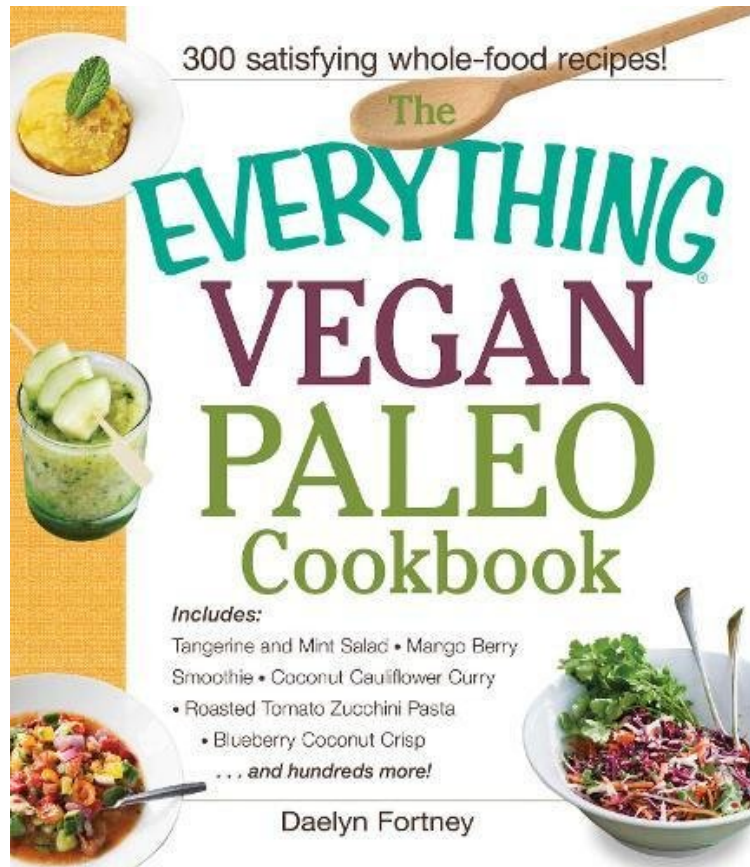



(Ebook free) The Everything Vegan Paleo Cookbook: Includes Tangerine and Mint Salad, Mango Berry Smoothie, Coconut Cauliflower Curry, Roasted Tomato Zucchini ... Hundreds More! (Everything Series)

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Daelyn Fortney

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Daelyn Fortney : The Everything Vegan Paleo Cookbook: Includes Tangerine and Mint Salad, Mango Berry Smoothie, Coconut Cauliflower Curry, Roasted Tomato Zucchini ... Hundreds More! (Everything Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Everything Vegan Paleo Cookbook: Includes Tangerine and Mint Salad, Mango Berry Smoothie, Coconut Cauliflower Curry, Roasted Tomato Zucchini ... Hundreds More! (Everything Series):

9 of 11 people found the following review helpful. This Cookbook is THE BEST Cookbook for Vegetarians, Vegans, Paleo Folks, and Anyone Else! It ROCKS! By Anne P. Mitchell This book is an *excellent* cookbook, even if you aren't vegan *or* paleo! As a vegetarian, and collector of cookbooks, I'm pretty picky about my cookbooks...and it's unusual for me to give a cookbook 5 stars. But this cookbook definitely deserves it. There are oodles of great recipes, in all sorts of categories (breakfast, desserts, side dishes, main dishes, etc.), and for the most part they are easy and

straightforward. Not only that, but I *love* that many of them involve using a crockpot (this is not a crockpot cookbook, but there are lots of great 'fix and forget' recipes in here using a crockpot!) Here's how much I love this cookbook: I bought one for myself, and immediately ordered two more as gifts for dear friends! A great find! 3 of 3 people found the following review helpful. simple and good By tarotqueen This is a fantastic book. The recipes are simple and taste great. I am not a vegan but I saw this at a local book store and liked the recipes so I decided to get it to add to some of the other paleo books I have. I plan on saving a ton of money this summer having a few complete meals from the garden for just the cost of seed. 4 of 4 people found the following review helpful. Very user-friendly and delicious recipes. By KB Not a lot of pictures in the book but the recipes are excellent and easy to follow. I purchased a second copy for a family member to give as a gift. The recipes are also delicious, I might add. Great job!

The best of both worlds! You might think that paleo and vegan diets are complete opposites. But that's not true! There are plenty of foods besides meat in the paleo diet. After all, our ancestors were hunters and gatherers, and they likely ate plant-based diets for much of the time. Both paleo and vegan diets focus on clean eating, and The Everything Vegan Paleo Cookbook provides readers with 300 deliciously clean recipes that focus on fresh vegetables and fruits, nuts, sprouts, and healthy fats, including: Two-Tomato Salsa Avocado-Watermelon Salad Almond Joy Smoothie Acorn Squash Autumn Bisque Veggie Kebabs with Chimichurri Sauce Tropical Cashew Nut Butter Pistachio-Pumpkin Trail Mix Plum Blueberry Coconut Crumble With these full-flavored, whole-food recipes, you'll have hundreds of options for following both the paleo and vegan lifestyles.

About the Author Daelyn Fortney is a food blogger, recipe developer, and editor. She is a creator and managing director for This Dish Is Veg, a popular website featuring vegan and vegetarian articles, recipes, and reviews. A freelance writer, Daelyn has produced content for a variety of clients from small businesses to million-dollar corporations. Her articles have appeared in print and online publications, including Veria Living and Ecorazzi.com.