



Living Vegan For Dummies

Alexandra Jamieson

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The fun and easy way® to live a vegan lifestyle

Are you thinking about becoming a vegan? Already a practicing vegan? More than 3 million Americans currently live a vegan lifestyle, and that number is growing. *Living Vegan For Dummies* is your one-stop resource for understanding vegan practices, sharing them with your friends and loved ones, and maintaining a vegan way of life.

This friendly, practical guide explains the types of products that vegans abstain from eating and consuming, and provides healthy and animal-free options. You'll see how to create a balanced, nutritious vegan diet; read food and product labels to determine animal-derived product content; and stock a vegan pantry. You'll also get 40 great-tasting recipes to expand your cooking repertoire.

- Features expert guidance in living a vegan lifestyle and explaining it to friends and family
- Includes proper dietary guidelines so you can get the nutrition you need
- Gives you several action plans for making the switch to veganism
- Provides parents with everything they need to understand and support their children's choices

With the tips and advice in *Living Vegan For Dummies*, you can truly live and enjoy a vegan way of life!

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From reader reviews:

Anthony Youngblood:

Have you spare time for the day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a walk, shopping, or went to typically the Mall. How about open or even read a book called Living Vegan For Dummies? Maybe it is to become best activity for you. You know beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have different opinion?

Donald Gullett:

A lot of people always spent their own free time to vacation or maybe go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a publication. The book Living Vegan For Dummies it is very good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore quickly to read this book from a smart phone. The price is not to cover but this book features high quality.

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Don't be worry if you are afraid that this book may filled the space in your house, you can have it in e-book method, more simple and reachable. That Living Vegan For Dummies can give you a lot of pals because by you investigating this one book you have point that they don't and make anyone more like an interesting person. This kind of book can be one of one step for you to get success. This reserve offer you information that maybe your friend doesn't recognize, by knowing more than additional make you to be great men and women. So , why hesitate? Let us have Living Vegan For Dummies.

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