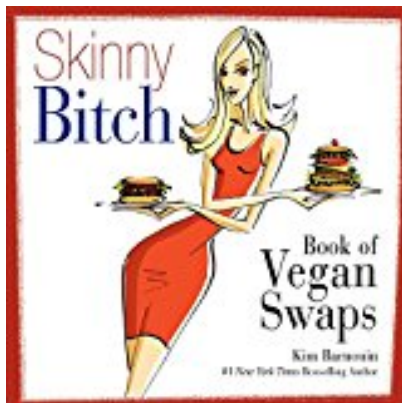


Skinny Bitch Book of Vegan Swaps



BOOK DETAILS

- Author : Kim Barnouin
- Pages : 288 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 0062105116

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BOOK SYNOPSIS

A Must-Have Guide for the Smart Vegan A vegan lifestyle is the newest hot health trend—thanks in no small part to the smart, fearless, and number one New York Times bestselling Skinny Bitch books. But with so much conflicting information out there, its not always easy to make the best choices. Now Skinny Bitch coauthor Kim Barnouin is back with a book that makes making the right vegan choice easy. In Skinny Bitch Book of Vegan Swaps, Kim Barnouin takes the mystery out of following a plant-based diet. Its a comprehensive, user-friendly guide that tells you what foods look healthy, but actually arent, and explains how to avoid the stuff you dont want. And because Kim knows that the concerns of todays savvy eaters run the gamut from calories to carbon footprints, she explains it all. Skinny Bitch Book of Vegan Swaps offers exciting and tasty alternatives for vegans, whether youre just starting out or have been a vegan for years. Barnouins fun, no-nonsense voice sparkles on every page and in helpful lists and features like: The Best Places for Vegans to Grocery Shop Delicious Swaps for Your Favorite Dairy Products Top Ten Things to Eat While Stranded in an Airport

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