



Vegan: Recipes Over 30 Innovative, Easy And Quick Vegan Recipes - Easy To Find Vegan Ingredients With Nutritional Information (Vegan Diet For Beginners Book 1)

Diane Brown

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Vegan

Changing your diet is a personal choice. Becoming a fully-pledge vegan needs conviction, dedication, and passion for all foods, fresh and healthy. This book salutes those who are willing to give veganism a try.

This book contains information on how to become vegan in the Modern Age. Veganism is a form of diet that restricts consumption and use of animals and animal-based products.

This diet is more than just about eating fresh, leafy salads, or soy based food items a. To be truly embrace the vegan lifestyle, you must know precisely what your food and drinks contains. A discerning look on the ingredients list will be handy, especially for commercially manufactured food. Most of all, vegans must be willing to try various fresh food, and new cooking methods.

In this time and age, food technology has advanced so far that most “vegan” food and drinks are loaded with artificial and man-made chemical concoctions that are unsafe for long-term human consumption. A few unscrupulous food manufacturers hide animal products under technical names, and even deliberately erase these in their list of ingredients.

Fortunately, veganism may be simplified by consuming fresh and organic plant-based food items and drinks all (or most of) the time. This book contains easy-to-follow recipes that recommend the use of fresh produce.

Also included within are: basic information on veganism, how to use veganism as a weight loss option, list

of food items to avoid when shopping, and list of food items to include in fridge or pantry.

Lastly, this book contains a 4-week meal plan incorporating the recipes within.

Let's Take A Look At The Topics To Be Covered

- Introduction
- Understanding the Principles of Vegan Diet
- What is Vegan Diet?
- Vegan Diet and Weight Loss
- Basics of Veganism
- List of Food to Avoid
- Food Items that Contain Trace Amounts of Animal/Insect By-Products
- List of Food Items That Should Be in Your Fridge/Pantry
- How to Start A Vegan Diet
- Planning Meals for Long-Term Success
- All Vegan Breakfast Recipes
- Blueberry Glazed Cupcakes
- Boiled Plantain with Blueberries, Coconut and Mango
- Homemade Granola Bars with Seeds
- More Than Potatoes Hash Browns
- Savory and Spicy Flax Seed, Oatmeal, and Squash Pancakes
- Vegan Lunch Ideas
- Avocado and Tomatoes on Rye Bread
- Falafel in Whole Wheat Pita Pocket
- Grilled Peanut Butter and Banana Sandwich
- Hummus Sandwich with Pomegranate on Multigrain Bread
- Mushrooms and Fire-Roasted Red Peppers on Ciabatta Bread
- Deconstructed Pesto on Linguine
- Mediterranean-Style Bruschetta
- Pasta alla Norma (Ziti Pasta with Eggplant Sauce)
- Roasted Vegetables with Asparagus, Peppers, Tomatoes, and Zucchini
- Spicy Lentil Stew
- Apple and Lemon in Green Tea Cold Brew
- Cantaloupe, Kale and Spinach Juice
- Carrot, Mango and Spinach Juice
- Frozen Bananas, Blueberries and Cashew Smoothie
- Berry Very Red Smoothie
- Warm Berry and Mango Tisane (Caffeine-Free)
- Quick Fix Soups and Stews
- Basic Vegetable Broth/Stock
- Mushroom Bourguignon
- Roasted Vegetable Broth/Stock (Oil-Free)
- Squash, Sweet Potato, and Cashew Stew
- Thick and Smooth Vegetable Soup
- Tuscan-Style Bean Stew

- Healthy Dessert Options

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Diana Gum:

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Janet Baltimore:

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