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101 Best Vegan Foods

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101 Best Vegan Foods
Read about the 101 most delicious, helpful foods for those on a healthy plant-based diet. You'll learn the best substitutes for eggs, dairy and meat that don't skimp on taste or nutrition, plus make some new discoveries. Foods from agar agar to zucchini are covered. Each food profile includes benefits, selection and storage recommendations, preparation tips and recipe ideas. Every food profile is illustrated with color photos and most also include a delicious recipe to make it easy to add it to your vegan diet.

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