

Vegan Vitality Complete Plant Based Lifestyle

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## Summary:

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Vegan fitness coach | Books & courses | Karina Inkster Vegan Vitality: Your complete guide to an active, healthy, plant-based lifestyle Vegan Vitality is a plant-based cookbook and active living guide. In it, you'll find more than 100 original, healthy, delicious, and vegan recipes created specifically for active people.