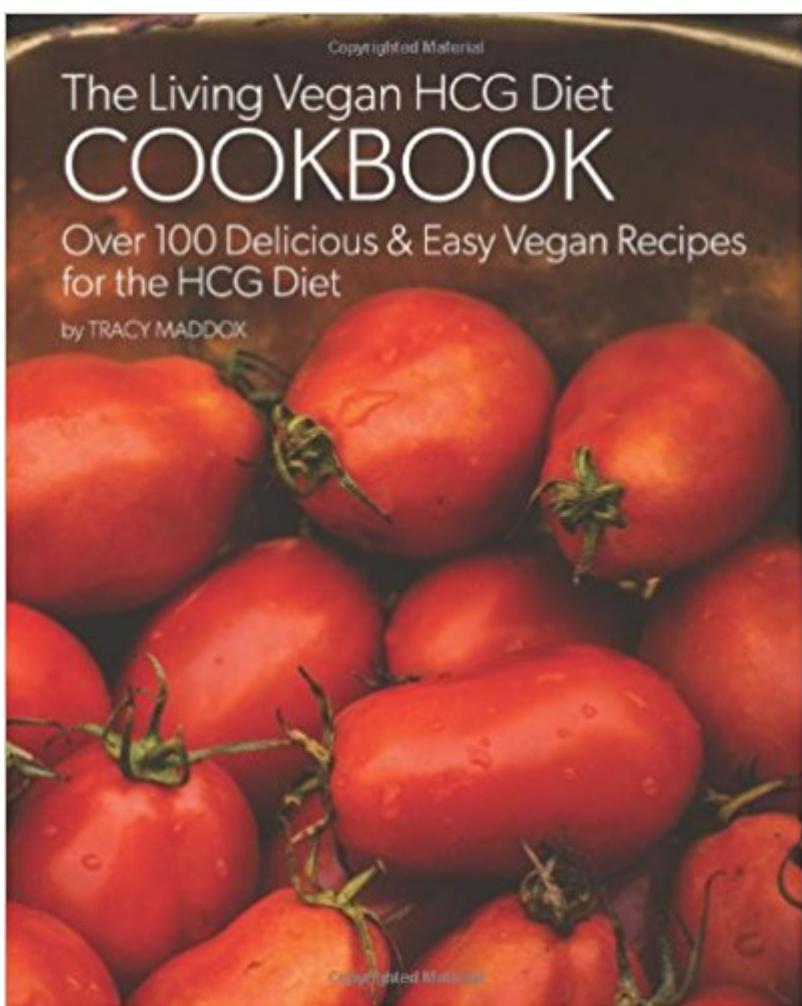


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# The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes For The HCG Diet



## **Synopsis**

You too can enjoy tasty and satisfying vegan low calorie meals all perfectly designed to keep you on track with the HCG protocol. The HCG Diet has become very popular and many are utilizing it to achieve great weight loss results. Previously, those results have not been achievable when following a vegan diet. Now, with The Living Vegan HCG Diet Cookbook you will enjoy over 100 delightful and imaginative recipes while achieving your weight loss goals. Yummy breakfasts, creamy soups, scrumptious entrees, and delectable desserts are all within your reach. The Living Vegan HCG Diet Cookbook will help bring deliciousness to your diet. [www.veganHCG.com](http://www.veganHCG.com)

## **Book Information**

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## **Customer Reviews**

Tracy Maddox is a veteran of the diet wars, and after successfully losing over 50 pounds with the HCG diet decided to share her experience and recipes on how to complete the diet without the use of animal products. Her goal is to help guide other dieters through the sometimes confusing world of the HCG diet and to create lasting success, as she has, by completing it as a vegan.

Filled with clever tips and wonderful Vegan recipes Very innovative, easy and delicious. I'm been trying to go Vegan and this has been a real incentive. I had not embraced the HCG Diet because being a life long vegetarian I was told the HCG diet was not for me. Now that the door has been opened for me and others that stay clear of meat I'm going to give it go. I've even bought an extra copy for a friend. Maybe together we can make this work. The author is very insightful and writes with a good understanding and a wonderful creative eye towards staying Vegan. Let me add that if

the HCG Diet is not something you might want to embrace right away the recipes and the information are worth the price of this book.

This book was a lifesaver! I was fading fast on HCG as a vegetarian, I didn't know what to eat and what I did eat was so bland. Then I found Tracy's cookbook and starting coaching sessions with her. After making meals from the cookbook I felt so much more confident about continuing with HCG and lost 22.4 lbs in 28 days. I loved my coaching sessions with Tracy because she has such great info but also is a good listener. She listens to me and what my concerns were and helped me. She inspired me to adopt a whole food plant based diet after I finished with HCG and I feel amazing! My energy level soared and I make it through the day with ease now. I sleep better and my skin looks amazing. Even though I'm done with HCG I continue to use Tracy's recipes in this book in my everyday life.

This is the best cook book I've ever purchased you can incorporate these recipes after HCG as well. Gourmet quality recipes. Tracy is a genius because loosing weight has never been easier and satisfying this is so much better than the original HCG protocol. This is a must have for your collection. The Swiss Chard Caserole and the peppered Lavender vegan beef strips or tips which ever you like are the top of my favorites! Everything she put together is 5 stars and beyond!!!

I heard that a lot of people had great success losing weight following the HCG diet but I could never try it because I'm vegan. I'm really excited I found this book! It explains the diet in a simple way so I can understand how it works best for me being vegan. The recipes are really delicious and there are over 100 of them so I'm not getting bored. I highly recommend it!

These are yummy recipes and make it so easy to plan your meals and stay on this diet. But these meals are also great cause they can easily be tweaked and made differently and you can eat these any time not just on the HCG diet. Thank You for making this diet so easy with your recipes!!

As a vegan, it was very hard to figure out how to do the HCG diet but this book made it all possible!

This is another great find on . I love eating vegetarian, however the HCG diet traditionally needs meat twice a day. This book will help me to get back to my preferred non meat diet while using the HCG drops.

This was a helpful book if you are needing some creative inspiration on the HCG protocol, or just with eating Vegan in general. I enjoyed having this handy, and also using it to "dr. up" some of the recipes after the protocol.

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