



# **Gluten Free Vegan: Healthy Vegetarian Gluten Free Recipes: Vegan, Animal Free Breakfast, Lunch and Dinner Recipes**

*Jamie Tyler*

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Veganism involves openness to change in order to be healthy and to prevent suffering that livestock and farm animals endure. Today, heart diseases and hypertension are two of the biggest threat to human health, and a major underlying cause is only animal produced cholesterol. The human body produces as much as cholesterol as it requires, the excess is obtained from animal foods. A meat-intensive diet is devoid of fiber; as a result people suffer constipation, colon cancer. Protein is essential for growth, especially during the early infant stages of life that is obtained from human milk, but the intake of dairy products, eggs, and meat in our diet, we exceed the required percentage several times. High protein diet increases acid in the body. Dairy products are equally harmful for human consumption as pesticides used on animal feed are concentrated in animal milk. Cow milk contains three times more protein and two times more fat than human milk. A Vegan diet does not lead to high cholesterol, diabetes, and certain types of cancer. On the other hand a regular intake of meat, dairy and eggs can cause health related diseases in the long run and also results in obesity in some cases. Most people worry about what to eat if they choose to include a vegan diet. Lack of awareness and prolonged conditioned beliefs cause concerns among those new to the Vegan way of life. This book contains 20 quick fix Gluten Free Vegan recipes that are not only delicious but are healthy. These recipes include breakfast, lunch and dinner suggestions. We encourage you to read the table of content to ready through the recipes included in this book.

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