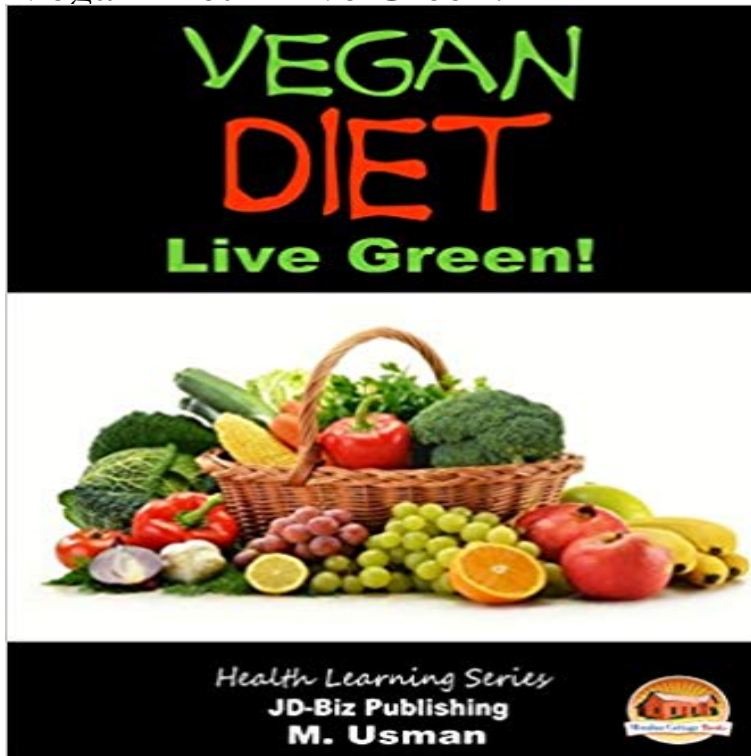


Vegan Diet - Live Green!



Vegan Diet - Live Green! Table of Contents Prelude Getting Started Chapter # 1: Overview Chapter # 2: Types of Vegans Chapter # 3: Nutrition Chapter # 4: Disease Prevention Vegan Substitutes Breakfast Chapter # 1: Vegan-style French toast Chapter # 2: Nutty Walnut Granola Crunch Chapter # 3: Savory or Sweet Pancakes Chapter # 4: Nutty Mushroom Sausages Chapter # 5: Lemon Curd Main Dishes Chapter # 1: Mushroom Risotto Chapter # 2: Chili non-carne Chapter # 3: Baked Butternut Squash Chapter # 4: Pasta with Artichokes & Eggplant Chapter # 5: Nutty Millet Pilaf (Middle Eastern) Chapter # 6: Quinoa & Beetroot Tabbouleh Chapter # 7: Red Lentil Dahl Conclusion References Author Bio Prelude There are hundreds, if not thousands, of diets around the world. Dozens are being developed and added from time to time, but none of them are as controversial or as famous as the renowned Vegan Diet. If you've heard and/or followed the Paleo diet and are now reading this book, then give yourself a pat on the back as you have made the right decision. Without entering the vast descriptive part of the definition, the vegan diet is a diet that avoids the use of animal-derived substances. However, this description is bendable to some extent. Almost every one of us has heard about the splendors of the vegan diet and its benefits to the environment. Swathes of people are shifting to this diet, not only in primitive traditional areas where veganism is a part of the culture, but in modern metropolises, due to the unending list of benefits of this particular diet. This book will slowly take you into the world of the vegan diet and by the time you finish this book, you will definitely want to shift to this diet, and abandon your old lifestyle, given you aren't already a vegan!

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