

***Better Than Vegan 101 Favorite Low Fat Plant Based Recipes That
Helped Me Lose Over 200 Pounds Del Sroufe***

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In Better than Vegan, Sroufe relates with humor and humility his remarkable journey of how he lost hundreds of pounds on a healthy vegan diet and then shares the kinds of meals that restored his body. Proving that the healthiest diet can also be the most delicious, Sroufe offers more than 100 recipes in Better than Vegan, such as:

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