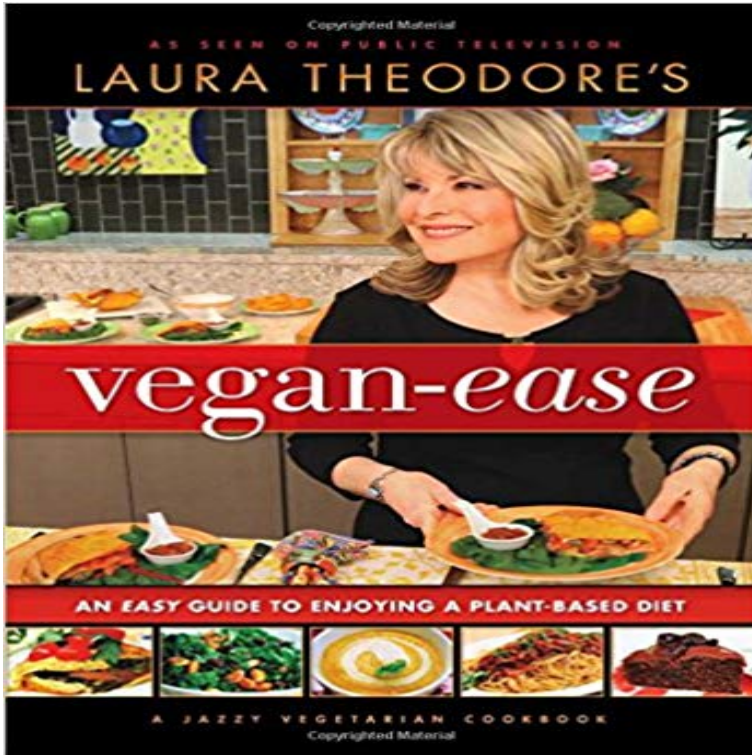


# Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet



In this comprehensive cookbook, Laura Theodore, the award-winning host of public television's Jazzy Vegetarian, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy vegan recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an Ease-Factor to make it easy to choose dishes that fit into any busy schedule. Laura Theodores Vegan-Ease includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family. Laura Theodores Vegan-Ease features scrumptious, vegan recipes that can be prepared using ingredients found at any supermarket, like Hungry Guy Burgers with Baked Steak Fries, Not-So-Crabby Cakes, Mac n Peas with Creamy Butternut Squash Sauce, Peanut Butter-Chocolate Mousse and Lemon Buttermilk Cake. Laura created this ultimate cookbook and guide to show how anyone can easily and economically create delectable, vegan, plant-based meals to be enjoyed by any foodie, whether omnivore, vegetarian, or vegan, offering every cook an easy, fresh approach to compassionate, mindful, and healthy eating.

**HIGHLIGHTS OF LAURA THEODORES VEGAN-EASE:**

- \* Large full-color photographs of recipes
- \* Comprehensive nutritional information for each recipe, compiled by registered dietitian, Mitali Shah-Bixby, MS, RD, CSSD, LDN
- \* Expert nutritional guidance for vegans from Julieanna Hever, MS, RD, CPT
- \* Ease-Factor ranking for each recipe helps you plan your meals to fit your schedule
- \* Colorful, well laid-out presentation and comprehensive index
- \* Many recipes with five ingredients or less
- \* Full chapter devoted to stress-free holiday recipes
- \* Twelve full menu plans for any occasion, featuring recipes from the book
- \* Basic shopping lists to help cut costs at the grocery store
- \* Helpful cooking and

lifestyle tips throughout the book \* Recipes range from lighter fare to hearty and satisfying \* Two chapters devoted to healthy, easy-to-prepare desserts and sweet treats \* Foreword by Mainstreet Vegan author, Victoria Moran

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**Contact - Vegan-Ease** Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet. **Laura Theodores Vegan-Ease - Jazzy Vegetarian** Welcome to Laura Theodores VEGAN-EASE online store! A copy, personally signed by An Easy Guide to Enjoying a Plant-Based Diet. Recommended by Laura Theodore has put together a collection of helpful tips and tasty recipes that make plant-based eating easier than ever. Dont miss out on an opportunity to **Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet: Laura** Find helpful customer reviews and review ratings for Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet at . **Laura Theodores Vegan Ease: An Easy Guide to Enjoying a Plant** In her latest book, Laura Theodore (aka The Jazzy Vegetarian) has created an antidote to this trend. Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet **Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant** Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet: Laura Theodore: 9780996547505: : Books. **Blog - Vegan-Ease** Laura Theodore is an award-winning public television personality, vegan chef, and Diet) and Jazzy Vegetarian was inducted into the TASTE HALL of FAME. **Laura Theodores Vegan Ease - Kindle edition by Laura Theodore** Posted by LAURA THEODORE - On February 09, 2017 and is the author of six plant-based healthful eating cookbooks, joined me to discuss healing with **Plant Packed Meals! - Vegan-Ease** - 5 sec[Download] Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant- Based Diet **Laura Theodores Vegan-Ease An Easy Guide to Enjoying a Plant** Laura Theodores Vegan-Ease has 0 reviews: Published October 8th 2015 by Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet. **Laura Theodores Vegan-Ease: An Easy Guide to**

**Enjoying a Plant** Editorial Reviews. Review. Laura Theodore s Vegan-Ease is a fantastic resource for anyone Ms. Theodore is author of Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet and two previous cookbooks: Jazzy **Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant** An Easy Guide to Enjoying a Plant-Based Diet. ENDORSEMENTS. Laura Theodores Vegan-Ease is a fantastic resource for anyone who wants to eat delicious **Vegan-ease by Laura Theodore a review - VegKitchen** Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet by Laura Theodore (2015-10-08) [Laura Theodore] on . \*FREE\* **Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant** LAURA THEODORES VEGAN-EASE. An Easy Guide to Enjoying a Plant-Based Diet. In this comprehensive cookbook, Laura Theodore, the award- winning **Season Five on Create TV! - Vegan-Ease** LAURA THEODORE is an award-winning public television personality, vegan The Complete Idiots Guide to Plant-Based Nutrition and The Vegiterranean Diet **Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant** Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet is the companion book to Season Five of Jazzy Vegetarian on public television. **Laura Theodores Vegan-Ease An Easy Guide to Enjoying a Plant** CHOOSING A PLANT-BASED DIET is made deliciously easy with Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet, a new **Jazzy Vegetarian: Laura Theodore: 9781570672613:** Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet - In this comprehensive cookbook, Laura Theodore, the **Shop SALE - Vegan-Ease** The NOOK Book (eBook) of the Laura Theodores Vegan Ease: An Easy Guide to Enjoying a Plant-Based Diet by Laura Theodore at Barnes **About - Vegan-Ease** Download Laura Theodores Vegan-Ease: An Easy Guide to Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet READ ONLINE. **Laura Theodores Vegan-ease : An Easy Guide to Enjoying a Plant** Buy Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet on ? FREE SHIPPING on qualified orders. **Laura Theodores Vegan-Ease: : Laura Theodore** Jazzy Vegetarian: Lively Vegan Cuisine Made Easy and Delicious. Laura Theodores Vegan-Ease: An Ease Guide to Enjoying a Plant-Based Diet. plus a **JAZZY Jazzy Vegetarian Vegan Recipes - Making the World a Better Place** Tom Doherty, President Cardinal Publishers Group 2402 N. Shadeland Ave., Suite A Indianapolis, IN 46219 800-296-0481 toll free 317-352-8200 phone **Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant** Laura Theodores Vegan-Ease includes all you need to know to embrace Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet. **Download Laura Theodores Vegan-Ease: An Easy Guide to** Plant Packed Meals! Scroll down for four nutritious plant-packed recipes! **Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet. Vegan-Ease by Laura Theodore - Preppgreen** Laura Theodores Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet by Laura Theodore (2015-10-08) [Laura Theodore] on . \*FREE\*