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The Vegan Cheat Sheet: Your Take-Everywhere Guide To Plant-based Eating



Synopsis

The Vegan Cheat Sheet is a portable resource for vegan living that puts essential information right at readers' fingertips. It's packed with more than 100 everyday recipes, shopping lists, restaurant tips, and everything else you need to live a simple, easy vegan lifestyle. Special sections include:

- The 21-day Vegan Transformation Guide - Makes the vegan transition a no-brainer by including three weeks' worth of vegan menus
- The Vegan Travel Guide - Yummy eats to pack when hitting the road, plus what to order (or not) when dining out
- The Fast-food Survival Guide - Quick sheets on vegan-friendly options at popular chains, including McDonald's and Domino's
- The Shopping Guide - Must-have fridge and pantry staples
- Real world how-to's - How to handle party invitations from carnivorous friends, plus other practical tips for weathering the social scene
- Important facts on why eating vegan helps guard against common killers like heart disease, cancer, and diabetes
- The How-To Vegan Fiesta - Menus and ideas for celebrating your vegan victory with friends and family members

Book Information

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Customer Reviews

“A masterpiece that defines and simplifies the treasured recipes and tastes of plant-based foods. Whether it is the newly initiated or the experienced plant-based devotee, all will find their cuisine creation an epic must-read.”

—From the foreword by Caldwell B. Esselstyn Jr., MD, author of Prevent and Reverse Heart Disease

AMY CRAMER is the founder of Vegan Eats (VeganEatsUSA.com), which produces a line of grab-and-go vegan meals for Heinen's, a midwestern supermarket chain, and will soon be available in midwestern Whole Foods stores. Amy has taught private vegan classes throughout Ohio and in New York City and Westchester County, New York, and has been a guest lecturer at Bronx Community College. She also offers one-on-one vegan coaching to those who need more guidance and hand-holding. Whole Foods Market frequently invites her as a guest instructor. An award-winning copywriter, coauthor LISA MCCOMSEY graduated from Bucknell University with an art history degree and has worked on staff and as a freelance copywriter for a variety of publications, including *Vogue*, *Allure*, *People*, *Life*, *Real Simple*, *Vanity Fair*, *Bon Appétit*, *House & Garden*, the *New York Times*, and *Every Day with Rachael Ray*. She currently works as a freelance writer, marketing consultant, and public speaker.

This little hand-held book has helped me more than any other book I've purchased about veganism. The authors have really done a great job at packing in tons of information in this book. Not only does it include ample informative facts and advice, but also a shopping list and many recipes. So far I've made the Mac & cheese, lasagna and corn chowder. Not only are all of the recipes simple with basic ingredients, but they're also incredibly tasty!! I would recommend this book to anyone who's starting out or wants to give going vegan a try. Even my mom who isn't vegan loves this book :)

My only disappointment with this cookbook is its size when it said cheat sheet I imagine something more like a pamphlet unless like a paperback novel. But it has some recipes that my family just loves especially the eggplant parmesan I made it twice in one week they loved it so much.

I read this book in an afternoon. Extremely easy read with good information. I have read other books that cover some of the same info in more detail and personally I prefer the more detailed books. I do think this would have been a good book to get me started in the vegan world, had I known about it before reading the others!

This one is helpful and informative

Awesome quick read to get you started on a Vegan life-style. I really use the fast-food suggestions. Veggie, no-cheese pizza's from Domino's are great. Usually I hate recipes, but these are quick and thought provoking. This may be the only book you need to change your life and live longer and

healthier.

It was ok. If you're new to trying vegan, this might be a good reference for you. Note the recipes don't have a ton of flavor, so if you want a big flavor profile, add to the existing measurement.

I am a fitness professional with many clients who need to change their lives, or be in real trouble. I am always looking for a way to introduce them to healthy(ier) habits. Discovering the Vegan Cheat Sheet was a coup. The information is presented in a completely accessible way; the writing is engaging; the personal stories compelling; the guide to eating out is fantastic; and the recipes are wonderful. No down side here, only up.

wide variety of easy vegan recipes

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