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alike will love this plant-  
based 'chick'n' salad |  
Your Morning NO  
ANIMAL FOOD (The  
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Cookbook) - FULL  
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Goes Vegan, One Does

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Through/Review of the

New Carnivore

Cookbook **I Went**

**Vegan for a Month.**

**Here's What**

**Happened.** *Georges St-*

*Pierre on eating one*

*meal a day and the*

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Carnivore Approved

Vegan Recipes *Vegan*

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*Over*

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Although carnivores have derided ... Saute garlic and onions in the oil over medium heat until light brown. Add fennel seeds, chiles, thyme, oregano and basil and cook another 30 seconds.

*The Accidental  
Vegetarian: Chefs have  
no beef with mock meat*  
Red meat has long

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played a leading role in diets across the Western world, but a growing body of evidence associates eating too much of it with increasing health risks. Now, a large-scale study has ...

*Ways to wean yourself off red meat, as new review says it 'increases risk of heart*

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*disease'*  
Cooking For  
carnivores included:  
They're nutrient-packed,  
celebrate the season's  
bounty, and serving  
them is completely  
sweat (and fuss) free.  
No-cook Mediterranean  
pizza, tofu and avocado  
salad, raw vegan ...

*10 Protein-Packed  
Vegetarian Summer  
Dinners You Don't*  
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*Have To Turn the Oven  
On To Make*

Vegan treats should taste just as indulgent as the originals. As a Houstonian, this is especially true of queso, the cheesy, peppery sauce that may show up drizzled over migas, smothering an ...

*The 8 Best Vegan  
Quesos in Texas*

*Page 16/23*

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“Cooking For Carnivores Over 125 Recipes So Tasty You Won't Miss The Meat” by Roberto Martin

Meat Me Half Way” is an 80-minute investigative documentary scheduled for release on Tuesday. The film explores the tiny islands of common ground that could exist in the gulf between vigilant vegans ...

*New documentary  
argues carnivores and  
vegans can find middle*

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*ground* Cooking For

These vegan recipes are some of my family's favorites ... Place a heatproof bowl over a small pan of simmering water. Add in the unsweetened chocolate and the Earth Balance and stir until ...

*Vegan Baking Recipes  
From 'The Skinny  
Bitch'*

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Of those who have had a  
vegan or vegetarian ...  
can or cannot do when  
cooking vegan or  
vegetarian products on  
their barbecue - with 67  
per cent preferring to  
cook for carnivores for  
ease.

*Almost half of British  
barbecuers would  
'panic' if they had a  
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Of those who have had a  
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vegetarian products on  
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*Nearly half of British  
barbecuers would  
'panic' if they had a*

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*vegan or veggie*  
*unexpectedly arrive at*  
*their cookout*

Theodore will continue the conversation on that topic with the October publication of her new companion cookbook, *Easy Vegan Home Cooking*. The book will include over 125 plant-based and gluten ...

*What's new in food:*  
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*Jazzy Vegetarian* kicks  
off a new season

NEARLY half of Brit  
barbecuers would  
'panic' if they had a  
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