



VEGAN RESET

The 28-DAY PLAN to Kickstart
Your Healthy Lifestyle

KIM-JULIE
HANSEN

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Reset: The 28-Day Plan to
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Lifestyle (pdf) Kim-Julie
Hansen**

Book details

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Synopsis book

A 28-day plan for new vegans or anyone looking to get their diet back on track, from the wildly popular creator of Brussels Vegan and Best of Vegan. No matter what diet you practice, a reset is a way to jump-start or refocus healthy habits and get your body to a state of optimum health. Here, blogger and Instagrammer Kim-Julie Hansen of Best of Vegan and Brussels Vegan offers a practical and easy-to-follow program, laid out day by day with meal plans, prep, shopping lists, recipes, and personal tips and inspiration. If you want to become a vegan and don't know where to start, this is the ultimate guide. But it's also invaluable for anyone (vegan or not) looking to kick-start healthier habits, whether to lose weight, become fitter, or simply cultivate a more balanced lifestyle. Kim-Julie introduces you to the benefits of a reset; guides you through the 28-day meal plan; and finishes with additional recipes to carry you beyond the reset all brought to life with her gorgeous

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If you want to become a vegan and don't know where to start, this is the ultimate guide. But it's also invaluable for anyone (vegan or not) looking to kick-start healthier habits, whether to lose weight, become fitter, or simply cultivate a more balanced lifestyle. Kim-Julie introduces you to the benefits of a reset; guides you through the 28-day meal plan; and finishes with additional recipes to carry you beyond the reset—all brought to life with her gorgeous

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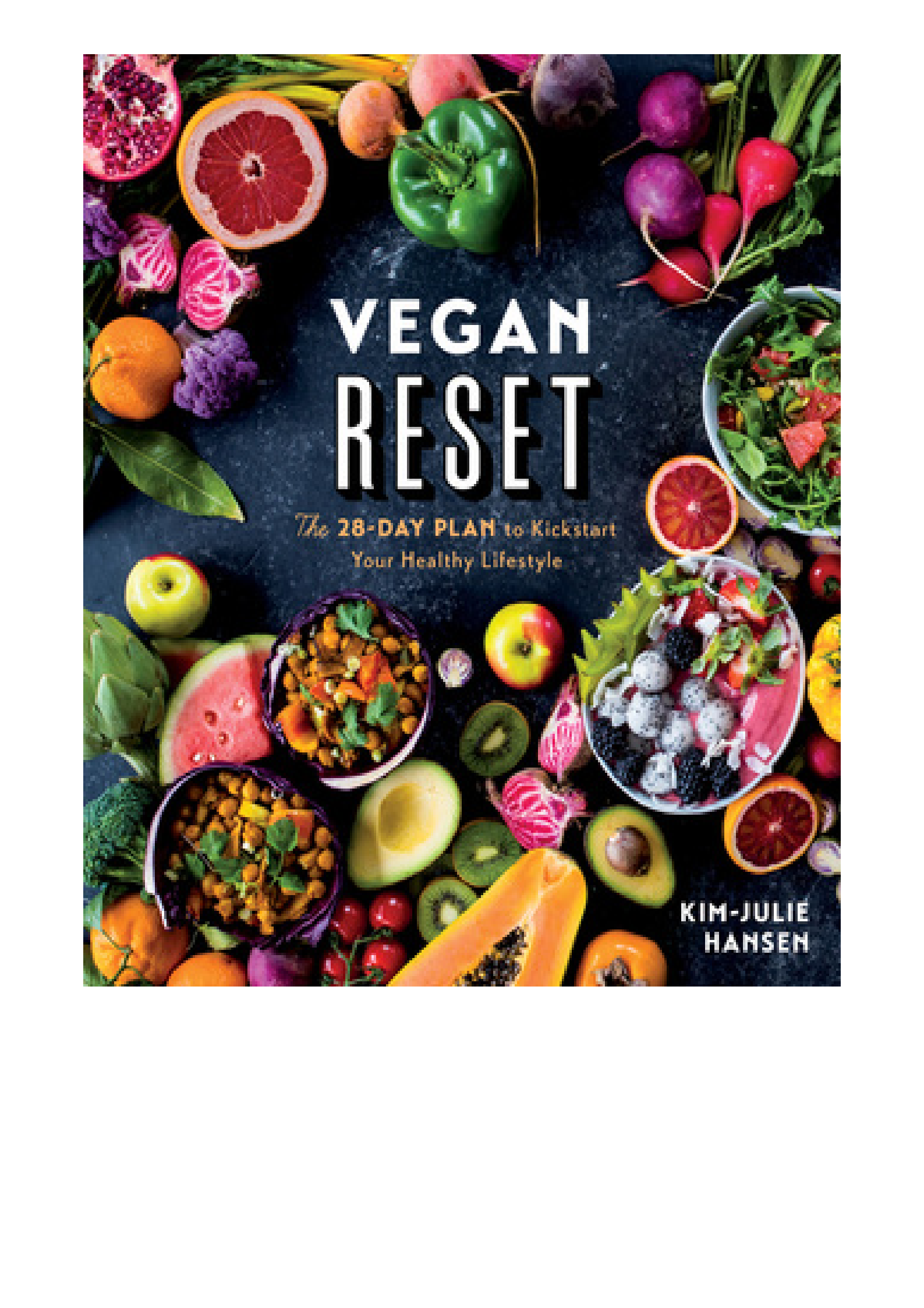
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