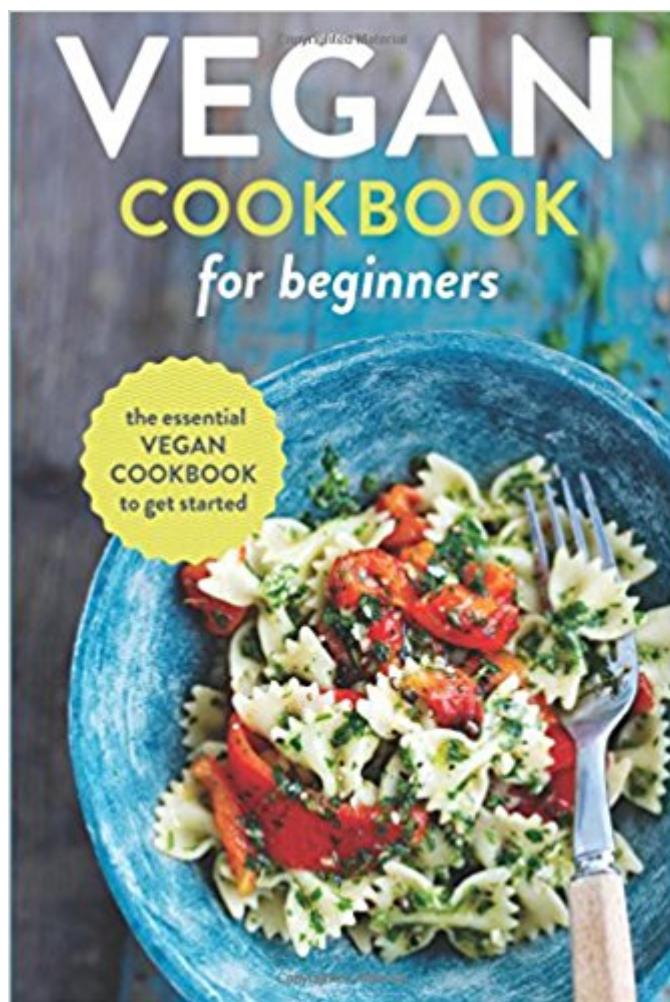


The book was found

# Vegan Cookbook For Beginners: The Essential Vegan Cookbook To Get Started



## Synopsis

The Vegan Cookbook for BeginnersÂ Â was made for the everyday cook who wants to add delicious vegan meals into their diet and experience amazing health results. Plant-based meals celebrate the rich, natural flavors of fruits, vegetables, and nuts, and can provide amazing nutritional value to help you lose weight and help fight the onset of everything from diabetes to heart disease. While most vegan cookbooks are geared towards experienced vegans,Â Â Â The Vegan Cookbook for BeginnersÂ Â is the perfect companion for anyone new to a plant-based diet, with easy guidelines, simple shopping lists, and quick vegan cookbook recipes.Â Â For those who are exploring veganism for the first time,Â Â Â The Vegan Cookbook for BeginnersÂ Â will inspire you to create hearty and flavorful meals to please even the most skeptical carnivore. The editors ofÂ Â The Vegan CookbookÂ Â will show you the easy way to add vegan recipes into your diet, with over 150 quick and easyÂ Â Vegan CookbookÂ Â meals, from breakfast to dessert. Start off the day with a healthy bite of Pumpkin Spice Muffins, or please the whole family with hearty Black Bean Vegetable Enchiladas for dinner.Â Â The Vegan Cookbook for BeginnersÂ Â will let you experience improved health and increased energy from a vegan diet.

## Book Information

Paperback: 260 pages

Publisher: Rockridge Press (October 23, 2013)

Language: English

ISBN-10: 1623152305

ISBN-13: 978-1623152307

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 15.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 262 customer reviews

Best Sellers Rank: #763 in Books (See Top 100 in Books) #2 inÂ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #6 inÂ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #21 inÂ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

"The Vegan Cookbook For Beginners: The Essential Vegan Cookbook To Get StartedÂ Â by Rockridge Press is a contemporary publication fit for the health conscious readers of the day.Â Â It presents a very effective, understandable intro to eating healthy without the consumption of any

animal products."- American Live Wire Blog

My husband is a type 2 diabetic and we wanted to explore the vegan diet option to help... First I will say that this cookbook has NO photos. I am always a little disappointed by this, but seems like more and more cookbooks these days are photo-less. :( On the upside, there is a very good informational (in my opinion as a vegan newbee) forward in this book with useful info about substitutes and options... The recipes seem to be fairly straightforward (no culinary degree needed or super special equipment) and tasty. I really love the chilled watermelon soup - it's more delicious than one might think. Wish the book had photos and a spiral back to help keep it open while in use, but even without that I think this cookbook is worth owning if you are interested in trying the vegan lifestyle.

Great book thanks

I am always glad when cookbooks have resources and terms on hand, because learning a new diet can be tricky and overwhelming. I was a little skeptical at first, and still am to a degree, about the necessity that the Vegan Cookbook For Beginners puts on living an entirely vegan lifestyle. However, some of the health benefits are very valid, and any person changing diets could use this information even if just for a resource on good and bad foods to consume. The recipes and health benefits look good, so switching a meal or two seems like a viable option for those who can't give up all animal meat and byproducts, but who want to cut it down significantly.

What a helpful book that is an easy read for people wanting to get healthy and become animal and environmentally friendly! In addition to the creative and delicious recipes, the book outlines reasons that people should consider a vegan diet. Improving personal health is offered as the main reason people eat a vegan diet. In addition, desiring to treat animals humanely and with the care they deserve is also included. One of the most interesting points is that the grain that is used to feed cattle could be used to feed the people throughout the world who are starving. This is an especially compelling point. The book is helpful and I recommend it.

gift

I really enjoy this cookbook! Although I am not currently vegan, I have friends who are and I have found this book both super informative and interesting. The book includes loads of information about

why you might choose to adopt a vegan diet and/or lifestyle and many useful tips for making the transition, stocking your kitchen, and tons of delicious recipes! I have only made a couple, so far, but I am excited that I can now confidently accommodate all of my guests whenever I have people over! I think this is a really great resource if you are considering a vegan diet or simply just curious. Enjoy!

This book has a lot of helpful tips, I bought this book with a couple of others. I'm new to eating healthy and wanted to know how to cook "vegan" meals for some of my friends who live that sort of life style. It was surprisingly simple! I was also able to find a few recipes for myself to use. Need a guide for grocery shopping? It's in there too! There is even a whole first part of the book dedicated to what it means to be vegan. Explanations to this choice that some people make - its quite interesting, actually. Its more than just health issues for some. There are thoughts and considerations to take if considering going vegan.

If you are curious or interested in becoming vegan this is THE book for you. For someone who has never second guessed my love for meat, after reading this book I am reevaluating my diet. Whether you are considering becoming a vegan for dietary, environmental, or ethical reasons this book is full of information from all aspects. This book states that not only is a vegan diet a helpful tool to achieve a healthy body weight, but there are many other proven health benefits to eating vegan. I can't wait to try out all of the delicious sounding recipes, but top of my list will be the vegan chili and the cinnamon banana pancakes. YUM!!

[Download to continue reading...](#)

Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Cookbook for Beginners: The Essential Vegan Cookbook to Get Started Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: High Protein

Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook ) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes) Mug Cake: The Ultimate Vegan Mug Cake Cookbook: Quick, Easy and 100% Vegan (mug recipes, vegan cookbook, dairy free) (Love Vegan Book 7) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)