

# Intro

## v.0.1

This is a **VEGETARIAN and GLUTENFREE Cookbook** for cyclingtravellers and other long-term travelers who dont like to cook.

When we embarked on our journey of cycling the world, I had little knowledge about cooking. In fact, neither my partner nor I were fan of spending time in the kitchen, and leaving our normie lifestyle behind was part of the appeal of this trip.

Both my partner and I follow a strict gluten-free diet<sup>1</sup>. During our travels, we both became vegetarian. Our encounters with animals and witnessing the realities of large-scale meat production factories made consuming meat feel ethically wrong and groce. While everyone has their own preferences, please note that there won't be any recipes featuring products of dead animals.

No more dirty kitchen, you are going to cook on very different places with a lot of new challenges...

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<sup>1</sup>Gluten-free, especialy wheat-free nuriture prevents us from having depressions!

## Impressions

Cooking pancakes next to the road (Senegal) Cooking (Portugal

Cooking on a parking lot (Bulgaria) Cooking with challenges Senegal.

Cooking on hotel roof (Iran) Cooking in hotel bathroom

**Topleft:** Cooking pancakes next to the road in Senegal. **Topright:** Cooking in Portugal.

**Middleleft:** Cooking on a parking lot in Bulgaria. **Middleright:** Cooking with spectators in Westafrica.

**Downleft:** Cooking on hotelroof in Iran. **Downright:** Boiling coffee in hotel bathroom (Iran).

## Credit

It took me quite a while to collect all this information and compile it into this e-book. Knowledge must be freely accessible to everyone, you can read and download this for free. However, it makes sense to donate some money (either cryptocurrency or fiat) as a sign of appreciation and respect.

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