

S Annette Larkins Recipes

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many popular diets call for avoiding some foods or eating others exclusively but as the good karma diet reveals the secret to looking and feeling great is actually quite simple treat our planet and all its inhabitants well in this revolutionary book bestselling author victoria moran reveals that by doing what's best for all creatures and the planet you align your eating with your ethics a powerful health and wellness tool if there ever was one the good karma diet shows readers how favoring foods that are karmically good for you will help you sustain energy extend youthfulness take off those stubborn extra pounds reflect an enlightened outlook this book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped good karma in every aspect of their lives follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living

this deluxe ebook edition of the good karma diet includes 25 minutes of exclusive video of author victoria moran giving readers wise instruction on how to make healthy and ethical food and lifestyle choices moran also sits down with inspiring vegans sarah gross joshua katcher and leanne mai ly hilgart to discuss how they have implemented the good karma lifestyle many popular diets call for avoiding some foods or eating others exclusively but as the good karma diet reveals the secret to looking and feeling great is actually quite simple treat our planet and all its inhabitants well in this revolutionary book bestselling author victoria moran reveals that by doing what's best for all creatures and the planet you align your eating with your ethics a powerful health and wellness tool if there ever was one the good karma diet shows readers how favoring foods that are karmically good for you will help you sustain energy extend youthfulness take off those stubborn extra pounds reflect an enlightened outlook this book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped good karma in every aspect of their lives follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living

over 100 international meat free dairy free chemical free sugar free cholesterol great tasting recipes for a free and living people

no fads diets or gimmicks over 500 family and friend tested healthy delicious recipes from an

accomplished cook who has prepared over 35 000 meals recipes plain and fancy simple and elegant from american and many other cuisines

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