



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

By Victoria Moran, JI Fields

BENBELLA BOOKS, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. When someone goes vegan on Park Avenue or Beverly Drive, they have a private chef and a personal assistant to do the troubleshooting. When we make the shift on Main Street, we could use some help, too. For nearly six years, acclaimed author, speaker, podcaster, and Main Street Vegan Academy director, Victoria Moran, has trained individuals to become vegan lifestyle coaches and educators. Now, Victoria has teamed up with one her Academy alums turned faculty member, cookbook author, culinary instructor, and radio host, JI Fields, to bring that very same coaching to you. In The Main Street Vegan Academy Cookbook, Victoria and JI, along with over a hundred certified vegan lifestyle coaches, join you in the kitchen as you discover more than 100 of their favorite plant-sourced recipes. Whether you re new to the diet or a seasoned plant-based eater, vegan or just veg-curious, their tips, tricks, shortcuts, and strategies will transform your cooking, your eating, and your life. Inside, you ll find wholesome, delectable, and accessible recipes like: PB&J Sammie Smoothie Sweet Red Chili Potato Skins Pepperoni Pizza Puffs Avocado-Cucumber Soup Cranberry-Kale Pilaf Crisp Mocha Peanut Butter Bars Anchored in compassion, The Main...



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