

The Daily Vegan Planner - Jolinda Hackett

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Eating nutritionally balanced, all-vegan meals can be a tough task - after all, broccoli doesn't come with food labels. Now, vegan readers don't have to question how wholesome their healthy food really is or how they'll add sufficient protein to their diet. "The Daily Vegan Planner" pairs twelve weeks of meal plans with journaling space to help new vegans follow a clear-cut strategy as they transition into their new lifestyle. Each day, readers will: eat four practical, nutritious, and tasty vegan meals; track essential nutrients - from carbs and protein, to calcium and B12; record types of food they ate on a vegan food pyramid; and, journal about food discoveries, daily challenges, and kitchen notes. From the moment they write their vegan mission statement to the time they debrief themselves on Week 12, readers will find themselves fully engaged in making a difference in their lives - and the world - one meal at a time. Author: Hackett, Jolinda Publisher: Adams Media Illustration: N Language: ENG Title: The Daily Vegan Planner Pages: 00240 (Encrypted EPUB) On Sale: 2011-12-18 SKU-13/ISBN: 9781440529986 Category: Cooking : Vegetarian & Vegan

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