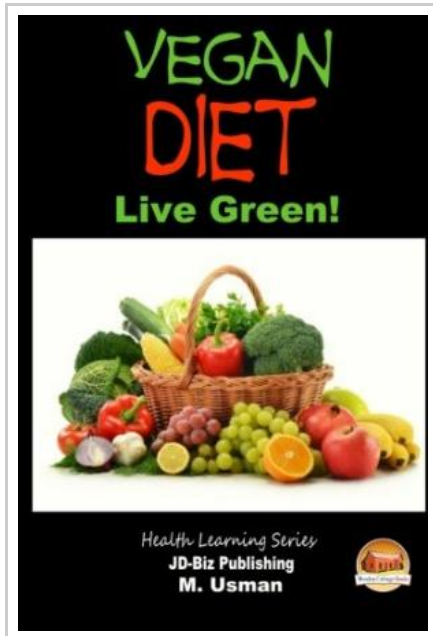




Vegan Diet - Live Green!

By John Davidson, M Usman

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Vegan Diet - Live Green! Table of Contents Prelude Getting Started Chapter # 1: Overview Chapter # 2: Types of Vegans Chapter # 3: Nutrition Chapter # 4: Disease Prevention Vegan Substitutes Breakfast Chapter # 1: Vegan-style French toast Chapter # 2: Nutty Walnut Granola Crunch Chapter # 3: Savory or Sweet Pancakes Chapter # 4: Nutty Mushroom Sausages Chapter # 5: Lemon Curd Main Dishes Chapter # 1: Mushroom Risotto Chapter # 2: Chili non-carne Chapter # 3: Baked Butternut Squash Chapter # 4: Pasta with Artichokes Eggplant Chapter # 5: Nutty Millet Pilaf (Middle Eastern) Chapter # 6: Quinoa Beetroot Tabbouleh Chapter # 7: Red Lentil Dahl Conclusion References Author Bio Prelude There are hundreds, if not thousands, of diets around the world. Dozens are being developed and added from time to time, but none of them are as controversial or as famous as the renowned Vegan Diet. If you ve heard and/or followed the Paleo diet and are now reading this book, then give yourself a pat on the back as you have...



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Reviews

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