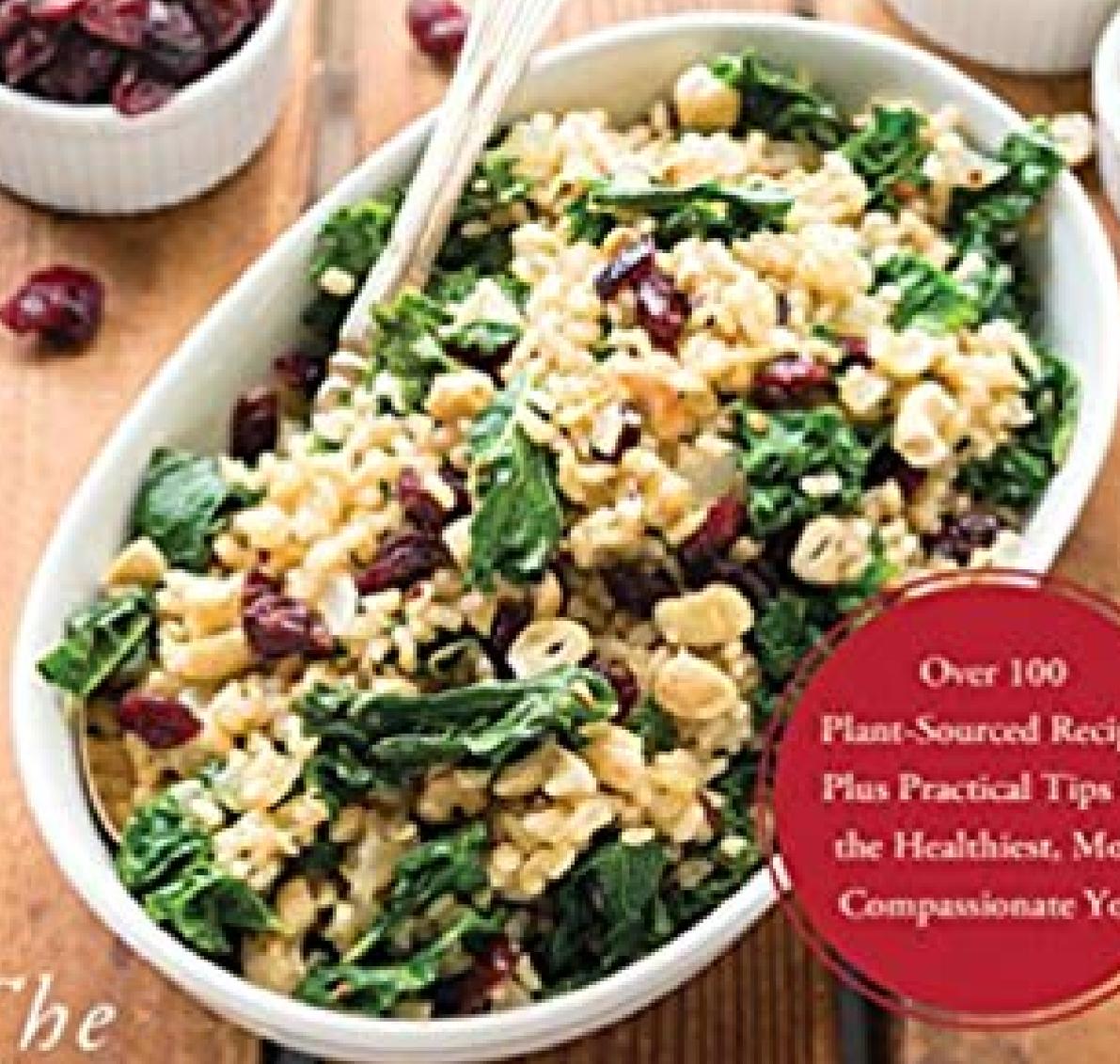


VICTORIA MORAN *and* **JL FIELDS**

with **MAIN STREET VEGAN COACHES**

Foreword by

JANE VELEZ-MITCHELL



Over 100
Plant-Sourced Recipes
Plus Practical Tips for
the Healthiest, Most
Compassionate You

The
**MAIN STREET VEGAN
ACADEMY COOKBOOK**

Victoria Moran

The Main Street Vegan Academy Cookbook: Over 100 Plant-Sourced Recipes Plus Practical Tips for the Healthiest, Most Compassionate You



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When someone moves vegan on Park Avenue or Beverly Drive, they have an exclusive chef and a personal assistant to accomplish the troubleshooting. J Sammie Smoothie Sweet Crimson Chili Potato Skins Pepperoni Pizza Puffs Avocado-Cucumber Soup Cranberry-Kale Pilaf Crisp Mocha Peanut Butter Bars Anchored in compassion, For pretty much six years, acclaimed writer, speaker, podcaster, and Main Road Vegan Academy director, Victoria Moran, has trained people to be vegan lifestyle coaches and educators. IN THE PRIMARY Road Vegan Academy Cookbook, Victoria and JL, alongside over a hundred certified vegan lifestyle coaches, join you in the kitchen as you discover more than 100 of a common plant-sourced recipes. Today, Victoria offers teamed up with one her Academy alums switched faculty member, cookbook author, culinary instructor, and radio sponsor, JL Areas, to bring that exact same coaching to you. Inside, you'll find wholesome, delectable, and accessible quality recipes want: PB& Whether you're new to the diet or a seasoned plant-based eater, vegan or simply veg-curious, their tips, tricks, shortcuts, and strategies will transform your cooking food, your eating, and your life. Whenever we make the change on Main Street, we're able to use some help, as well. The Main Street Vegan Academy Cookbook is more than a cookbook; it's a comprehensive guide to heading vegan, from FAQs, troubleshooting, and menu programs to inspiration and improvements for navigating the culinary, nutritional, and social scenery of plant-based eating. Embrace a healthier, more compassionate you, with Victoria, JL, and all of those other Primary Street Vegan Academy instructors by your side.



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Very good recipes.. The tips take an open-minded approach, because (again) we come from different walks of lifestyle and will apply them in our own ways. Recipes for everybody, easy to make. Nice book. Cover is usually a velvety texture, feels good in the hand. This book includes a very nice selection of recipes. Also, simply made the Trail blend truffles and that recipe only was worth buying the book--yummy! They will have something called, "training corner" through the entire book that gives you tips and various other tidbits of info that i found great.*From Debbie: I'm pleased with my sister Vee's accomplishments and her vegan lifestyle. It's well written and beautiful! The Asian coleslaw bites are delicious!! This book acts not only as a solid recipe reference but is a good tool to understand or share the ABC's of compassionate vegan lifestyle options with veg curious family and friends. What a find! This publication combines easy-to-follow dishes with lots of great info for how to live the vegan life-style. I love turning each web page, since I love reading the great "coaching corner" suggestions and particular notes to help me achieve success with the quality recipes. I really like the photos and the recipes are so amazing. The recipes aren't complicated and incredibly tasty. In addition, I enjoy the index of recipes at the START of each chapter so you can peruse recipe choices by chapter category - intelligent! The recipes and tips come from our experiences." it shows the way the world can come together collectively and become compassionate. Food could be at the core of the book, but we all can come together showing that veganism is more than what's on our plate.. You won't be disappointed Simply Delicious Easy and delicious recipes . Yummy!. There is a wide range of completely doable quality recipes, that all look delicious, alongside some great tips & techniques. And, so many great tips from the coaches. This is such a great book for new Vegans along with veterans (This is such a great book for new Vegans and also veterans.), font shades for headers, coaching part info boxes, and pictures are easy to comb through and invite you to find everything you are looking for quickly. I bought a few copies for holiday presents, too. This cookbook is crucial for all Vegans and those that want to become Vegan but confused about food, what to eat and how exactly to prepare it. The photos that are included (about 50-60) have become nice. I received this as something special from Debbie and it's beautiful! The publication is presented well for the reason that the conveniently readable text (don't need my glasses! This is not simply for vegans like me but anyone who likes good food. The reason why I'm giving this reserve four stars is basically because I would have liked to discover photos for every recipe.The tips are great, and definitely conversation starters for the readers to have with themselves and those around them.). This cookbook is really beautifully done. There is a diverse collection of recipes That will certainly please all vegans. yet! She actually selected this book (I don't possess her understanding of healthy lifestyle choices .

We study from each other. " The Vegan Cookbook for everybody! Total disclosure: We're contributors to this title One of the things that drew all of us to Main Road Vegan and later the academy was Victoria's approach in many veganism accessible to everyone. Becoming immersed in the academy, it was a honor to meet up other coaches from different walks of life from across the globe. The greatest lesson was that people can choose to enter into veganism inside our time and inside our own way, be it health, the environment, our tradition, etc. That there is what makes this book so great. I like that this cookbook represents how there are several ways of "being vegan; Each one of us is different. Whether we're engaged in 1:1 training or owning a vegan shop, the dialogue we've with vegans, fresh, current or even past, are important. Thanks a lot for your review, V. We grow with one another with respect and compassion for all.. This book is beautiful, because of Jackie Sobon's photography. Simultaneously, we I appreciate that there are not really photos for every single recipe. Why? Because quality recipes are what we label of them, and we feel that's important to those who are new to vegan cooking. She's taught me much. Once we continue to grow into our veganism, there's always something not used to learn.. I recommend this book to not only new vegans, but to actually the longstanding ones. Whether you have to change up your culinary video game or just want to understand why your best friend went vegan, there are takeaways for everyone! Thank you to all who contributed to this wonderful book. More than a Great Vegan Cookbook! Great cookbook! An amazing, fabulous book An amazing, fabulous book; a true labor of delicious appreciate.. Beautiful photos too! One book, great resource Easy recipes produce everyday cooking a pleasure. Vegan IS Main Road! Oh yes, and a great deal of delicious recipes! This book is also unique as it is definitely a compilation of quality recipes from graduates of the MSV Academy - all people who have gone through Victoria's program and so are changing the world in many ways for the better. Highly recommend for brand-new vegans or seasoned vegans! A great book for daily make use of! I love this cookbook, there are recipes here for each and every occasion and even every preference. Some vegan cookbooks depend on really rare substances or hours of prep, but this cookbook provides delicious dishes which are EASY. I also love the mixture of some healthier quality recipes and some more indulgent recipes. This cookbook literally offers everything and everything can be amazing. I love the buffalo chickpea dip and chocolate pudding. Fantastic Resource! This cookbook is a must have for everyone who eats food. Smart, beautiful and practical. Exceptional Cookbook for Vegans or anyone thinking about Vegan Cooking The Main Road Vegan Academy Cookbook is so much more than recipes - it is chock full of here is how to eat vegan, answers common questions related to veganism and tips on vegan food swaps!! Highly recommended Tasty recipes! Beautiful photos! Main street Vegan Academy is the must-have vegan cookbook this has become the best go-to two vegan cookbook.. In the event that you

haven't already purchased it, I would highly encourage you to do so. even though we all have been unique and different. Best vegan book Five Stars Best vegan book!



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