



John's Vegan Vegetarian Cookbook: A 90-day Meal and Exercise Plan

John Price

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Wake up and live healthy! Do you care enough about yourself and your health to invest 90 days? Give yourself a jumpstart to become a brand new you with a brand new attitude! How would you like to wake up full of energy? How would you like to wake up feeling good about yourself? How would you like to wake up looking youthful? How would you like to wake up free of aches and pains? If your answer is yes to one or more of the above questions, this book is for you. John Price will show you how to make a lifestyle change. You will be impressed once you start John's vegan vegetarian 90-day meal and exercise plan, because you will be on your way to a healthier lifestyle.

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