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Peta s Vegan Twist (Us Edition): A Tasty Diary and Meat Free Cookbook for Everyone

By Peta Devoy

Peta s Vegan Twist (Us Edition), United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE THAT I AM NOT P.E.T.A (people for the ethical treatment of animals) This is a cookbook to satisfy those curious about trying vegan food or for those who already eat vegan, who want more flavour in their everyday life. I often hear the question, what do vegans eat? In this book you can pick and chose recipes or you can follow (summer or winter recipes) a weekly or monthly eating plan to revitalise health and shift excess weight. This book is a simple way to integrate more strengthening and preventative foods into your diet. You could make a permanent fixture of Peta s VEGAN TWIST eating 1 day a week for your family, or go on a 1 - 4 week (winter or summer recipes) eating plan. As with most things in life, being organised is key or things just don t get done. The convenient weekly shopping lists are designed to take the hassle out of trying something new, if you embark on a weekly eating plan. There are no...

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