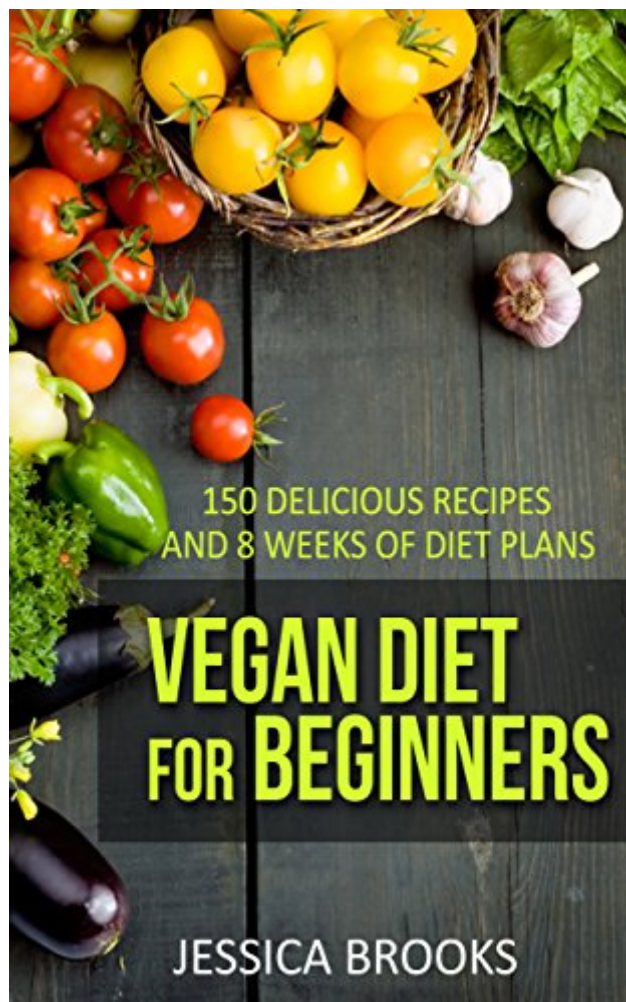


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Synopsis

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Customer Reviews

In Jessica Brook's Vegan Diet for Beginners, you get an introduction into the concept of becoming a Vegan and Veganism. The history of how and why veganism started was filled with interesting source material that covers today's expert about the diet. Experts such as Dr. John McDougall who is a huge advocate of eating a starch-based diet to fight debilitating diseases such as cancers, multiple sclerosis and diabetes. My favorite chapter is Chapter 2 because it deals with one of the hot topics of dieting and that is eating out at parties and restaurants. Also included are 15 helpful tips for jumpstarting your vegan diet, a shopping guide and ways to grow your own herbs at home. Even if you're not interested in the vegan diet this book is a great addition to your collection because of the informative section about cravings. Ever have those cravings for something crunchy, or sweet and salty for some chocolate? Well, these needs are addressed in detail and suggests a healthy replacement that identifies the vitamin deficiency and the food that would address that craving. For example, have a sudden craving for chocolate? Your body might actually be craving magnesium which can be found in seeds, nuts, fruit and Legumes. Are you craving sweet or sugary foods? Your body might need a dose of carbon, sulfur, phosphorus or chromium. These vitamins can be found in fresh fruits and broccoli just to name a few. To find out how to address the many cravings that we have you can read more about this in Chapter 2. This book also includes meal plans and several delicious recipes for breakfast, lunch and dinner. Such is tasty Potato Pancakes or Banana Blueberry Bars for breakfast. You can have a tasty Avocado Salsa Salad or Tortilla Soup for lunch.

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