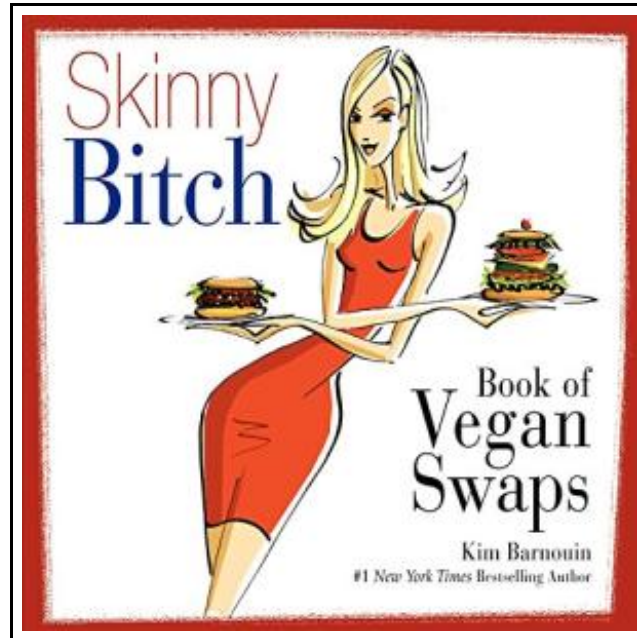


Skinny Bitch Book of Vegan Swaps



Filesize: 3.13 MB

Reviews

*Very useful to all class of individuals. It is amongst the most awesome publication i actually have read through. You will like just how the blogger create this pdf.
(Lisa Jacobs)*

SKINNY BITCH BOOK OF VEGAN SWAPS



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Skinny Bitch Book of Vegan Swaps, Kim Barnouin, Veganism has quickly gone from the domain of zealous health nuts to the favorite lifestyle of fashion mavens - thanks in no small part to the smart and fearless "Skinny Bitch" books. Now coauthor Kim Barnouin is back with a guide that anyone even slightly intrigued by a plant-based diet will have to have. Recent surveys suggest that there are around 3 million vegans in the United States, and the number of people giving veganism a try has been skyrocketing in recent years. "The Skinny Bitch Book of Vegan Swaps" cuts through the confusing information and misleading messages to guide anyone who wants to try veganism. It presents clear swaps for foods that you may think are healthy, clearly explaining what makes one choice better than another, exposing imposters, and explaining how to easily spot the difference. Barnouin's fun, no-nonsense voice and vast expertise sparkle on every page, and in helpful lists like Worst Veggie Dishes That You Think are Healthy, Top Ten Worst Pesticide Ridden Veggies and Fruit, and the never-travel-without-it Top Ten Things to Eat While Stranded in an Airport. Kim knows that the concerns of today's savvy eaters' run the gamut from calories to carbon footprints, and takes it all into account. Whether you're just looking for healthier options or have been a devoted vegan for years, "The Skinny Bitch Book of Vegan Swaps" is the comprehensive user-friendly guide you've been waiting for.



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