



# Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle

*Kim-Julie Hansen*

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# **Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle**

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**Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle** Kim-Julie Hansen  
A 28-day plan for new vegans or anyone looking to get their diet back on track, from the wildly popular creator of Brussels Vegan and Best of Vegan

No matter what diet you practice, a reset is a way to jump-start or refocus healthy habits and get your body to a state of optimum health. Here, blogger and Instagrammer Kim-Julie Hansen of Best of Vegan and Brussels Vegan offers a practical and easy-to-follow program, laid out day by day with meal plans, prep, shopping lists, recipes, and personal tips and inspiration. If you want to become a vegan and don't know where to start, this is the ultimate guide. But it's also invaluable for anyone (vegan or not) looking to kick-start healthier habits, whether to lose weight, become fitter, or simply cultivate a more balanced lifestyle. Kim-Julie introduces you to the benefits of a reset; guides you through the 28-day meal plan; and finishes with additional recipes to carry you beyond the reset—all brought to life with her gorgeous photography throughout. With its emphasis on satisfying plant-based foods and its achievable 28-day plan, this program is a great way to meet your goals of health and well-being.

## **Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle Details**

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# **From Reader Review Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle for online ebook**

## **Patrycja says**

“Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle” by Kim-Julie Hansen is absolutely amazing book!

It is not only recipe book, but meal-plan and compendium about vegan, eco-friendly, holistic life style as well. This book will help anyone to become vegan or stay vegan. So it is for everyone. I am a vegan for many years, but I still find many great ideas and tips here! Not to mention the recipes.

I absolutely love the whole idea of this book. It is designed beautifully. You can even find words of wisdom and citations on the pages. They are tips on meditation, self-reflection and even journaling.

The 28-day meal plan for each week, begins with a shopping list. It is very helpful and useful. This way we can plan ahead and even buy in bulk to save money. Daily menus include recipes for breakfast, lunch, dinner and snack.

Recipes are easy to follow, colorful, healthy, delicious and they don't take a lot of time to make. Especially if you prepare some ingredients ahead of a time and then you can use them for the next few days. F.ex. after cooking sweet potatoes, quinoa or rice, we can store it in the fridge for few days. It will make easier to prepare our next meal. I need to also call out, that most of the recipes are naturally gluten free, and if the recipe calls for bread or pasta or soy sauce-it is super easy to just use gluten free version instead.

After the 28-day meal plan, there are more tips and thoughtful insides into vegan life style. Author even share how to create own vegan, cruelty-free, beauty and skin care products.

The last part of the book contains even more recipes. You will find recipes how to make your own infused water, infused drinks, hot drinks, or coffee based drinks. There are also recipes for juices, smoothies, and even own plant based milks! You will also find recipes for vegan ice-cream, dressings, and all kind of baked goods.

The book is filled with many, beautiful photos of the dishes.

This is really incredible book

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