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SINCE VEGAN FOR FUN WAS RELEASED IN 2011 HE HAS REVOLUTIONIZED THE GERMAN LANGUAGE COOKING AND DIET BOOK MARKET WHICH IS THE SECOND LARGEST IN THE WORLD AFTER THE U S ATTILA IS NOW ONE OF THE MOST POPULAR TALK SHOW GUESTS AND CAN BE SEEN IN THE MEDIA ALMOST EVERY DAY **"vegan for fit attila hildmann s 30 day challenge**

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starchy foods high in calories **"hildmann attila worldcat identities**

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time in their lives these volunteers ate a diet for 30 days free of chemical additives animal products and starchy foods

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June 2nd, 2020 - attila hildmann who grew up in germany and is now a big name in the vegan world has given this type of diet an entirely new direction he believes that eating vegan one or two days a week or having one vegan meal a day can considerably improve people s level of health and fitness'

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