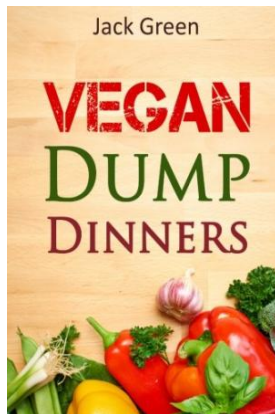


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VEGAN: VEGAN DUMP DINNERS-VEGAN DIET ON A BUDGET (CROCKPOT, QUICK MEALS, SLOWCOOKER, CAST IRON, MEALS FOR TWO)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Rawsome Vegan Dump Dinner Meals All recipes are based on a vegan-vegetarian Lifestyle: whole-food plant-based Avoid all meat contains vegetable fruits, whole grains legumes Excludes/minimize: bleached flour refined sugar oil eggs Dairy Here s a glimpse of the recipes: spicy chickpeas bean oat chili black garbanzo bean curry vegetable Chinese barbecued tofu fiesta baked beans indian rice pudding...

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- Authored by Jack Green
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