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Ordinary vegan shopping list

First up, a grocery shopping list. Since I became vegan, I have learned a lot about plant-based shopping and cooking. Many hits and many misses. Hopefully,
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Basic vegan cooking: beans - the holy kale

When you are a vegan or vegetarian, beans are one of the most important components of the diet. They provide a source of protein, fiber, calcium, folate, potassium

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The basics of vegan cooking | bloglet.com

When you want to practice vegan cooking, there are certain foods, herbs, seasoning and condiments that should always be in your kitchen.

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Basic vegan cooking: the meal - the holy kale

Now that you have learned how to cook the basics; beans, grains and greens, we are going to put together the ultimate plant-based meal. This is pretty much what I eat

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Clinical researcher and author Neal Barnard, M.D., is one of America's leading advocates for health, nutrition, and higher standards in research. As the principal

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Vegan cooking 101: pantry basics. | elephant

In vegan cooking, pantry staples are essential. They allow us to turn a few fresh veggies into a satisfying and nom nom meal in two shakes of a lamb's

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Veganizing your life: basics of vegan cooking |

Get familiar with all the important vegan grains and how to incorporate them into your diet. Veganizing Your Life: Basics of Vegan Cooking in Boston, MA.

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By Crystal Hansen. In recent years, the vegan lifestyle has caught on in everyday, mainstream society for a number of reasons. Many people simply believe it is a more

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