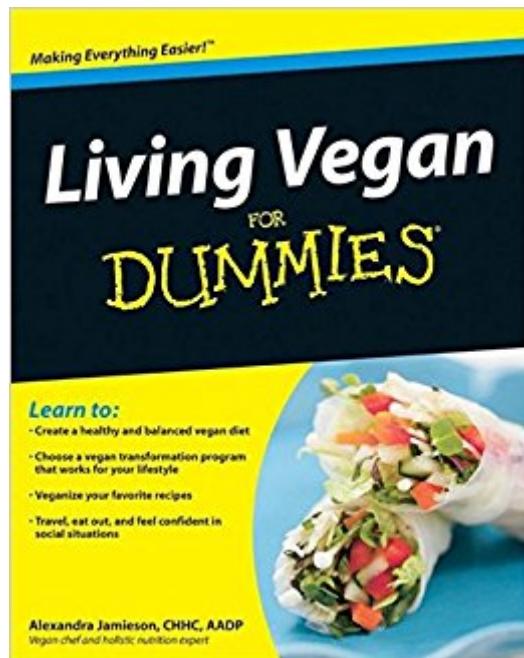


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# Living Vegan For Dummies



## **Synopsis**

The fun and easy way<sup>®</sup> 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!

## **Book Information**

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## **Customer Reviews**

The fun and easy way to live a vegan lifestyle The more you know about how your food is produced and processed, and how this affects your health, the more appealing it becomes to follow a happier and healthier pathway through life by eating a vegan diet. Whether you're trying to figure out if a vegan diet is right for you or are looking for guidance to make the switch, *Living Vegan For*

Dummies has it covered! "Ve-gan" at the beginning; get the lowdown on vegan living and eating and advice on how quickly (or slowly) you can make the transition Planting the seeds of change; find out how to build a healthy vegan diet to make sure you get all the protein and other nutrients you need Sticking to your guns; get vegan-focused cooking and shopping tips, advice on how to keep the peace with meat eaters in your home, and meal-planning tips to help you stay true to your goals Tasting is believing; get delicious and easy-to-follow vegan recipes for breakfast, sides, lighter meals and main courses, and even desserts Going beyond the food; step out of the kitchen and learn how you can embrace the whole vegan lifestyle by shopping for animal-free clothing and footwear, vegan health and beauty aids, and household products Vegan living out in the real world; discover how you can walk the vegan walk at hotels, restaurants, and just about any social situation Open the book and find: How a plant-based diet is better for you Strategies for selecting the best transition plan for your lifestyle Real facts about protein and other nutrients 40 tasty recipes that even nonvegans will enjoy Tips on how to stock your pantry with vegan-friendly foods Quick and healthy vegan snacks Excellent "mock" meats Advice on checking food labels Guidance on educating family, friends, and your community

Alexandra Jamieson, CHHC, AADP, is a professionally trained vegan chef and board-certified holistic health counselor. She has appeared on Oprah, The Final Word, 30 Days, and The National Health Test with Bryant Gumbel. She was also featured in the Oscar-nominated documentary Super Size Me.

I have been waiting for this book to be released for months. Finally, I bought it for myself for Christmas. It is fantastic! I'm not vegan, or even really vegetarian yet for that matter. Because of recent health scares with my children I'm interested in guiding my family toward a more plant-based diet and plan to eventually become vegan myself. This book lays out the "hows" and "whys" of a vegan lifestyle and helps a newbie learn how to get the most nutritional bang for the buck. While I was reading this book from start to finish in one afternoon, I couldn't help but feel as if Alexandra Jamieson wrote this book specifically for me. I was a fan of her webistes, [...] and then [...]. She is a very knowledgable source for nutritional information and writes as if she were sitting and talking with you while sipping tea at your kitchen table. I am so pleased with this book and I'm certain I will refer to it over and over in the years to come. Thank you Chef Alex for such a great book!

A very instructional book for a person interested in starting to be a vegan.

Very informative book. Helped me understand things better.

This is a really good book that covers a lot of issues. There were recipes, advice, information, etc. If you're just trying veganism, want to learn more, or need to know something, this is the best source I have come across. I highly recommend it. Personally, I am an athlete and wanted to learn more about what vegan foods I should be eating. This book had several chapters that covered what I wanted, and several more chapters I didn't realize that I also wanted. Everyone interested in different foods or lifestyles should have this book.

Love this book! So informative!!

This is a birthday gift for my sister who is vegan. While she is definitely no beginner at living a vegan lifestyle, this book has a lot of tips and tricks in it and I also know that it includes information on what to do when traveling, which is something she always had a bit of trouble with when going on long trips. Looks like an awesome book and I can only hope she loves it when she gets it for her birthday!

Just a wonderful guide to living vegan. Easy to find all the answers to assure my daily menu is well balanced. I use it as a reference book. Keep it in the kitchen and can find answers quickly. Bought it first as an e-book, but found it difficult to use that way. The printed version is great! I have numerous tabs on pages I frequent often. A great purchase.

Love love love these vegan books. They are so full of information for the beginner and experienced. Reagan plus there are great recipes I highly recommend to anyone thinking about becoming a vegan to get these books .

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