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## Book information

**Authors:** Anna Carolina Freiheit  
**Title:** Veggie Power  
**Subtitle:** The starter book for your vegan nutrition journey  
**Short text:**

Do you want to do something good for your health and fitness but not know how to go about it? Start now with a healthy plant-based diet and experience how quickly your well-being improves!

This book contains over 70 recipes for breakfast, lunch, dinner, and healthy power snacks. Helpful nutrition and health knowledge is included as "side dishes on the menu." The book ensures that you will no longer have to question whether something is healthy or unhealthy in the ingredients of your meals.

Whether you want to improve your health through your diet or simply take your health into your own hands, you will find the way that suits you in this book of delicious tonics, especially for you to try out.

**Categories:** [Guide Health & Nutrition](#)