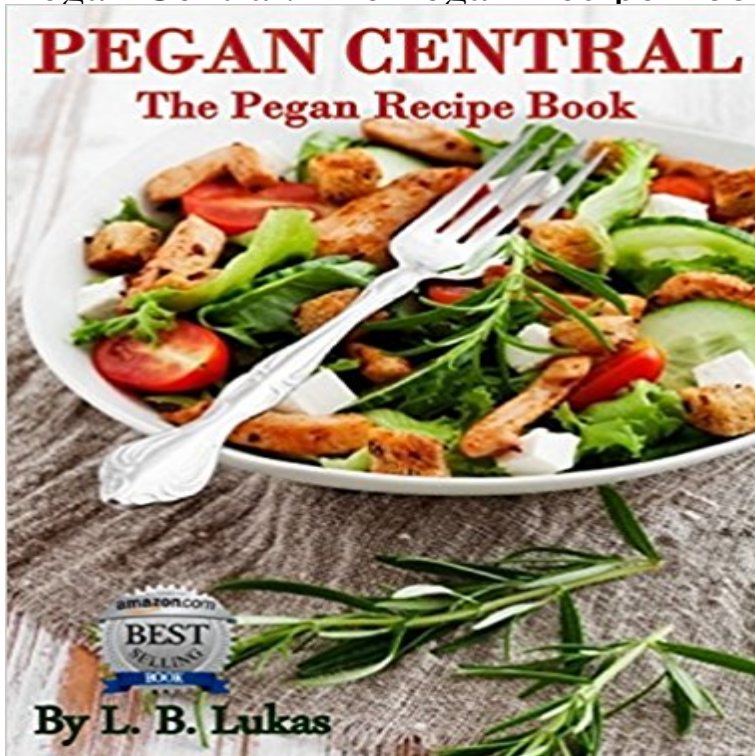


Pegan Central: The Pegan Recipe Book



Looking for a no nonsense recipe book that guides you through the best of Pegan Eating? Looking for easy and quick nutritious whole food recipes that will help you lower your cholesterol, lose weight, and look great from the inside out? This book is it! Amazon Best Selling Book Pegan Central: The Pegan Recipe Book has what you need to get started today. High cholesterol, obesity, diabetes, metabolic syndrome, insulin resistance, are all gaining prevalence. Eating a clean whole pegan diet can help to reverse that trend. Unsure what the Pegan diet is? Best Selling Author L.B. Lukas has got you covered with a quick and easy intro to this style of eating. You can place your confidence in him, he has been living the pegan lifestyle long before it became a trend. He has successfully managed his own Insulin Dependent Diabetes through his diet and lifestyle choices and he is ready to share his knowledge with you. In his first book from the Pegan Central Series you'll find: Step by step instructions for every recipe The most mouthwatering recipes you've never tried Enough variety to try a new dish every day for a month Cultural flavors from around the world And desserts that are as good for you as they taste If you are ready to give the Pegan Diet a try and improve your healthy eating, lower cholesterol, and lose weight scroll up and grab your copy of Pegan Central: The Pegan Recipe Book.

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