



Mainly Vegetarian, Mostly Vegan: A whole food diet that is good for you, the planet, and your budget

Michele S. Cornelius

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What if you could save money on food, have a cruelty free/environmentally conscientious diet, save time on food preparation, lose weight, and feel wonderfully healthy all at the same time? If this sounds good to you, this book can help. I have been eating a healthy mostly vegan whole food diet for over 20 years and have developed menu plans and recipes that are easy, inexpensive, and good for you. While there is a section with all of my tried and true favorite recipes, this isn't just a cookbook. This book will be valuable if you want to transition to a healthy diet and need more information to push you in the right direction. This book could be helpful if you want to lose weight. This book can be helpful if you want a complete solution with all the things you will need in your kitchen, what staples to have on hand, and menu plans to get you started. Even if you just want recipes, this book will give you basic recipes that are healthy, inexpensive and easy to prepare. What do you have to lose?

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