

Vegan Vitality Complete Plant Based Lifestyle

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## Summary:

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Vegan Vitality: Your Complete Guide to an Active, Healthy ... Vegan Vitality is a comprehensive active-living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives. Karina Inkster motivates and inspires readers to increase the quality (and length!) of their lives by enjoying a whole foods, plant-based diet and engaging in. Vegan Vitality: Your Complete Guide to an Active, Healthy ... "Vegan Vitality" combines advice on healthy living with many easy, delicious recipes, and includes the story of how Karina became vegan. Vegans and non-vegans alike will benefit from the well-researched information.