



Skinny Bitch Book of Vegan Swaps

Kim Barnouin

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A Must-Have Guide for the Smart Vegan

A vegan lifestyle is the newest hot health trend—thanks in no small part to the smart, fearless, and number one *New York Times* bestselling Skinny Bitch books. But with so much conflicting information out there, it's not always easy to make the best choices. Now Skinny Bitch coauthor Kim Barnouin is back with a book that makes making the right vegan choice easy. In *Skinny Bitch Book of Vegan Swaps*, Kim Barnouin takes the mystery out of following a plant-based diet. It's a comprehensive, user-friendly guide that tells you what foods look healthy, but actually aren't, and explains how to avoid the stuff you don't want. And because Kim knows that the concerns of today's savvy eaters run the gamut from calories to carbon footprints, she explains it all.

Skinny Bitch Book of Vegan Swaps offers exciting and tasty alternatives for vegans, whether you're just starting out or have been a vegan for years. Barnouin's fun, no-nonsense voice sparkles on every page and in helpful lists and features like:

- The Best Places for Vegans to Grocery Shop
- Delicious Swaps for Your Favorite Dairy Products
- Top Ten Things to Eat While Stranded in an Airport

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Michael Coffman:

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Olivia Clinard:

Nowadays reading books be than want or need but also become a life style. This reading habit give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The information you get based on what kind of e-book you read, if you want get more knowledge just go with schooling books but if you want feel happy read one along with theme for entertaining including comic or novel. Typically the Skinny Bitch Book of Vegan Swaps is kind of book which is giving the reader capricious experience.

Raymond Langford:

A lot of people always spent their own free time to vacation as well as go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent 24 hours a day to reading a guide. The book Skinny Bitch Book of Vegan Swaps it is quite good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy the e-book. You can m0ore simply to read this book through your smart phone. The price is not too expensive but this book features high quality.

Steve Henry:

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