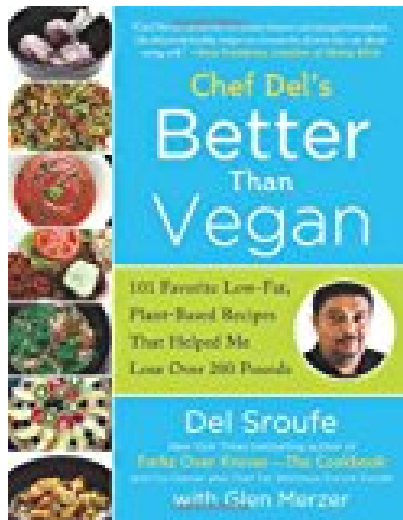


# Better Than Vegan 101 Favorite Low-Fat Plant-Based Recipes That Helped Me Lose Over 200 Pounds

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## BOOK DETAILS

- Author : Del Sroufe
- Pages : 304 Pages
- Publisher : BenBella Books
- Language : English
- ISBN : 1939529425

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## BOOK SYNOPSIS

Eating healthy just got a whole lot easier. The science is very clear. A whole-foods, plant-based diet is the healthiest possible way to eat—but veganism itself doesn't mean health, as Chef Del Sroufe, author of the New York Times bestseller *Forks Over Knives—The Cookbook*, knows better than anyone. Sroufe managed to reach 475 pounds while eating a vegan diet rich in pastries, peanut butter, and potato chips. After converting to a vegan diet with minimal processed foods, sugars and added oils, he lost more than 240 pounds without giving up taste. In *Better than Vegan*, Sroufe relates with humor and humility his remarkable journey of how he lost hundreds of pounds on a healthy vegan diet and then shares the kinds of meals that restored his body. Proving that the healthiest diet can also be the most delicious, Sroufe offers more than 100 recipes in *Better than Vegan*, such as: Portobello Wraps with Spicy Asian Slaw Three Sisters Enchiladas Lemon Berry Sorbet Creole Corn Chowder Written with Food Over Medicine and Mad Cowboy coauthor Glen Merzer and featuring photographs from Robert Metzger, *Better Than Vegan* offers healthy and professional cooking tips with nutritional advice to help you achieve the optimal plant-based diet.

### **BETTER THAN VEGAN 101 FAVORITE LOW-FAT PLANT-BASED RECIPES THAT HELPED ME LOSE OVER 200 POUNDS**

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