



Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans

Ann Gentry

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This is the cookbook for everyone who wants to eat a little healthier these days by incorporating more real foods into your diet, whether you're a true vegan, vegetarian, or meatlover.

Hollywood's go-to vegan chef, mom, and founder of Los Angeles' most popular and chic vegan restaurant Real Food Daily, Ann Gentry shares her secret recipes in *Real Food for Everyone*. You don't have to be a vegan to enjoy *Real Food for Everyone*. Moms, chefs, foodies, and families can all enjoy expanding their cooking repertoire with this book filled with easy to prepare, scrumptious, healthy recipes and tips for the real food pantry.

Whether you're a time-strapped cook or a seasoned pro in the kitchen, *Real Food for Everyone* demystifies vegetarian and vegan cooking by offering more than 100 deliciously fresh and simple to prepare recipes, many of which are gluten free, and all of which are satisfying and healthy dishes for everyone to enjoy. In addition, the many useful pantry sections provide information on cooking ingredients that might be unfamiliar. From breakfast favorites such as Sesame-Shiitake Tofu Frittata to simple homemade soups such as Black-Eyed Pea and Red Pepper Soup, and from everyday favorites like Lasagna Rolls to decadent desserts like Chocolate Silk Pie, you'll find something satisfying and healthy to cook for everyone.

This is an updated and paperback edition of Ann's book, *Vegan Family Meals*.

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The book Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans give you a sense of feeling enjoy for your spare time. You can utilize to make your capable much more increase. Book can being your best friend when you getting strain or having big problem with the subject. If you can make reading through a book Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans being your habit, you can get much more advantages, like add your own personal capable, increase your knowledge about some or all subjects. You can know everything if you like open and read a e-book Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans. Kinds of book are a lot of. It means that, science book or encyclopedia or other folks. So , how do you think about this guide?

Gayle Stalder:

The book Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans will bring that you the new experience of reading a new book. The author style to explain the idea is very unique. In case you try to find new book to study, this book very suited to you. The book Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans is much recommended to you to study. You can also get the e-book from official web site, so you can quickly to read the book.

Darla Kemp:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans can be good book to read. May be it may be best activity to you.

Barbara Hall:

Is it you who having spare time and then spend it whole day by means of watching television programs or just lying on the bed? Do you need something totally new? This Real Food for Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans can be the reply, oh how comes? It's a book you know. You are and so out of date, spending your spare time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

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