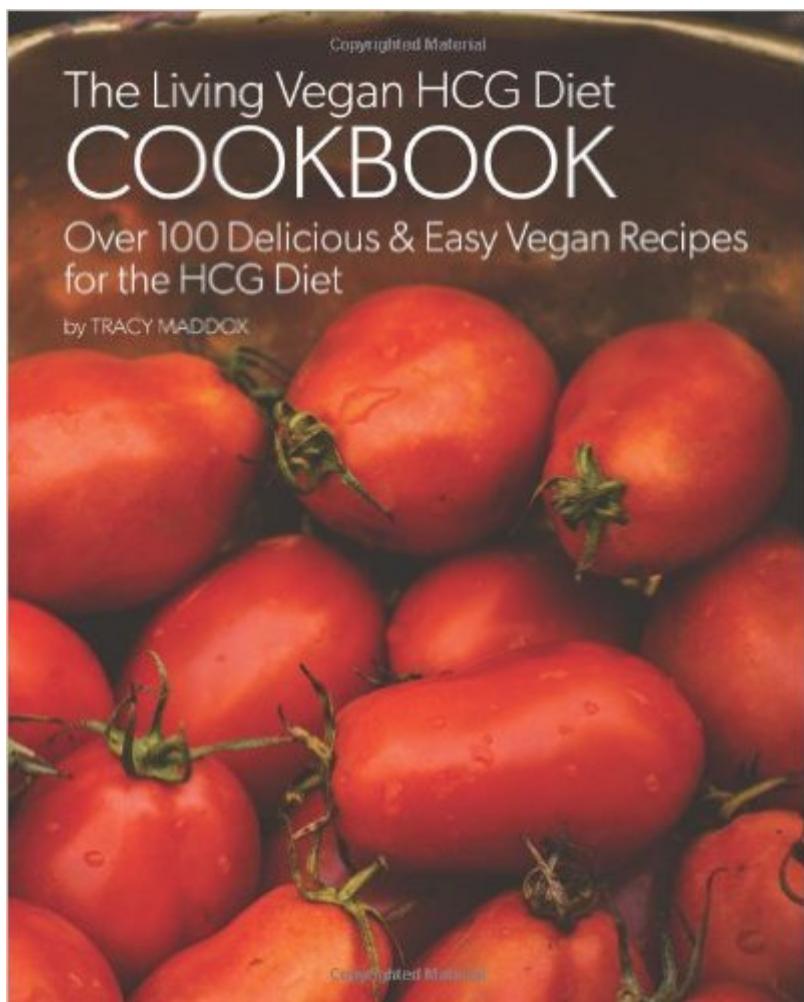


The book was found

# The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes For The HCG Diet



## **Synopsis**

You too can enjoy tasty and satisfying vegan low calorie meals all perfectly designed to keep you on track with the HCG protocol. The HCG Diet has become very popular and many are utilizing it to achieve great weight loss results. Previously, those results have not been achievable when following a vegan diet. Now, with The Living Vegan HCG Diet Cookbook you will enjoy over 100 delightful and imaginative recipes while achieving your weight loss goals. Yummy breakfasts, creamy soups, scrumptious entrees, and delectable desserts are all within your reach. The Living Vegan HCG Diet Cookbook will help bring deliciousness to your diet. [www.veganHCG.com](http://www.veganHCG.com)

## **Book Information**

Paperback: 96 pages

Publisher: Tracy Maddox; 1 edition (February 13, 2014)

Language: English

ISBN-10: 0991185609

ISBN-13: 978-0991185603

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ  See all reviewsÂ  (16 customer reviews)

Best Sellers Rank: #84,255 in Books (See Top 100 in Books) #13 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1305 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## **Customer Reviews**

Filled with clever tips and wonderful Vegan recipes Very innovative, easy and delicious. I'm been trying to go Vegan and this has been a real incentive. I had not embraced the HCG Diet because being a life long vegetarian I was told the HCG diet was not for me. Now that the door has been opened for me and others that stay clear of meat I'm going to give it go. I've even bought an extra copy for a friend. Maybe together we can make this work. The author is very insightful and writes with a good understanding and a wonderful creative eye towards staying Vegan. Let me add that if the HCG Diet is not something you might want to embrace right away the recipes and the information are worth the price of this book.

Great book, every recipe i have tried has been terrific. I wish Tracy had offered a few days of sample menus for the VLCD using her recipes, shakes, etc. I feel like i need a little more details to

be more successful. Love the fact that she explains how to cook tofu. Great

I didn't go completely vegan on my HCG diet, but I was vegan before. This book is really great for learning how to season things. I used a LOT of the recipes while on the HCG diet, and continue to use them. The author really has a knack for herbs and spices. The diet worked very well for me, and this book helps with maintenance.

First, I must say that I do not follow the HCG diet. However, I am Vegan, and in fact am a Vegan Chef. This book has so many options for a vegan following the HCG protocol. I really like that it uses many of the same ingredients throughout (spices, vinegars, etc.), that makes a well stocked pantry economical! (i.e. you aren't buying a bottle of a spice you will use 1/4 tsp. out of only once!) \*\*\*not sure if it violates any of the diet rules, but I substituted fresh herbs for the dried in many of the recipes...yum!\*\*\* I made several of the recipes. They are quick to prepare, easy to understand (I think editing is super important when it comes to cookbooks), and really tasty-considering the limitations. I think the introduction to vegan ingredients was really thoughtful and informative. My one complaint... too much stevia. I am not a fan. I think it's bitter and weird. However, if your diet necessitates that you remove all sugar...I can see utilizing stevia for some sweet satisfaction. Some of my favorite recipes are: Curried Chick'n Salad, French Fries (made from tofu!), Swiss Chard Tart, Compassionate Crab Cakes. I think this is a great cookbook for any Vegan kitchen. I actually have recommended it to a few of my clients who are new vegans, and are looking for simple, low calorie options.

This is another great find on . I love eating vegetarian, however the HCG diet traditionally needs meat twice a day. This book will help me to get back to my preferred non meat diet while using the HCG drops.

This was a helpful book if you are needing some creative inspiration on the HCG protocol, or just with eating Vegan in general. I enjoyed having this handy, and also using it to "dr. up" some of the recipes after the protocol.

This is the best cook book I've ever purchased you can incorporate these recipes after HCG as well. Gourmet quality recipes. Tracy is a genius because losing weight has never been easier and satisfying this is so much better than the original HCG protocol. This is a must have for your

collection. The Swiss Chard Caserole and the peppered Lavender vegan beef strips or tips which ever you like are the top of my favorites! Everything she put together is 5 stars and beyond!!!

I heard that a lot of people had great success losing weight following the HCG diet but I could never try it because I'm vegan. I'm really excited I found this book! It explains the diet in a simple way so I can understand how it works best for me being vegan. The recipes are really delicious and there are over 100 of them so I'm not getting bored. I highly recommend it!

[Download to continue reading...](#)

HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes for the HCG Diet Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes for the "HCG Phase" Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet,

Green Food, Dinner, Lunch, Breakfast and Snacks) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes)

[Dmca](#)