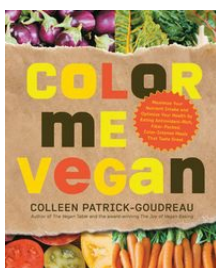


COLOR ME VEGAN: MAXIMIZE YOUR NUTRIENT INTAKE AND OPTIMIZE YOUR HEALTH BY EATING ANTIOXIDANT-RICH, FIBER-PACKED, COLOR-INTENSE MEALS THAT TASTE GREAT

In Color Me Vegan, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate. With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients—the most powerful, pigmented antioxidants on earth, found in everything from select...



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The phytochemicals, antioxidants, and fiber- all of the healthful components of plant foods- originate in plants, not animals. If they are present, it is because the animal ate plants. And why should we go through an animal to get the benefits of the plants...

Reader's Opinions