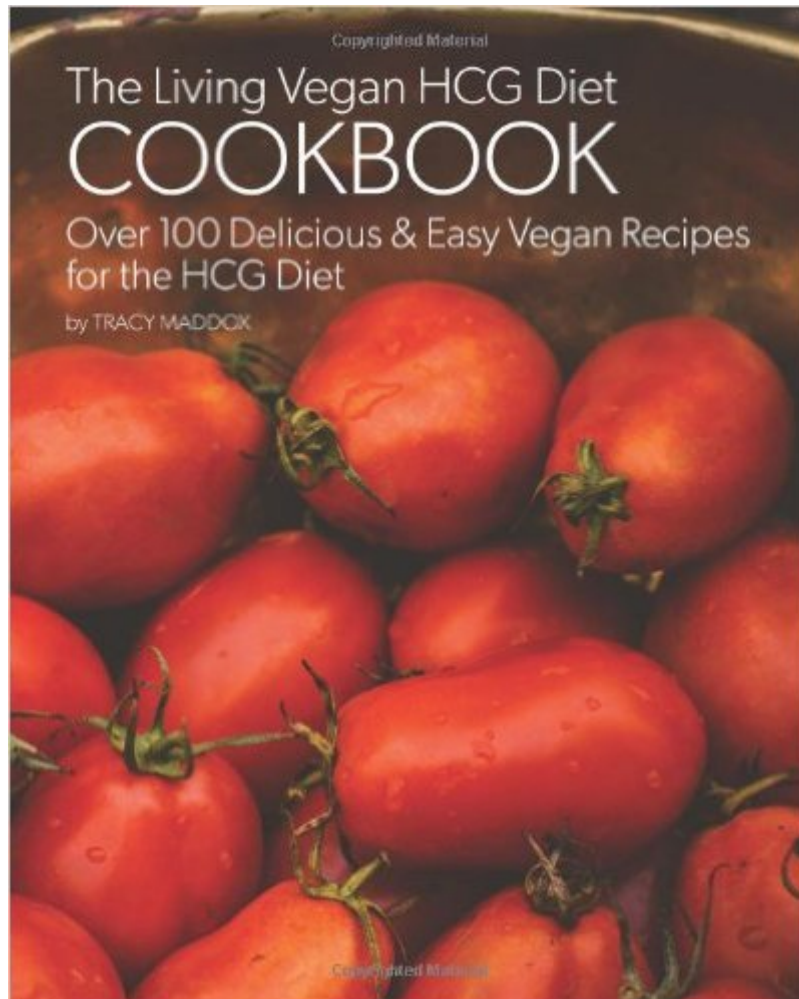


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# The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes For The HCG Diet



## 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

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## 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!

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