

Vegan Vagabonds

Devra Gartenstein

Vegetarian Times ,1990-08 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Will Travel For Vegan Food Kristin Lajeunesse,2015-04-09 Despite a shiny new graduate degree, a dream job, and a great relationship, something felt terribly off in Kristin's life. With the weight of uncertainty riding high, she stumbled upon some reading materials that would inspire a complete upheaval of her current life path. To the shock of family and friends, Kristin quit her job, ditched almost all of her belongings, crowdsourced funds, moved into an old van named Gerty, and set out on the road in an effort to eat at and write about every single vegan restaurant in the United States. Join Kristin for the ultimate foodie-inspired road trip that spanned 2 years, 48 states, 547 restaurants, and more than 39,000 miles; and find out how it led to her unparalleled freedom, love, and amazing self-discovery.

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

Hearty Vegan Meals for Monster Appetites Celine Steen,Joni Marie Newman,2011-07 Veganism is one of the hottest health trends going. But what do you do when half the people at your dinner table rebel against organic greens in favor of burgers, stew, and meat-based fare? And who has the time or inclination to prepare 2-3 different meals to please everyone? Hearty Vegan Meals for Monster Appetites gives 200 recipes that a die-hard comfort food eater will love. Utilizing substantial ingredients packed with flavor such as portabella mushrooms, sweet potatoes, whole grains, and beans readers can enjoy delicious burgers, stews, chilis, pastas, hearty main dishes, casseroles and comforting breads and desserts. Your family won't be missing out with recipes like Maple-Glazed doughnuts with Faux Bacon bits, crispy Mac 'n cheese balls, Patty melts and peanut butter cupcakes. Each dish is abundant and satisfying so that no one at the table feels shortchanged--

The Part-Time Vegan Cherise Grifoni,2011-02-18 Adopt Meatless Mondays Scramble tofu for brunch Eat more beans--and less beef or not. It's all good, according to Cherise Grifoni, your fearless guide to the seemingly complex world of no-meat, no-eggs, no-dairy. In this guilt-free cookbook, you'll discover how to go vegan without feeling any pressure whatsoever. But a warning: the mouthwatering recipes may have you transitioning to full-time much sooner than you anticipated! Honestly, what's not to love when you're eating: Purely Vegan Chocolate-Hazelnut Spread Lean, Mean, Black Bean Guacamole Very Vegan Potato Pesto Salad Spicy Roasted Tomato Soup Roasted-Garlic Mashed Taters Spanish Artichoke and Zucchini Paella Barley Pilaf with Edamame and Roasted Red Pepper No matter why you want to go vegan--whether it's for health, the planet, or some other worthy reason--this cookbook makes sure you have fun in the process!

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 Friendly Vegan Cookbook Michelle Cehn,Toni Okamoto,2020-10-27 The founder of World of Vegan and the author of Plant-Based on a Budget have teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes. Eating vegan doesn't have to mean a lifetime of bland veggie burgers and boring salads—nor does it have to make every shared meal a source of stress. As all plant-based cooks know, when it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan food measuring up to their favorites. Enter Michelle Cehn and Toni Okamoto, longtime friends and two of the most trusted figures in the online vegan community. Through their popular food blogs, videos, podcast, and cookbooks, the two have helped millions of people make living vegan easy, fun, and delicious. Michelle and Toni share 100 amazing recipes for satisfying meals, snacks, and treats, designed for both the veggie-curious and longtime vegans looking for a trusted recipe resource. In The Friendly Vegan Cookbook: 100 Essential Recipes to Share with Vegans and Omnivores Alike, you'll find rigorously tested, no-fail recipes including favorites such as: • Fettuccine Alfredo • Sushi • Pot Pie • Breakfast Burritos • Pop Tarts • Chocolate Mousse • Cinnamon Rolls • Mac 'n' Cheese • Corn Chowder • Chewy Brownies Michelle and Toni also share their go-to kitchen tips to make meal planning a breeze, helpful shopping lists, and directions for making your own staples—nut milks, dressings, pasta sauces, and breads. The Friendly Vegan Cookbook is filled with meals that will become your new favorites and go-to staples for when you have meat-eaters to impress. Because amazing food should be shared.

Vegan Recipes Cookbook Mallory Barrentine,2021-02-22 55% OFF for bookstores! Now at \$ 25.95 instead of \$ 36.95 !!! Empower yourself with this professionally edited vegan cookbook. healthy for you and the world around you.

The Accidental Vegan Devra Gartenstein,2011-12-07 Vegetarian and ethnic dishes have made their way into mainstream American kitchens. From Thai noodles to Greek tahini sauce, these recipes are easy to create and require little prep time. Gartenstein offers ideas about low-fat cooking, how to shop for exotic ingredients, and healthy ingredient substitutions.

The Joyful Vegan Colleen Patrick-Goudreau,2019-11-12 Finding plant-based recipes? Easy. Dealing with the social, cultural, and emotional aspects of being vegan in a non-vegan world? That's the hard part. The Joyful Vegan is here to help. Many people choose veganism as a logical and sensible response to their concerns about animals, the environment, and/or their health. But despite their positive intentions and the personal benefits they experience, they're often met with resistance from friends, family members, and society at large. These external factors can make veganism socially difficult—and emotionally exhausting—to sustain. This leads to an unfortunate reality: the majority of vegans (and vegetarians) revert back to consuming meat, dairy, or eggs—breaching their own values and sabotaging their own goals in the process. Colleen Patrick-Goudreau, known as The Joyful Vegan, has guided countless individuals through the process of becoming vegan. Now, in her seventh book, The Joyful Vegan, she shares her insights into why some people stay vegan and

others stop. It's not because there's nothing to eat. It's not because there isn't enough protein in plants. And it's not because people lack willpower or moral fortitude. Rather, people stay vegan or not depending on how well they navigate the social, cultural, and emotional aspects of being vegan: constantly being asked to defend your eating choices, living with the awareness of animal suffering, feeling the pressure (often self-inflicted) to be perfect, and experiencing guilt, remorse, and anger. In these pages, Colleen shares her wisdom for managing these challenges and arms readers—both vegan and plant-based—with solutions and strategies for coming out vegan to family, friends, and colleagues; cultivating healthy relationships (with vegans and non-vegans); communicating effectively; sharing enthusiasm without proselytizing; finding like-minded community; and experiencing peace of mind as a vegan in a non-vegan world. By implementing the tools provided in this book, readers will find they can live ethically, eat healthfully, engage socially—and remain a joyful vegan.

Vegan Diner Julie Hasson,2011-03-08 Finally, a collection of recipes that provides guilt-free comfort-food indulgence for vegans everywhere. With 125 recipes and more than 30 food photos, author Julie Hasson aims to introduce plant-based diner fare both savory and sweet. This new vegan classic covers breakfast, lunch, and supper from the diner-gone-vegan! From pancakes, waffles, and luscious muffins to scrambles, faux Benedicts, and homemade sausage, this vegan cookbook has breakfast sizzling. Traditional lunches get a healthy new lease through clubs, open-faced sandwiches, soups, and pastas. Even filling casseroles, comforting mac-and-cheese, and slow-cooked stews are deliciously reinterpreted, followed by desserts ranging from shakes to creamy cheesecakes.

Unbelievably Vegan Charity Morgan,2022-01-18 NATIONAL BESTSELLER • 100+ big, bold, sock-you-sideways plant-based vegan recipes from the breakout star of The Game Changers “Charity is taking a practical approach to a plant-based diet. . . . She provides support and encouragement as she guides you through this exploration.”—Venus Williams, from the foreword ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Delish, Food52 Whether you’re new to plant-based eating or already a convert, when you cook vegan with Charity Morgan, private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won’t be missing out on the flavor and indulgence of all your favorite comfort foods. In her highly anticipated first cookbook, Charity lays out a plan for anyone who wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity’s recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapeño-Bae’con Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. Unbelievably Vegan offers more than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling, healthy, and above all else unbelievably delicious.

The 30-Day Vegan Challenge (New Edition) Colleen Patrick-Goudreau,2014-12-24 Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, Colleen Patrick-Goudreau, dubbed The Vegan Martha Stewart by VegNews magazine, holds your hand every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau: debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids helps you become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events provides delicious, nutrient-rich, easy plant-based recipes empowers you to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more.

Street Vegan Adam Sobel,2015-05-05 Meatless meals revamped by the Cinnamon Snail, the vegan food truck with a cult following. What's the secret behind the Cinnamon Snail's takeover of New York City streets? In all kinds of weather, vegetarians, vegans, and omnivores alike queue up for addictive vegan cuisine from truck owner Adam Sobel. Now Adam brings his food straight to your kitchen, along with stories of the challenges of working on a food truck while still finding ways to infuse food with imagination, love, and a pinch of perspective. Street Vegan brings the energy and passion of the Cinnamon Snail's creative cooking from truck to table, including: · Breakfasts: Fresh Fig Pancakes, Fried Dandelion Greens with Lemon Garlic Potatoes, Poached Pear-Stuffed French Toast · Beverages: Vanilla Sesame Milk, Cucumber Ginger Agua Fresca, Peppermint Hot Chocolate · Soups and Sandwiches: Korean Kimchi Soup, Jalapeño Corn Chowdah, Brown Sugar-Bourbon Glazed Seitan, Gochujang Burger Deluxe · Veggies and Sides: Lemon-Soy Watercress, Maple-Roasted Kabocha, Horseradish Mashed Potatoes · Desserts and Donuts: Roasted Mandarin-Chocolate Ganache Tart, Pine Nut Friendlies, Rum Pumpkin Chiffon Pie, Vanilla Bourbon Crème Brûlée Donuts, Cinnamon Snails

Vegan Freak Bob Torres,2010 In this informative and practical guide, two seasoned vegans offer tips and advice for thriving without animal by-products. Sometimes funny and irreverent, yet always aware of its serious message, this resource for being vegan in a world that doesn’t always understand or have sympathy for the lifestyle illustrates how to: go vegan in three weeks or less by employing a cold tofu method; convince family, friends, and others that there is no such thing as a vegan cult; and survive restaurants, grocery stores, and meals with omnivores.

Vegan with a Vengeance Isa Chandra Moskowitz,2005-10-28 In Vegan with a Vengeance, Isa Chandra Moskowitz, host of the community access vegan cooking show The Post Punk Kitchen, brings the do-it-yourself, community-driven ethos of punk rock into the kitchen. Her cooking philosophy embraces being kind to animals (all recipes are completely animal-product free) and your walletwhile being creative and having fun in the process. She emphasizes staying clear of corporate brand-name foods, and says that cooking should be an innovative, experimental, and completely real experience. This one-of-a-kind cookbook offers 125 recipes for all meals of the day, from stuffed mushrooms to tofu pizza, gingerbread cupcakes to pasta with alfredo sauce, and is full of tips and tricks on how to keep your diet vegan, inexpensive, and liberated.

Jazzy Vegetarian Classics Laura Theodore,2013-09-03 Classic American meals just became healthier and more delicious with Laura Theodore's vegan twist on traditional family fare. With quick-to-prepare and gourmet-style dishes, Jazzy Vegetarian Classics features Laura's original creations, such as vegan shish kebabs and cauliflower steaks with sweet pepper sauce, and other spins on time-honored favorites, such as spaghetti and “wheatballs and decadent chocolate-ganache cake. Filled with easy-to-follow crowd-pleasing recipes, this cookbook will make nutritionally dense and plant-based dishes your new family favorites. Fun and simple to incorporate into anyone's lifestyle, Jazzy Vegetarian Classics provides wholesome full-menu plans for everything from weekday meals to special celebrations such as parties and holiday dinners. Laura even includes suggestions on how to present appetizing, plant-based meals in unique and festive ways, with her “Jazzy Music Pick for each menu to help set the mood. Written for everyone—from seasoned vegans looking for innovative new dishes, to casual home cooks interested in adding one or two plant-based meals a week to their repertoire—Jazzy Vegetarian Classics includes guides to the basics of vegan cooking coupled with a glossary of common ingredients. Laura also provides simple instructions on how to use a variety of substitutes for “veganizing timeless main dishes, desserts, soups, salads, and so much more. Put on some good music and embrace a healthy, delicious, and jazzy lifestyle!

The New Now and Zen Epicure Miyoko Schinner,2013-03-14 If you're craving something uncommonly delicious, but uncomplicated to prepare, look no further. From the Now & Zen Restaurant in San Francisco comes an imaginative collection of recipes that harmoniously blends distinctive cuisines—French, Japanese, Spanish, Italian, Greek, and Indian—in tempting vegan dishes. Acclaimed bakery chef and plant-based food innovator Miyoko Schinner shares her latest creations in this updated version of her popular gourmet vegan cookbook.

Vegan's Daily Companion Colleen Patrick-Goudreau,2011-03-01 Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, Vegan's Daily Companion! Mondays: For the Love of Food - A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully. Tuesdays: Effective Communication - Techniques and tactics for speaking on behalf of veganism effectively and compassionately. Wednesdays: Optimum Health for Body, Mind, and Spirit - Care and maintenance for becoming and remaining a joyful vegan. Thursdays: Animals in the Arts: Literature, Film, Painting - Inspiration

across the ages that reflects our consciousness of and relationship to non-human animals. Fridays: Stories of Hope, Rescue, and Transformation – Heartening stories of people who have become awakened and animals have found sanctuary. Saturdays + Sundays: Healthful Recipes – Favorite recipes to use as activism and nourishment.

Vegan Cuisine Vivian Cate,2014-10-22 Vegan Cuisine provides over one-hundred vegan recipes to tempt your pallet. Additional information and suggested resources help you understand the importance and benefits of a plant-based diet. Meanwhile, recipes are supplemented with stories, anecdotes, and cooking tips that will curl your lips into a smile and bring back your own sweet memories of days gone by! Weekly and monthly meal plans plus an easy to use grocery shopping list further assist you on your journey to healthier eating!

Decoding **Vegan Vagabonds**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Vegan Vagabonds**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Vegan Vagabonds Introduction

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