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Peta s Vegan Twist (Aus): A Tasty Dairy and Meat Free Cookbook for Everyone

By Peta Devoy

Peta Devoy, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE THAT I AM NOT P.E.T.A (people for the ethical treatment of animals) This is a cookbook to satisfy those curious about trying vegan food or for those who already eat vegan, who want more flavour in their everyday life. I often hear the question, what do vegans eat? In this book you can pick and chose recipes or you can follow (summer or winter recipes) a weekly or monthly eating plan to revitalise health and shift excess weight. This book is a simple way to integrate more strengthening and preventative foods into your diet. You could make a permanent fixture of Peta s VEGAN TWIST eating 1 day a week for your family, or go on a 1 - 4 week (winter or summer recipes) eating plan. As with most things in life, being organised is key or things just don t get done. The convenient weekly shopping lists are designed to take the hassle out of trying something new, if you embark on a weekly eating plan. There are no quick fixes and packet...



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Reviews

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-- **Marvin Okuneva**

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-- **Zachery Mertz**

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Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



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Baby Whale's Long Swim: Level 1

Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.9in. x 8.0in. x 0.2in. Instantly start telling stories with kids. Great for spontaneous storytelling or for creative writing lessons. Super simple storytelling formula and...



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...