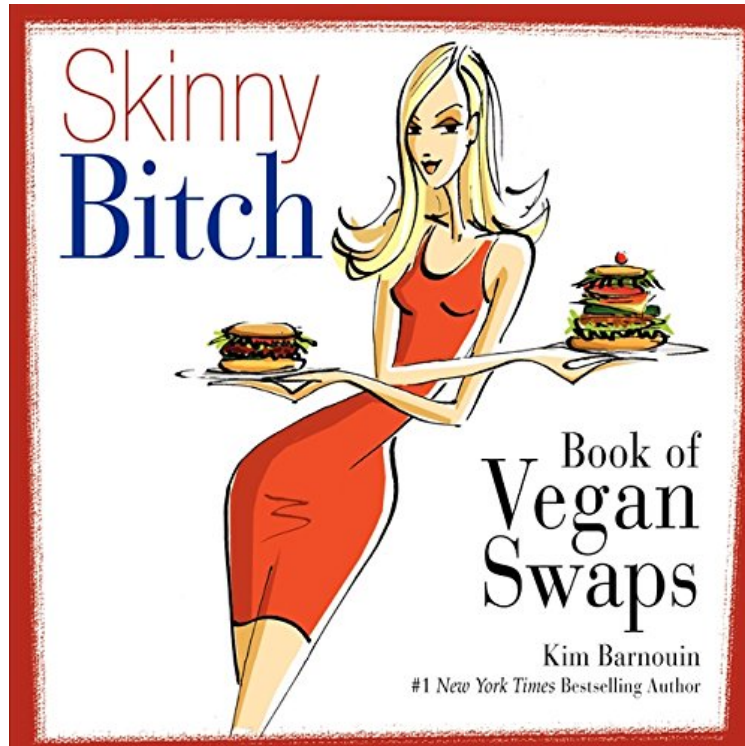


[FREE] Skinny Bitch Book of Vegan Swaps

## Skinny Bitch Book of Vegan Swaps

Kim Barnouin

ePub | \*DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

#66836 in Books HarperCollins 2012-02-21 2012-02-21 Original language: English PDF # 1 7.00 x .72 x 7.00l, .77 #File Name: 0062105116288 pages Skinny Bitch Book of Vegan Swaps | File size: 18.Mb

**Kim Barnouin : Skinny Bitch Book of Vegan Swaps** before purchasing it in order to gage whether or not it would be worth my time, and all praised Skinny Bitch Book of Vegan Swaps:

7 of 7 people found the following review helpful. Good ideas...By pedalpushinmama This book has some good tips and ideas that I would not have ever thought of, so it has been used quite a bit in my kitchen. I would recommend it to anyone experimenting with going vegan, or anyone just wanting to improve their health. 0 of 0 people found the following review helpful. Good book - but you better live close to a ...By L. Roark Good book - but you better live close to a Trader Joe's if you want to take advantage of the products listed! 0 of 0 people found the following review helpful. Looks like a good book By June Curry Haven't really had time to read much of it, but what I did read was very interesting.

Skinny Bitch co-creator Kim Barnouin offers the essential guide to going vegan—with vital tips for newbies on swaps and substitutions and a healthy helping of surprising innovations for veterans vegans, too. A #1 New York Times bestselling author and a leading nutritionist, Barnouin has the know-how to help you find a happy, healthy, and uncomplicated path to vibrant veganism. Skinny Bitch Book of Vegan Swaps even includes a “Try Me Vegan Weekend” plan for anyone looking to just explore this popular alternative diet or mix veganism into their normal routine.

From the Back Cover  
A Must-Have Guide for the Smart Vegan  
A vegan lifestyle is the newest hot health trend—thanks in no small part to the smart, fearless, and number one New York Times bestselling Skinny Bitch books. But with so much conflicting information out there, it's not always easy to make the best choices. Now Skinny Bitch coauthor Kim Barnouin is back with a book that makes making the right vegan choice easy. In *Skinny Bitch Book of Vegan Swaps*, Kim Barnouin takes the mystery out of following a plant-based diet. It's a comprehensive, user-friendly guide that tells you what foods look healthy, but actually aren't, and explains how to avoid the stuff you don't want. And because Kim knows that the concerns of today's savvy eaters run the gamut from calories to carbon footprints, she explains it all. *Skinny Bitch Book of Vegan Swaps* offers exciting and tasty alternatives for vegans, whether you're just starting out or have been a vegan for years. Barnouin's fun, no-nonsense voice sparkles on every page and in helpful lists and features like: The Best Places for Vegans to Grocery Shop Delicious Swaps for Your Favorite Dairy Products Top Ten Things to Eat While Stranded in an Airport  
About the Author  
Kim Barnouin holds a master of science in holistic nutrition and offers guidance on her *Healthy Bitch Daily* blog ([www.healthybitchdaily.com](http://www.healthybitchdaily.com)). A former model, she is the author or coauthor of seven books and has successfully counseled models, actors, athletes, and other professionals using the Skinny Bitch method. She lives in Los Angeles.