



Vegan Nutrition : Pure and Simple

M.D. Michael Klaper

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This is the classic book on why a vegan diet makes good sense, and how to maintain a vegan diet sensibly. Learn why eating animal products is bad for your health, dangerous for the environment, and absolutely unnecessary for anyone, young or old.

Contains sections on getting all your nutrients and how to put together a vegan menu, along with 50 recipes for everything from breakfast basics to dessert treats.

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