

Vegan

A. Breeze Harper

Becoming Vegan Brenda Davis,Vesanto Melina,2000 A comprehensive look at vegan diets includes information on how a vegan lifestyle protects against chronic disease; what the best sources for protein and calcium really are; why good fats are vital to health; balanced diets for infants, children and seniors; pregnancy and breast-feeding tips for mothers; tips for teens turning vegan; considerations for maintaining and reaching a healthy weight; and achieving peak performance as a vegan athlete. Includes a vegan food guide outlining a daily plan for healthy eating, along with sample menus.

Going Vegan Joni Marie Newman,Gerrie L. Adams,2014-07 A practical and easy-to-understand guidebook to fearlessly (and deliciously) transition to a plantbased way of life!

The Korean Vegan Cookbook Joanne Lee Molinaro,2021-10-12 THE INSTANT NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST NEW COOKBOOKS OF THE YEAR BY Epicurious • EATER • Stained Page • Infatuation • Spruce Eats • Publisher's Weekly • Food52 • Toronto Star The dazzling debut cookbook from Joanne Lee Molinaro, the home cook and spellbinding storyteller behind the online sensation @thekoreanvegan Joanne Lee Molinaro has captivated millions of fans with her powerfully moving personal tales of love, family, and food. In her debut cookbook, she shares a collection of her favorite Korean dishes, some traditional and some reimagined, as well as poignant narrative snapshots that have shaped her family history. As Joanne reveals, she's often asked, "How can you be vegan and Korean?" Korean cooking is, after all, synonymous with fish sauce and barbecue. And although grilled meat is indeed prevalent in some Korean food, the ingredients that filled out bapsangs on Joanne's table growing up—doenjang (fermented soybean paste), gochujang (chili sauce), dashima (seaweed), and more—are fully plant-based, unbelievably flavorful, and totally Korean. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato-and-leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake is an ode to the two foods that saved her mother's life after she fled North Korea. The Korean Vegan Cookbook is a rich portrait of the immigrant experience with life lessons that are universal. It celebrates how deeply food and the ones we love shape our identity.

Vegan Recipes Cookbook Mallory Barrentine,2021-02-22 55% OFF for bookstores! Now at \$ 23.95 instead of \$ 34.95 !!! Empower yourself with this professionally edited vegan cookbook. healthy for you and the world around you.

The Complete Guide to Even More Vegan Food Substitutions Celine Steen,Joni Marie Newman,2015-07 Expert vegan author team Celine Steen and Joni Marie Newman are back to provide vegans with an extremely informative and resourceful guide that will increase readers' confidence in the kitchen and help them create fantastic vegan meals. The Complete Guide to Even More Vegan Food Substitutions focuses on the latest new ingredients and substitutions readers can use to create stellar, plant-based meals at home, from any recipe. Did you know, for instance, that chia seeds can be used not only as an egg substitute and gelling agent, but in ice creams, baked goods, jams, and even cheeses? Or that coconut oil can easily be used to replace commercial vegan butters? How about making some decadent whipped cream from coconut cream? Or subbing savory jackfruit for shredded meat and French lentils for burgers? Inside, readers will learn how to not only substitute for dairy, eggs, meat, seafood and more (using more natural and vegetable-centric ingredients), but also how to make their own all-natural versions of these foods. While some of the ingredients and techniques discussed in the original book bear repeating, The Complete Guide to Even More Vegan Food Substitutions stands rightly on its own two feet, no matter if you're a new vegan or an old pro. Transitioning to the vegan lifestyle has never been easier!

Everyday Vegan Eats Zsu Dever,2014-05-13 Delicious home-style vegan recipes in an easy-to-use collection that leaves out meat and dairy while not leaving out flavor. With expert cooking skills, California restaurant veteran Zsu Dever not only convinced her family to go vegan, but also has kept them happy for many years with a variety of home-style dishes. In this book, she shares the secrets of how she did it and how you can make her family's favorite dishes at home. Everyday Vegan Eats is filled with comfort-food recipes guaranteed to please everyone at the table, from vegans to omnivores. The recipes focus on familiar favorites that have been reconfigured to suit a healthier lifestyle, including: Tater Tot Casserole Lasagna Americana Arroz non Pollo Deli Reubens Baked Macaroni and Cheese and many others Everyday Vegan Eats contains clearly written recipes made with easy-to-find ingredients, a number of full-color, practical step-by-step recipe photos, and helpful tips for the beginner to make "going vegan" easy and delicious. The book shows readers how to get the most out of vegan living with tips on vegan basics, how to shop, and stocking a vegan pantry. It even features a food allergy substitution guide and appendices for resources, a glossary, and equipment.

Let Them Eat Vegan! Dreena Burton,2012-03-13 Vegan food has come a long way in the past decade. The once ubiquitous dry, packaged veggie burger is no longer the poster child for an animal-free diet. It has evolved into a creative, sophisticated cuisine touted by the likes of Food & Wine magazine. Long at the fore of vegan blogging and cooking, Dreena Burton has been known for making healthy taste delicious. Let Them Eat Vegan! distills more than fifteen years of recipe development that emphasize unrefined, less-processed ingredients--no white flour or white sugar, but instead whole-grain flours, natural sweeteners, raw foods, and plenty of beans 'n greens. There's no relying on meat analogues here, either--just hearty, healthy food that looks and tastes great. As the mother of three young girls, Burton always keeps their nutrition--and taste buds--in mind. From the simplest comfort foods like Warm "Vegveeta" Cheese Sauce to the more sophisticated Anise-and Coriander-Infused Orange Lentil Soup, these recipes will delight and inspire even the pickiest eaters and provide lifelong vegans with the innovative, wholesome recipes they've always wanted.

Celebrate Vegan Dynise Balcavage,2011-11-01 Traditional and contemporary vegan recipes for holiday celebrations year-round Food and holidays go hand in hand, but for many vegans, cooking traditional celebration menus can be stressful. Now, from the author of Urban Vegan, comes this gathering of flavorful, animal-free celebratory recipes, both traditional and contemporary, using seasonal ingredients. This book covers the spectrum of holidays from across the globe—public, religious, and even quirky, lesser-known holidays. Celebrate Vegan also includes recipes for important milestones such as birthdays, weddings and anniversaries, as well as menus for everyday celebrations like "Girls' Night In," "Snow Day," "Tailgate Party," and "Slumber Party." Celebrate Vegan uses mainly pantry staples, although a few recipes call for more exotic ingredients. Seasoned chefs and cooking novices alike will find the chatty recipes easy to follow. Most recipes are simple, while more elaborate holiday treats invite readers to explore new techniques. Sidebars bring to light unfamiliar holidays, as well as interesting facts and cooking tips.

Vegan 101 Jenny Engel,Heather Bell,2016-09-13 "Not only are the dishes in Vegan 101: A Vegan Cookbook so impressive that they rock the kitchen, they are easy-peasy to prepare—even for a big eater but cooking dunce like me!" —Ingrid Newkirk, President of PETA Now more than ever people are choosing to make vegan meals part of their regular rotation. But with so many vegan cookbooks and blogs available, knowing exactly how to start can be challenging. Vegan 101: A Vegan Cookbook is your crash-course in creating vegan meals that get an A+ in nutrition and taste. Here's what's on this vegan cookbooks syllabus: 100 totally plant-based recipes to make delicious vegan dishes like Apple Coffee Cake Muffins, Tortilla Soup with Ancho Green Topping, and Quick and Easy Red Bean Veggie Burgers Expert guidance from vegan culinary instructors Jenny Engel and Heather Bell, owners of the popular LA-based vegan cooking school Spork Foods "Take It From Us" testimonials offering valuable information from Jenny and Heather's students, vegan and non-vegan alike Chapters beginning with "Go-To Recipes" highlighting a popular vegan dish and three variations on it No matter your skill level or regular diet, you'll be at the top of your class with this standout among vegan cookbooks. "Now THIS is veganism! Vegan 101: A Vegan Cookbook is for anyone who is looking to eat healthier and more consciously but who may be slightly intimidated by the term 'vegan.' THIS BOOK WILL SAVE YOU!"—Katie, Amazon Customer

Becoming Vegan Brenda Davis,Vesanto Melina,2014-08-07 Internationally acclaimed dietitians Brenda Davis and Vesanto Melina

specifically designed this fully referenced, comprehensive edition to meet the needs of health professionals, academic librarians, and curriculum developers as well as lay readers with a deep interest in nutrition. The authors explore the health benefits of vegan diets compared to other dietary choices; explain protein and amino acid requirements at various stages of life; describe fats and essential fatty acids and their value in plant-based diets; investigate carbohydrate facts and fallacies; reveal the truth about wheat, gluten, and grains; pinpoint where to obtain calcium, iron, zinc and other minerals without animal products; clarify the importance of obtaining vitamin B12; and show how to attain optimal nutrition during pregnancy and lactation. Nutritional guidelines are provided for infants, children, teens, and adults, including seniors; and a section is devoted on how to achieve and maintain healthy weights and exceptional fitness on a vegan diet. Numerous tables and graphs illustrate each section. A handy graphic of the vegan plate offers a daily plan for healthful eating. Equally beneficial are the sample menus designed for people of various caloric needs. While much of the emphasis is on the health advantages that vegan diets offer, an opening chapter is devoted to the impact of animal agriculture on the environment, and the degree of inhumanity that has dominated the industry. Plant-based nutrition truly benefits the entire planet, and every bite makes a difference.

The Complete Idiot's Guide to Vegan Living Beverly Bennett,Ray Sammartano,2004-05-04 The definitive book on becoming a vegan, with recipes included. Becoming a vegan isn't just about giving up animal products. It's about making a lifestyle change. In *The Complete Idiot's Guide to Vegan Living*, authors Beverly Lynn Bennett (known as the Vegan Chef) and Ray Sammartano provide a complete guide to living vegan - style, focusing on compassion for all, good health, and great eating. Inside, readers will find 50 sensational recipes, tips for everyday vegan living, the lowdown on vegan myths, and much more. -One of the few titles that combines information on the vegan lifestyle with recipes -Being a vegan isn't only about what you eat; this book also discusses clothing, cosmetics, etc. -Author is a renowned vegan chef

Main Street Vegan Victoria Moran,Adair Moran,2012-04-26 Hollywood celebrities are doing it. Corporate moguls are doing it. But what about those of us living in the real world—and on a real budget? Author and holistic health practitioner Victoria Moran started eating only plants nearly thirty years ago, raised her daughter, Adair, vegan from birth, and maintains a sixty-pound weight loss. In *Main Street Vegan*, Moran offers a complete guide to making this dietary and lifestyle shift with an emphasis on practical baby steps, proving that you don't have to have a personal chef or lifestyle coach on speed dial to experience the physical and spiritual benefits of being a vegan. This book provides practical advice and inspiration for everyone—from Main Street to Wall Street, and everywhere between. Finally, a book that isn't preaching to the vegan choir, but to the people in the pews—and the ones who can't fit in those pews. This is a book for the Main Street majority who aren't vegans. Once you read this, you'll know it's possible to get healthy and enjoy doing it—even if you live in Paramus or Peoria.—Michael Moore A great read for vegans and aspiring vegans.—Russell Simmons Yet another divine gift from Victoria Moran. *Main Street Vegan* covers it all—inspiration, information, and out of this world recipes. This book is a gem.—Rory Freedman, co-author *Skinny Bitch* *Main Street Vegan* is exactly the guide you need to make changing the menu effortless. Victoria Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick.—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine, and NY Times bestselling author of *21-Day Weight Loss Kickstart* A great book for anyone who's curious about veganism. It shows that not all vegans are weirdos like me.—Moby

The Vegan Meat Cookbook Miyoko Schinner,2021-05-11 100+ hearty, succulent, people-pleasing meals featuring vegan meat, from comfort food classics and speedy weeknight dinners to global flavors and showstoppers, plus recipes for DIY vegan meats and cheeses. “When vegan cheese queen Miyoko Schinner pens a new cookbook, you don't walk to your nearest bookstore. You run. . . . Get ready for your weeknight dinners to never be the same.”—VegNews From the Impossible Burger and Beyond Meat to MorningStar Farms, Boca Burgers, and more, plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don't want to give up the meaty flavors they love. In *The Vegan Meat Cookbook*, bestselling author Miyoko Schinner guides you through the maze of products available on store shelves and offers straightforward guidance on how to best use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon to Hominy and Carne Asada Enchiladas with Creamy Green Sauce. Dig in to a satisfying vegan meal of Weeknight Shepherd's Pie with Bratwurst and Buttery Potatoes or Meaty, Smoky Chili. Wow your guests with Coq au Vin, Linguine with Lemon-Garlic Scallops and Herbs, or Lettuce Wraps with Spicy Garlic Prawns. For those interested in making their own vegan meats and cheese from scratch, there are recipes for Juicy Chicken, King Trumpet Mushroom Bacon, Easy Buffalo Mozzarella, Miyoko's famous Unturkey, and many more that you'll never find in stores. Whether you're cutting back on meat for your health, the environment, animal welfare, or affordability, *The Vegan Meat Cookbook* will satisfy the cravings of flexitarians, vegans, vegetarians, and even carnivores.

Vegan Handbook Vegetarian Resource Group,1996 A much-needed guide for the novice as well as the long-time vegan. It contains extensive information for vegans, including dietary exchange lists for meal planning, sports nutrition for vegans, vegan meal plans and one-week menus, delicious, quick recipes for readers who don't enjoy cooking but want to live healthily, vegetarian history and plenty more.

How It All Vegan! 10th Anniversary Edition Tanya Barnard,Sarah Kramer,2009-09-01 Since it was first published in 1999, *How It All Vegan!* has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating, combined with Sarah Kramer's and Tanya Barnard's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet. It won VegNews' Veggie Award for Best Cookbook twice, has been reprinted fourteen times, and spawned several successful sequels (including *The Garden of Vegan*, *La Dolce Vegan!*, and last year's *Vegan à Go-Go!*). In the ten years since *How It All Vegan!* was first published, however, veganism has come out of the closet, and is now considered a legitimate diet and lifestyle not only for those wishing to improve their health, but also for those who care deeply about the welfare of animals. This tenth-anniversary edition includes a new color photo section and new recipes; it also includes a new introduction by co-author Sarah Kramer, who speaks personally and passionately about the impact of veganism on her life over the past decade.

Robin Robertson's Vegan Without Borders Robin Robertson,2014-09-09 The acclaimed vegan chef shares 150 dishes from around the world with easy plant-based recipes from Ecuador to Ethiopia and beyond. With this mini-immersion into global cooking, Robin Robertson demonstrates that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD). Drawn from the culinary traditions of Europe, the Americas, Africa, the Middle East, India, and Asia, these recipes are healthy, accessible, and full of flavor. Organized by country or region of the world, *Vegan Without Borders* includes family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. Robin also notes which recipes are gluten free, soy free, low in oil, or especially quick and easy. Recipes include: Polenta Rustica with Kale and Bean Ragout Potato Gratin Dauphinoise Baked Eggplant Fries with Tzatziki Sauce Chickpea Nuggets with Buffalo Barbecue Ranch Sauce Blue Ribbon Chocolate Cake Mojito Sweet Potatoes Melon Paletas Za'atar Roasted Cauliflower Lemongrass Coconut Rice Red-Cooked Tempeh Sizzling Saigon Crepes Bangkok Street Cart Noodles

The Complete Vegan Kitchen Jannequin Bennett,2007-07-15 The Complete Vegan Kitchen includes: more than 300 mouth-watering recipes a helpful introduction about eating vegan 16 pages of beautiful full-color photographs Overall this is one of the best vegan cookbooks I have read. ?Famousveggie.com Vegan eating is a truly indulgent way of life, as vegans regularly partake of the very

best foods?the most nutritious, appealing, and tasty?that nature has to offer. . . . A well-crafted vegan plate offers a festival of flavors, textures, and colors that makes every meal an aesthetic celebration. ?Jannequin Bennett The Complete Vegan Kitchen is a most informative, upbeat, and useful vegan cookbook. Jannequin Bennett's talents as a chef shine through every recipe, from comfort foods to adventurous culinary creations. The powerful nutrition information in the first forty pages alone is worth the price of the book! ?Neal D. Bernard, M.D., president, Physicians Committee for Responsible Medicine The Complete Vegan Kitchen is extraordinary. It's appropriate that Carl Lewis introduced this cookbook because the recipes deserve a gold medal! ?Eric Marcus, author, Vegan: The New Ethics of Eating

Sistah Vegan A. Breeze Harper,2009 Sistah Vegan is not about preaching veganism or vegan fundamentalism. Rather, the book is about how a group of black-identified female vegans perceive nutrition, food, ecological sustainability, health and healing, animal rights, parenting, social justice, spirituality, hair care, race, gender-identification, womanism, and liberation that all go against the (refined and bleached) grain of our dysfunctional society.

Vodka Is Vegan Matt Letten,Phil Letten,2018-06-05 Meet the bros who are making vegan sexy (and making eating animals weird) Think you could never go vegan? Think again. As this smart, funny and persuasive manifesto makes clear, you're already 90% vegan anyway. That's right-you already love animals and are slowly but surely eating less meat than you used to. With the insider tips and inspiring stories in this book, you'll be ready to go whole hog (see what we did there?) and eat vegan for good. Topics include: * How eating meat hurts your health and the planet (and is pretty close to eating your beloved pet for dinner) * A simple action plan for getting started * Don't Be an A**hole to Your Server, and other secrets for eating out * Who Cares If Honey Is Vegan?: Getting over perfectionism and purity by eating as cruelty-free as you can With a loyal online following that's growing fast, the Bros are the new face of veganism-loud, proud, and fighting for a better world, one plate at a time.

Mastering the Art of Vegan Cooking Annie Shannon,Dan Shannon,2015-05-12 Annie and Dan Shannon, the authors of Betty Goes Vegan, are back. In their new book, they show readers how to cook creatively and thriftily with recipes, sidebars, and tips on stocking a pantry and using ingredients creatively. Most recipes result in leftover ingredients and servings that can be reused in multiple ways, reducing waste in your kitchen while keeping your meals fresh and flavorful. Inspired by the recipes and cost-saving techniques used during the Depression and World War II and paying a vegan homage to Julia Child, The Shannons have figured out how to get the most out of what you've already invested so that you can spend less and get more. With recipes like Korean Kimchi BBQ Burgers, Vegan Yankee Pot Roast, Not-cho Everyday Chili Dogs, and Savannah Pecan Pies, MASTERING THE ART OF VEGAN COOKING offers a way to make eating vegan both affordable and delicious.

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