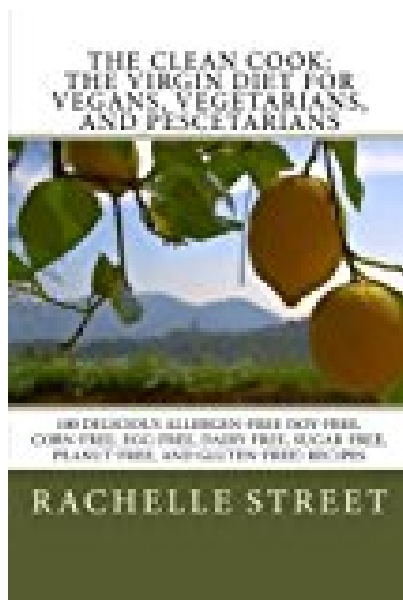


# The Clean Cook The Virgin Diet for Vegans Vegetarians and Pescetarians 100 Delicious Allergen Free Soy-Free Corn-Free Egg-Free Dairy-Free Sugar- Free Peanut-Free and Gluten-Free Recipes

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## BOOK DETAILS

- Author : Rachelle Street
- Pages : 132 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1497490677

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## BOOK SYNOPSIS

This is the cookbook I looked for but couldn't find. I became a vegetarian when I was eighteen. I've always preferred cooking from recipes rather than eating from boxes, so I followed a "clean" diet before there was a name for it. About a year ago I made the life-changing decision to go gluten-free, and then I reintroduced seafood into my diet as I eliminated soy and most dairy. Imagine my frustration at discovering the vast majority of gluten-free and clean cookbooks rely heavily on meat dishes. There are several gluten-free vegetarian and vegan cookbooks, but they tend to rely heavily on dairy and soy. I realized the only answer was to write my own cookbook. Not only are the recipes flavorful, you won't find any "filler" recipes. This book contains 100 real recipes: 84 vegan, one dairy, and fifteen seafood. Not fifty recipes for dishes and fifty for condiments, sauces, dips, and a dozen variations of vegetable salads. This is a substantial cookbook that doesn't repeat what every other cookbook already has. Plus the nutritional information and calorie count per serving is included for each recipe. I hope you find this is the cookbook you've been looking for as well.

### **THE CLEAN COOK THE VIRGIN DIET FOR VEGANS VEGETARIANS AND PESCETARIANS 100 DELICIOUS ALLERGEN FREE SOY-FREE CORN-FREE EGG-FREE DAIRY-FREE SUGAR-FREE PEANUT-FREE AND GLUTEN-FREE RECIPES**

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