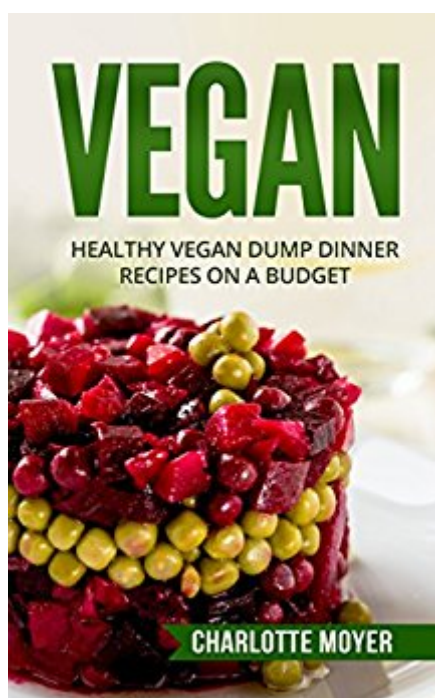


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VEGAN: VEGETARIAN: 32 Dump Dinner Recipes On A Budget (One Pot, Slow Cooker, Raw Food)



Synopsis

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Customer Reviews

A very interesting recipe book...most people think you have to eat meat to be healthy...but this book shows that is false. There are plenty of good recipes in this book that I will try out. Charlotte Moyer does a great job going step by step in the process to make sure you come out with a delicious meal. The reason I gave it a four is because they could have used pictures to help illustrate what the dishes would look like. Highly recommended for Vegan diet lovers or just diet people looking for a change.

Cool book. Great wheat-free meal alternatives. I really liked the 21 day food plan as it will make it easier for me to apply the recommended meals, the shopping list was also a cool little extra that will just make my journey to the supermarket easier and reduce temptation.

I like to make Dump dinners since it's simple and easy to make. But great to have this recipe book since it's vegan. The recipes are all healthy and yes, with the lifestyle today that's always on processed food, I am pretty sure that I will always stick to preparing healthy meals for the family. This recipe book is a sure help!

May work for some IF you can give up all that is made with gluten! Interesting book and I am certain it works if you follow the plan.

IBS ruins my day nearly every day. I haven't dove into WheatFree eating yet, but it looks like that is where I should be. We'll see how the recipes turn out.

Great recipes! A must for any vegan!

Wish there were more recipes.

Helped me understand what Gluten does to your body as you get older.

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