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Ya sea que ya ames la comida vegana o necesites un poco de convencimiento.

Este libro utiliza un enfoque de pasos para llevarte a la Dieta Vegana y más allá a la aplicación práctica de hacer recetas saludables y deliciosas. Este estilo de vida se basa en una manera práctica y sostenible de nutrir nuestros cuerpos para mantener durante nuestra vida la salud, desempeño físico y bienestar general.

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