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*Feed Me Vegan*

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## **FARMER RAMOS**

*Fuss-Free Vegan* Penguin

Put flavour and flexibility at the heart of your kitchen with Rachel Ama's One Pot: Three Ways. Rachel Ama is reframing vegan cooking. Create a veg-packed centrepiece dish in one pan/pot/tray and choose from three creative and flavoursome ways to either serve it up with just a few ingredients or transform it into something else entirely. The options are endless - level up your leftovers and create a new feast each day, scale portions up or down, cook all three serving options for a vegan feast with friends, or freeze leftovers to refresh later when you're strapped for time - whatever you choose, this way of cooking will help you have dinner part-ready-and-waiting, making plant-based eating feel even more achievable every day. Transform or serve Peri Peri Mushrooms with: 1. Peri Peri Pittas 2. Potato Wedges & Slaw 3. Peri Peri Charred Sweetcorn Salad Bowls Serve up or refresh Caribbean Curried Jack into: 1. Coconut Rice & Coleslaw 2. Coconut

Flatbreads with Tomato & Red Onion Salad 3. Caribbean Patties with Orange & Avocado Salad Rachel creates her recipes by moving through 'stations' in the kitchen, weaving together fresh ingredients, pantry staples, and, most importantly, the 'flavour station', where she adds spices, dried herbs and those all-important sauces to really bring each dish to life. So pick up Rachel's handy tips to help you live a vegan lifestyle simply and deliciously.

[Elsa's Wholesome Life](#) Hachette Go

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek....Once I discovered that I could

not only survive but thrive without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On every page, Brian proves that seriously good food needn't be too serious.

**Just Feed Me Sphere**

Lucy Watson is back with more simple, straightforward vegan comfort food to brighten up your mealtimes Feed Me Vegan: For All Occasions is full of easy recipes for everyday veganism, from a quick, week night pasta to blow-out Sunday feasts. It's also brimming with ideas for cooking for special occasions, solutions for those trips where the vegan option is a side salad, or meals for those friends and family who just don't believe this really is #whatveganseat! Recipes include, for quick and easy meals: Moroccan Couscous Bowl Spicy Coconut Ramen Sweetcorn Fritters Schnitzel Broccoli Cream Pasta Dhal Sausage Rolls Super Green Soup Chipotle Black Bean Soup Tempeh Salad . . . and for those feasts: Sunday roast with Seitan Mushroom Pie Tacos Gnocchi Poutine Garlic Bread Sushi Jackfruit Bao Crispy Potato Skins What readers are saying 'I loved Lucy's first

vegan cookbook and this one, if possible, is even better.' 'What an amazing, inspiring cookbook this is. Something truly for every occasion from the quick fixes to on the go snacks as well as that beastly Sunday dinner - incredible' 'I would recommend for anyone to have this in their kitchen, vegan or not!' 'Fabulous, no fuss vegan recipes.'

*Please Feed Me* HarperCollins

After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common- sense approach to healthy eating and fuss-free recipes. Choosing Raw, the book, does in an in depth manner what the blog has done for hundreds of thousands of readers: addresses the questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plantbased pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times–bestselling author of Crazy Sexy Diet, Choosing Raw is a primer in veganism, a cookbook, the story of one woman's journey to health, and a love letter to the lifestyle that transformed her relationship with food.

*Big Vegan* Penguin

Eating a plant-based diet can be easy, budget-friendly, and inclusive with these 500+ crowd-pleasing recipes you can make vegan or vegetarian! America's Test Kitchen offers their best tips for preparing vegetables and plant-based meats, boosting flavor and nutrition, and stocking your pantry with healthy staples. Plant-based cooking means different things to different people. ATK's diverse, modern plant-based cookbook offers foolproof recipes you can tailor to suit your own needs—whether you're vegetarian, vegan, or simply curious about eating less meat. Inside you'll find: • 500+ plant-based recipes inspired by cuisines around the world • Vegan and vegetarian variations for each recipe, with easy ingredient swaps • Overview of the modern plant-based diet, including meat and dairy alternatives • Simple strategies for grocery shopping and storage • ATK-approved tips for maximizing vegetables, boosting flavor, and meeting nutritional needs ATK's plant-based diet strategy is easy, budget-friendly, and inclusive—cuisines around the world are rich with boldly flavored, naturally vegan dishes. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals everyone will love.

**Please Feed Me** Simon and Schuster

BEST VEGAN COOKBOOK WINNER IN THE PETA VEGAN FOOD AWARDS 2017 Packed with comforting, easy-to-make and totally delicious recipes, Feed Me Vegan shows you can be vegan and still have your cake (and mac and cheese, and lasagne, and pancakes) and eat it. Passionate vegan Lucy Watson has you covered with tempting meals from breakfast to supper - as well as all the sweet treats and snacks you need in between! Enough to turn the head of even the most dedicated carnivore, Feed Me Vegan is full of tasty, satisfying vegan fare which will have everyone asking for seconds. Whether you're already a full-time vegan, considering making the switch or just trying to cut down on meats, fish and dairy, this book is sure to add new favourite recipes to your repertoire. Recipes Include: · Fry-Up · French Toast with Spiced Plums · Cauliflower Wings · Mushroom Mac and Cheese · Ultimate Cheeseburger · Pad Thai · Oreo Thickshake · Chocolate Fudge Cake · Hot Cinnamon Jam Doughnuts · Miso Aubergine and Mushroom Gyoza

**Main Street Vegan** Appetite by Random House

Discover the amazing versatility of the slow cooker! If you're a vegetarian who thought slow cookers were just for meat-eaters, Fresh from the Vegetarian Slow Cooker will introduce you to the wonders of slow cooking. And if you're already a slow cooker enthusiast, here's a whole new array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed, preservative-heavy ingredients. Fresh from the Vegetarian Slow Cooker changes that. What a good idea! Here, every ingredient is fresh and real, and there's not a single pot roast with dehydrated onion soup to be found! Hooray for this cookbook's ease, innovation, delicious-sounding variety, bright ingredients, and fine results. Not just vegetarians, but anyone who needs cooking ease but doesn't want to sacrifice full flavor or health, will rejoice in this inviting book." - Crescent Dragonwagon, James Beard Award-winning author of Passionate Vegetarian [Bish Bash Bosh!](#) Sphere

Learn to cook a range of brutally tasty yet simple plant-based dishes, accompanied by heavy metal and punk lyrics, art, and ethos. This vegan cookbook is jam packed with recipes for stews, soups, sauces, noodle & bean dishes, baked entrees, and desserts, interspersed with illustrations of adorable armed animals, meditations on suicide, a crossword puzzle, and instructions for DIY tattoo guns. Expand your cooking repertoire with recipes from around the world, including Grizzly Bear Gnocchi, Taco Thrash-erole, Misery Wot, Gotterdamerung Dopple-Chocolate Cookies, and Hair of an Angel Knotted by the Persistence of a Mortal. Each recipe is paired with a metal song to listen to while you cook. Based on a series of long-obscure 1990s zines, this underground classic is now in its third edition, bringing you practical, animal-free cooking skills that will soothe your justified despair at the bloodthirstiness and futility of human nature.

**Mississippi Vegan** New World Library

If you're one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. SIBO Made Simple brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, SIBO Made Simple provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. SIBO Made Simple offers a clear path forward, from someone who's been there.

*The 22-Day Revolution* HarperCollins

You don't need to be a vegetarian to eat like one! With over 100 recipes, the New York Times bestselling author of Dinner: A Love Story and her family adopt a "weekday vegetarian" mentality. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME • "Whether you're vegetarian or not (or somewhere in-between), these recipes are fit to become instant favorites in your kitchen!" —Molly Yeh, Food Network host and cookbook author Jenny Rosenstrach, creator of the beloved blog Dinner: A Love Story and Cup of Jo columnist, knew that she wanted to eat better for health reasons and for the planet but didn't want to miss the meat that she loves. But why does it have to be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. The Weekday Vegetarians shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?), Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. The Weekday Vegetarians is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-free meals into your weekly rotation. Who knows? Maybe like Jenny's family, the more you practice being weekday vegetarians, the more you'll crave this food on the weekends, too!

**Veganist** Da Capo Lifelong Books

Focused on the art of crafting complete, balanced meals that deliver sustained energy and nourishment, this book features 100 compelling and delicious recipes that just happen to be vegan. These 100 recipes for wholesome and nourishing vegan food from blogger, nutritionist, and Food52 author Gena Hamshaw help you make delicious vegan meals that deliver balanced and sustained energy. Every recipe contains the key macronutrients of healthy fats, complex carbohydrates, and proteins, which together make for a complete meal—things like Smoky Red Lentil Stew with Chard, and Falafel Bowls with Freekah and Cauliflower. Photographs accompany

each recipe, showing how Gena's simple techniques and fresh ingredients yield delicious meals. Additional tips and tricks for taking food on the go, and for cooking ahead on the weekend for quick weekday lunches and dinners, round out the collection.

*Vegan Boards* Fair Winds Press (MA)

THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF THE GREENPRINT AND CREATOR OF 22 DAYS NUTRITION—WITH A FOREWORD BY BEYONCÉ. A groundbreaking plant based, vegan program designed to transform your mental, emotional, and physical health in just 22 days—includes an Introduction by Dr. Dean Ornish. Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of today's most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan and Shakira have all turned to him for his expertise. Beyoncé is such an avid supporter that she's partnered with Borges to launch 22 Days Nutrition, his plant-based home delivery meal service. Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you'll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life—helping you to live the life you want, not just the one you have.

*Feed Me Vegan: for All Occasions* Soft Skull Press

Celebrate the gorgeous and delicious possibilities of plant-based Southern cuisine. Inspired by the landscape and flavors of his childhood on the Mississippi Gulf Coast, Timothy Pakron found his heart, soul, and calling in cooking the Cajun, Creole, and southern classics of his youth. In his debut cookbook, he shares 125 plant-based recipes, all of which substitute ingredients without sacrificing depth of flavor and reveal the secret tradition of veganism in southern cooking. Finding ways to re-create his experiences growing up in the South--making mud pies and admiring the deep pink azaleas--on the plate, Pakron looks to history and nature as his guides to creating the richest food possible. Filled with as many evocative photographs and stories as easy-to-follow recipes, Mississippi Vegan is an ode to the transporting and ethereal beauty of the food and places you love.

**Let Me Feed You** BenBella Books

Ellie Bullen's hugely popular blog Elsa's Wholesome Life is a veritable explosion of colour, sunshine, coastal living and delicious plant-based recipes. Her first cookbook features more than 100 of her go-to dishes, from nutritious granolas and powerhouse smoothies to flavour-packed salads and soups, hearty curries and burgers, and drop-dead delicious sweets. A qualified dietitian and nutritionist, Ellie explains everything you need to know about adopting a plant-based diet, including how to: - get enough iron, vitamin B12 and calcium - achieve the right balance of carbs, proteins and good fats - shop smarter and get more organised in the kitchen - enjoy a lifestyle that is better for you and the environment Ellie's food is fresh, flavoursome, nutrient-dense and - above all - fun. If you ever needed a reason to eat less from a box and more from the earth, this is it! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

*Feed Me Vegan* Clarkson Potter

From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for the aspiring vegan! It's safe to say that veganism is no longer just a trend. Lifelong vegans, part-time vegans, and the vegan curious are a diverse and eclectic group of people from all walks of life and backgrounds, and yet, there's very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-friendly diet is truly accessible to all! Some of the recipes you will learn to make include: -Sausage Shakshuka in a Skillet from the restaurant Chickpea in Vancouver -Young Coconut Ceviche from the restaurant Rosalinda in Toronto -BBQ Pulled "Pork" Jackfruit Sandwiches from the Butcher's Son in Oakland, CA -Indian Tofu Curry from The Sudra in Portland, OR -Boston Cream Pie-Cake from Veggie Galaxy in Cambridge, MA -Plus authentic Egyptian dishes from Mena's mother, and many from Mena's own SoCal home kitchen

Come travel with Mena to meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. Get a behind-the-scenes peek at the secrets of San Francisco's Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. Containing recipes from many different countries and cultures, and including helpful tips for lifelong vegans or flexitarians looking to expand their repertoire of vegan dishes, *Evolving Vegan* takes you on a food-based road trip to explore the vibrancy of veganism across North America.

*Choosing Raw* ReadHowYouWant.com

A truly vegan lifestyle is more than just the food you eat, it's the shoes on your feet, the clothes in your wardrobe, the contents of your cupboards and your make-up bag. Whether vegan for moral, ethical or environmental reasons Lucy Watson demystifies how to live a holistic vegan life, whether it's something you've been practising for years or is a way of life you're just discovering. Simple, practical and full of beautiful images *Awakenings* is perfect for anyone looking to reduce their environmental impact and make ethical choices that don't impact on animals.

**Weeknight Baking** Yellow Kite

This cookbook showcases the culinary hits of the Hope Collective, a long-running Dublin community and venue, along with photos and anecdotes from favorite punk bands. It's a blend of the rock, art, activism, and community that form the layers of the punk-rock food pyramid.

*Evolving Vegan* Penguin

**\*\*Breakfast\*\*Brunch\*\*The Lunch Box\*\*Snack Attack\*\*Dinners\*\*Desserts\*\*** What could be more important to parents than a healthy, well-fed family? As two urban, working moms, Ceri Marsh and Laura Keogh learned quickly how challenging healthy meal-times can be. So they joined forces to create the *Sweet Potato Chronicles*, a website written for, and by, non-judgemental moms, packed full of nutritious recipes for families. In the *How to Feed a Family* cookbook, Laura and Ceri have selected their very favorite recipes, to create a collection of more than 100 for all ages to enjoy. These are recipes that are tailored specifically to families: they are simple, fast, easy-to-follow, and use ingredients that are readily-available at your local grocery store. Ceri and Laura unveil their tried, tested and true tricks for turning nutritious, sophisticated dishes into kid-friendly masterpieces, that will guarantee you success at meal-time, time and time again. Interspersed with the recipes are parenting tips and advice to encourage happy meal-times for the whole family: get ready to turn your picky eaters into enthusiastic kitchen helpers!

*Hot for Food Vegan Comfort Classics* Harvard Common Press

"Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier

digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way!"

*Fresh from the Vegetarian Slow Cooker* Simon and Schuster

Incorporating systems theory, teachings from mythology and religions, and the human sciences, *The World Peace Diet* presents the outlines of a more empowering understanding of our world, based on a comprehension of the far-reaching implications of our food choices and the worldview those choices reflect and mandate. The author offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates.