



Simple Vegan Recipes: An Inexpensive And Hearty Seven Day Meal Plan

Mary Athlerton

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Simple Vegan Recipes provides a range of affordable, hearty and easy to prepare vegan meals for breakfast, lunch and dinner. These meals range from pancakes to pasta to pizza to Chinese food. The goal is to provide something for any appetite while at the same time showing that you don't have to give up comfort foods in order to go vegan.

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