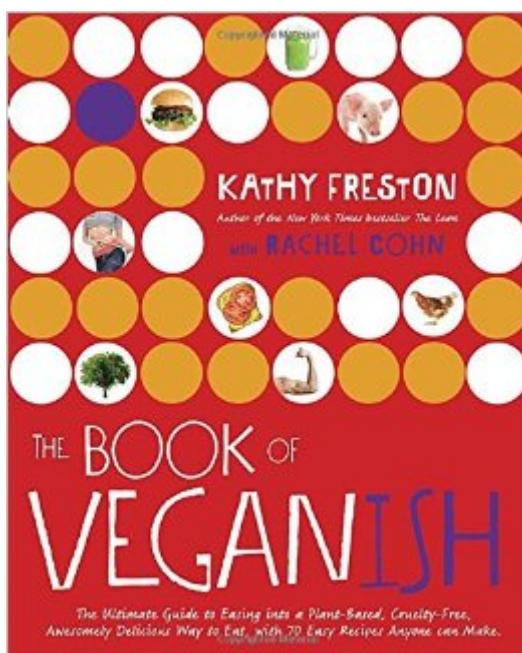


The book was found

The Book Of Veganish: The Ultimate Guide To Easing Into A Plant-Based, Cruelty-Free, Awesomely Delicious Way To Eat, With 70 Easy Recipes Anyone Can Make



Synopsis

Bestselling authors Kathy Freston and Rachel Cohn join together to create a toolbox of resources to aid socially aware teens and young adults interested in adopting a vegan lifestyle. The Book of Veganish contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 70 simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, The Book of Veganish will allow existing and aspiring vegans to feel confident about their new lifestyle choices.

Book Information

Paperback: 288 pages

Publisher: Pam Krauss/Avery; 1 edition (August 30, 2016)

Language: English

ISBN-10: 0553448021

ISBN-13: 978-0553448023

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars (See all reviews) (1 customer review)

Best Sellers Rank: #5,518 in Books (See Top 100 in Books) #1 in Books > Teens > Personal Health > Diet & Nutrition #1 in Books > Teens > Hobbies & Games > Cooking #9 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian

Customer Reviews

I LOVE this book! So fresh and straight forward and so very helpful. Such a fun read too!

[Download to continue reading...](#)

The Book of Veganish: The Ultimate Guide to Easing into a Plant-Based, Cruelty-Free, Awesomely Delicious Way to Eat, with 70 Easy Recipes Anyone can Make Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Wheat Belly Diet For

Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes Deliciously Ella: 100+ Easy, Healthy, and Delicious Plant-Based, Gluten-Free Recipes The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques I CAN CAN RELISHES, Salsa, Sauces & Chutney!!: How to make relishes, salsa, sauces, and chutney with quick, easy heirloom recipes from around the ... (I CAN CAN Frugal Living Series) (Volume 3) The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party Easing into the Bhagavad Gita and Patanjali's Yoga Sutras Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes A Life in Balance: Delicious Plant-based Recipes for Optimal Health Lidia's Commonsense Italian Cooking: 150 Delicious and Simple Recipes Anyone Can Master Gluten-Free Artisan Bread in Five Minutes a Day: The Baking Revolution Continues with 90 New, Delicious and Easy Recipes Made with Gluten-Free Flours

[Dmca](#)