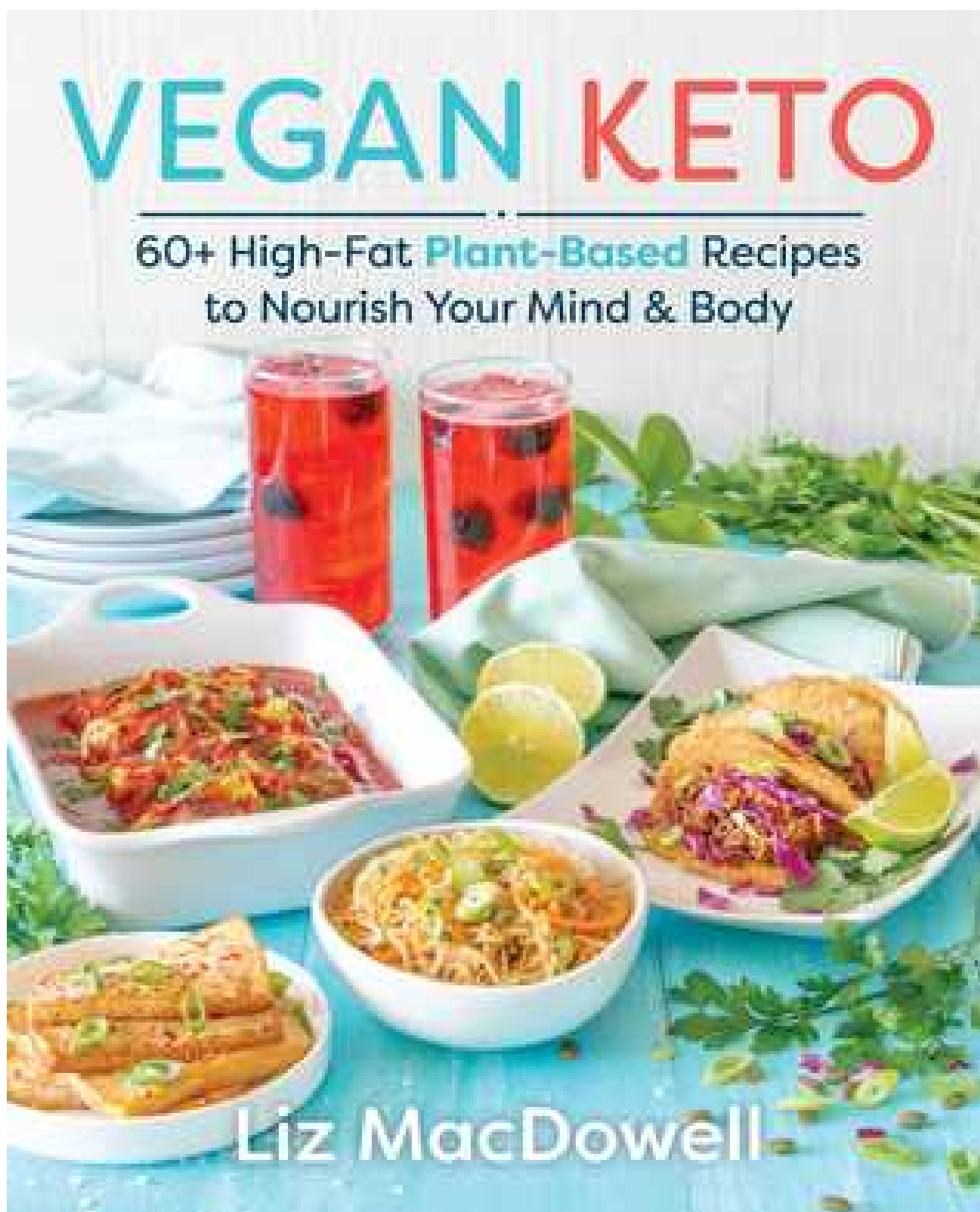


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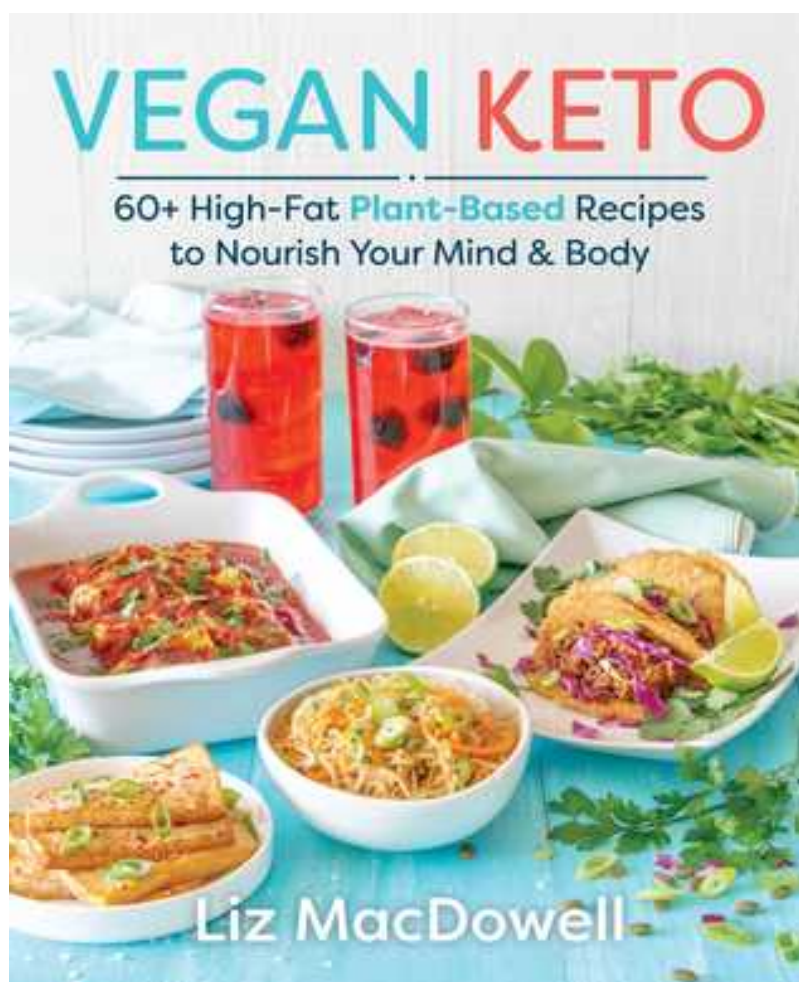
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SYNOPSIS

DOWNLOAD Liz MacDowell flawlessly delivers the best of two nutritional worlds in her new book, *Vegan Keto*. Her unique approach harnesses the health and weight loss benefits of the ketogenic diet and unites it with the vegan lifestyle. Liz dispels the myth that veganism contradicts the keto diet and offers a template to achieve optimal health and weight loss by eating a ratio of healthy fats and plant-based proteins. MacDowell offers more than 60 recipes that are all free of meat, eggs, and dairy and are keto compliant. MacDowell's revolutionary new approach emphasizes a nutrient-dense nutrition plan sourced from whole, natural foods that are rooted in healthy fats with plant-based proteins that are lower in carbohydrates. She

has created a sustainable model that will enable those living a vegan lifestyle to achieve optimal health, lose weight, and eliminate cravings for inflammatory foods. Vegan Keto is complete with full-color photos, four easy-to-follow weekly meal plans, shopping lists, *Vegan Keto: 60+ High-Fat Plant-Based Recipes to Nourish Your Mind & Body* **popular book online top (hyyjui0986u7676)**

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