SL: Introducing the Mysterious Vegan Cookbook That Changed Sarah's Life

Sarah's transition to veganism was not an easy one. She struggled with having to let go of her favorite sweets, especially her scrumptious blueberry cheesecake.

Sarah would go the entire day without cheating, but when night came, and those old habits crept back into her mind, all she could think about was her beloved cheesecake, and the thought that she may never get to enjoy it ever again.

This brought tears to her eyes, and yes, it wasn't little tears, it was almost like watching Niagara falls coming down her face as she kept retaliating her emotions.

But,

On this fateful Thursday evening, she finally buckled up and chose to commit herself to becoming a full time vegan.

She didn't know if it was going to work, if it was going to help, or if the food was going to even taste good.

That's when she stumbled upon a "vegan free" cookie recipe, and her eyes instantly blew up with excitement.

It was like a story of escaping hell, except her heaven wasn't supposed to come this soon.

Not only did this indicate to her that going vegan wasn't so bad, but her confidence boosted and her enchanted personality came back to life

She was even able to relearn some of her favorite childhood recipes with a vegan twist!"

This completely reshaped her world about the vegan community, she had always thought of having to go through the brutal depression of eating boring sauteed carrots, or brussel sprouts.

With this cookbook, that certainly wasn't the case.

She was able to implement this diet, and after just 3 months with access to all her beloved foods, she dropped 45 lbs!

Her vegan fears, turned into her dream lifestyle

And she has her vegan coach Jess, to thank for all she's helped along the way.

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