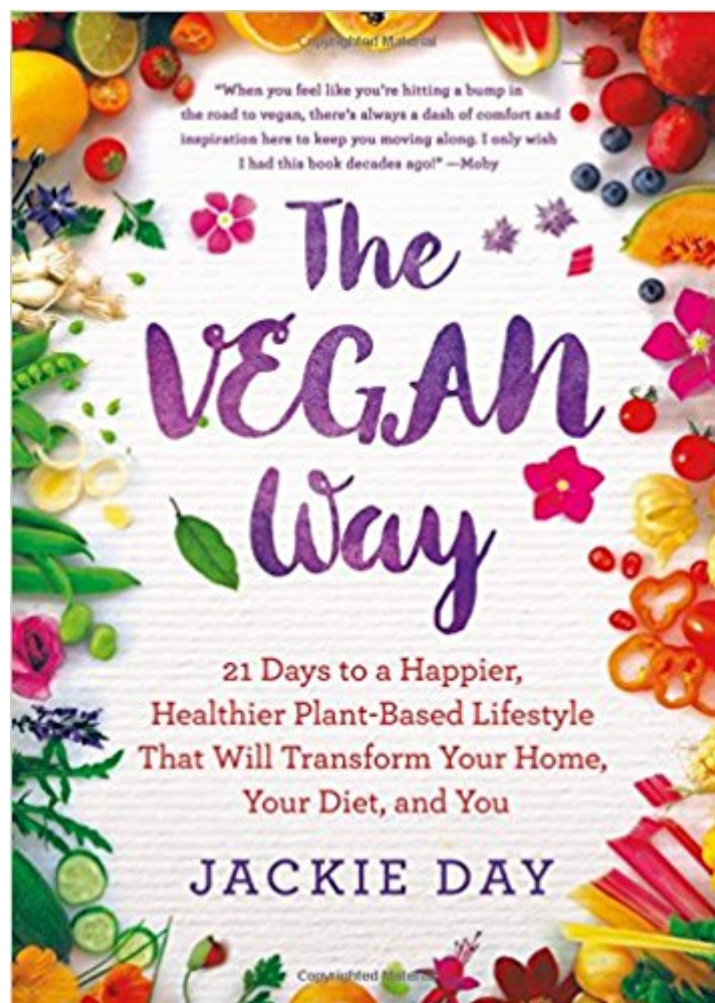




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The Vegan Way: 21 Days To A Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, And You



Synopsis

"Playful and upbeat... this book marvelously succeeds." — Publishers Weekly "This goes well beyond diet ... This book is a comprehensive guide to anyone looking to switch to a plant-based life." — Booklist (American Library Association) "The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring!" — Pamela Anderson "I only wish I had had this book decades ago!" — Moby "Day hit the nail on the head with this comprehensive vegan guide, perfect for the veg-curious to the seasoned vegan. Her writing is accessible and the layout of the book makes this a go-to for anyone who wants to step up their game when it comes to veganism." — Jasmin Singer, Senior Editor, VegNews Magazine "As the health benefits of a whole foods, plant-based diet become increasingly apparent in medical literature, many Americans may be wondering where they should begin to get on the path to long-lasting health and wellness. Jackie Day's book provides a perfect starting point, with recipes, research, inspirational quotes, and daily goals as resources. Through her step-by-step approach in The Vegan Way, readers can experiment in the kitchen, learn about the limitations of our current food system, and be inspired to improve the health of their families, and the planet. It is a wonderful book that illustrates how positively life-changing a transition to a plant-based way of eating can be." — Neal Barnard, MD, President of Physicians Committee for Responsible Medicine The Vegan Way is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that's a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan — being as healthy as you can be, being compassionate to animals, and respecting our planet — Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or as daunting as kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

Book Information

Paperback: 320 pages

Publisher: St. Martin's Griffin (October 25, 2016)

Language: English

ISBN-10: 1250087716

ISBN-13: 978-1250087713

Product Dimensions: 6.6 x 0.8 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 28 customer reviews

Best Sellers Rank: #175,260 in Books (See Top 100 in Books) #7 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #20 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Agriculture & Food Policy](#) #73 in [Books > Science & Math > Nature & Ecology > Animal Rights](#)

Customer Reviews

“Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan. For those interested in becoming acquainted with the vegan way, this book marvelously succeeds. • this book marvelously succeeds. • Publisher’s Weekly “When you feel like you’re hitting a bump in the road to vegan, there’s always a dash of comfort and inspiration here to keep you moving along. I only wish I had this book decades ago!” - Moby “As the health benefits of a whole foods, plant-based diet become increasingly apparent in medical literature, many Americans may be wondering where they should begin to get on the path to long-lasting health and wellness. Jackie Day’s book provides a perfect starting point, with recipes, research, inspirational quotes, and daily goals as resources. Through her step-by-step approach in *The Vegan Way*, readers can experiment in the kitchen, learn about the limitations of our current food system, and be inspired to improve the health of their families, and the planet. It is a wonderful book that illustrates how positively life-changing a transition to a plant-based way of eating can be.” - Neal Barnard, M.D., President of Physicians Committee for Responsible Medicine “The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring!” - Pamela Anderson

This recipe was inspired by the brilliant crop-growing strategy of Native Americans who planted beans, corn, and squash together because they were so beneficial to one another. The corn

provides the structure for the beans to grow (no need for poles), the beans provide nitrogen for the soil, and the big squash leaves create shade, which helps prevent weeds from growing. Harmony and cooperation in the garden: I love it!

THREE SISTERS CHILI (From: The Vegan Way by Jackie Day)

(Serves 4-6)

Ingredients

- 2 tablespoons oil
- 1 onion, chopped
- 1 teaspoon crushed or chopped fresh garlic
- 2 medium to large zucchinis, sliced and quartered (2 to 3 cups)
- 1 cup chopped mushrooms (5 or 6 mushrooms)
- 1 teaspoon sea salt
- 2 teaspoons freshly ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- One 15-ounce can kidney beans
- One 15-ounce can black beans
- One 15-ounce can corn kernels
- One 15-ounce can tomato sauce
- One 15-ounce can diced tomatoes
- 2 cup water

Directions

1. Lightly film the bottom of a large pot with oil. Add the onion and sauté on low to medium heat until the onion becomes slightly translucent and golden brown on the edges. Add the garlic and cook until fragrant.
2. Add the chopped zucchini and mushrooms. Season with the salt, black pepper, cumin, and cayenne. (If you like your chili extra mild, start with a smaller amount of cayenne and work your way up. One teaspoon of cayenne will give this chili "medium" heat. At least to my taste buds!)
3. Add all of the canned ingredients. Stir in the water and simmer on low heat for 45 minutes to 1 hour, stirring every 10 minutes or as needed to make sure nothing sticks to the bottom of pot.
4. Taste to see if it's as spicy as you like your chili--if not, adjust as needed. Enjoy!

Reading through this book is like talking with your best friend. It's a fun, easy, and practical approach to transforming into a vegan life-style. Jackie Day's passion about animals shines through on every page and is matched by her knowledge in this area. For anyone who has been wanting to make this transition - but it seems too daunting, this book will help motivate you through it.

This has easily become my favorite book on the topic of veganism. Jackie Day has a way of writing that makes you feel like you're getting help / advice / tips from your best friend. Jackie, in her uniquely personable way, literally walks you through everything you need to know to successfully make this lifestyle switch. You get recipes, guides for eating out, resources like communities, festivals, and podcasts, not to mention a plethora of facts and insights that will help support you in staying the course. The best part, however, is that this is a three week, day by day guide through the process. As a vegan myself, I can attest that the toughest part is the first few weeks of adjusting. Once you make it past the hump, it's a breeze and I doubt you'll ever look back! I unfortunately went in blind and oh how I wish I had access to this book at the time. It would have made the transitional experience significantly more seamless and enjoyable. Easily 5 stars as this is probably the only

diet or lifestyle related book that I would ever actually reread!

This book is not only beautifully put together, but it's also a wealth of information. This book is a great resource for everyone from those just curious about a veg lifestyle to those already vegan. There's always so much more to learn and this book definitely presents information in an engaging way. It makes going vegan and staying healthy simple and fun! There are also great recipes in the book :)

One of the best healthy vegan books I have ever read!! Jackie is amazing, passionate and unpretentious. I recommend this book new and seasoned vegans.

This book is a must-read!! By including her personal stories, the author makes The Vegan Way not only inspirational, it is also relatable and fun! It is superbly written, has beautiful photos, and gives readers many easy ideas to incorporate as they transition to a vegan life.

This book is great for anyone who is interested in the vegan lifestyle. The author gives simple, straight-forward tips to make the transition as easy as possible. It is full of information, but it is also fun! I highly recommend this book!

Great, fun book that helps you make healthy changes.

Amazing book! The writer is positive and thought provoking. It feels like you have someone with you as you transition to a vegan life style! One of my favorite books. She covers everything and more!

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