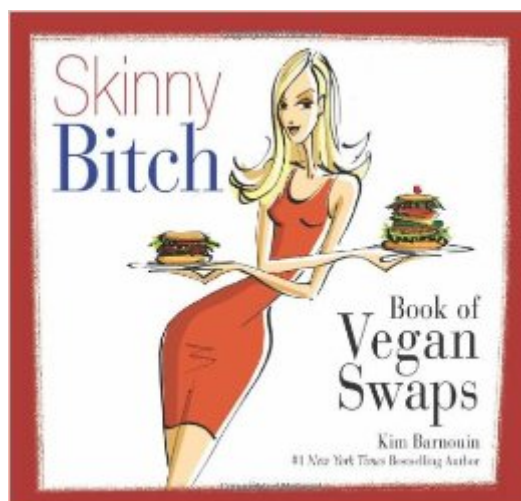


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# Skinny Bitch Book Of Vegan Swaps



## Synopsis

Skinny Bitch co-creator Kim Barnouin offers the essential guide to going vegan "with vital tips for newbies on swaps and substitutions and a healthy helping of surprising innovations for veterans vegans, too. A #1 New York Times bestselling author and a leading nutritionist, Barnouin has the know-how to help you find a happy, healthy, and uncomplicated path to vibrant veganism. Skinny Bitch Book of Vegan Swaps even includes a "Try Me Vegan Weekend" plan for anyone looking to just explore this popular alternative diet or mix veganism into their normal routine.

## Book Information

Spiral-bound: 288 pages

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Language: English

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Shipping Weight: 1.6 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (80 customer reviews)

Best Sellers Rank: #604,428 in Books (See Top 100 in Books) #85 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #1071 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#) #2026 in [Books > Cookbooks, Food & Wine > Baking](#)

## Customer Reviews

Vegan Swaps is a fantastic book. I am a long time vegan, and there are tons of tips that I didn't know. Kim gives detailed, no-nonsense information about being vegan. Great ideas, easy to manage (I work full time and am raising two awesome vegan kids)and great format.BTW, you should also get Kim's cookbook, Ultimate Everyday Cookbook (Skinny Bitch). The orange scone recipe is to die for'

This book should be called "Book of Vegan BRANDS", not swaps. I'm a small-town vegan living 2+ hours from a Trader Joe's or Whole Foods. I bought the Kindle version of this book thinking it would contain vegan swaps that I could find in the average grocery store, but instead it's just a list of vegan brands (Earth Balance, etc.) that can pretty much only be found at Whole Foods/Earth Fare type stores, or swaps that were completely obvious, like Morningstar Farms Chik'n Patties for actual chicken. I loved Skinny Bitch so I'm disappointed-this book would be better for people considering going vegan, as I can't imagine anyone who'd been vegan for a significant period of time wouldn't

already know this stuff. This book would be great if you live in Southern California or a large city with access to health food stores, but alas I do not. I returned it!

My wife and I recently watched "Forks Over Knives." She immediately decided to become vegan and purchased the book. I'm the cook in the family. We read it together and chose a few recipes to start out with. A few of the recipes were from the 'Skinny Bitch.' They were VERY well received. We got the vegan swap book last weekend. It motivated my wife to start cooking as well. Tonight she's making page 47, as I'm reading Kim's other book about Home/Health and Beauty in preparation for a seminar at our Women's Expo tomorrow. This book has not only changed our lives, it will change the lives of many others...THE SKINNY BITCH ROCKS!

This book is the answer to all of my "on the road", "busy mom", and "no time issues". I love to cook vegan and I attempt to eat vegan while on the road (for work) and then there's always the quick kids meals I attempt to come up with on the fly! I found this book to be the perfect fill in the blank for my life as a working mom/cook from the shopping list to the recipe. Thank you Kim!

My husband and I have both been vegan for nearly four years. While we consider ourselves somewhat experts on veganism - around friends - having lived this healthy lifestyle for so long, we'll both readily admit that there is ALWAYS room to learn more. Picking up a copy of Kim's newest book is a great reminder!! I own her famous "Skinny Bitch" and "Skinny Bitch in the Kitch" books as well. Bought them shortly after going vegan, to understand how incompatible human bodies really are to animal products, and how to ensure my husband and I were obtaining proper vegan nutrition. I adored her hilarious writing style. Very in-your-face. I read "Skinny Bitch" in one day, a rarity for me... and particularly rare to read a "diet" book in one sitting... for anyone! Face it, diet books aren't Harlequin books. But Kim has a way of writing that hooks you. You feel like your best friend just wagged her finger in your face!! But she tops off her hilariously punchy attitude with perfect pats on the back. As for her newest book - what a great idea!! Vegans know that we're always going to fellow vegans for the latest tips and tricks for recipes, new products, etc. This vegan swaps book is a handy little option to have laying around your house. Chalk full of recommendations and little cooking secrets, it's a fun book to flip through. Additionally, if you find yourself on a "carnivorous" recipe website and in love with a non-vegan recipe and trying to figure out how to "veganize" it, Kim's latest book is sure to help you out!

This book has some good tips and ideas that I would not have ever thought of, so it has been used quite a bit in my kitchen. I would recommend it to anyone experimenting with going vegan, or anyone just wanting to improve their health.

Even as someone new to Veganland, this book's content was painfully obvious. The author is just cashing in on the success of her first book...There's better info on the web for free.

I haven't been Vegan in over 10 years...it didn't work the first time for me. But times are different, more info, more products and easier to get. Anyway...I wanted a book that would help me find or pick-out my new Vegan foods or pantry staples. This book has everything from butter to ice cream to mock meats to soup. Everything you need in your kitchen, this book has a vegan option. I like how all the items have several options incase your store doesn't have this one or that one. She even gives a list of secret ingredieants to look out for in your food. I have taken this book to the store several times and it was very helpful. I also read it cover to cover twice. I used it to go through my old non-vegan kitchen to see what staples I had...that needed to be changed. I am 2 months into my new vegan life and things are great. This book really helped...as a person can't always just eat grains and veggies...sometimes you need a power bar or a cookie or something crunchy like crackers.I also love that all the swaps are healthy ones and she explains the difference between your normal accidental vegan item verses a made on purpose vegan item.PS - she gives a list of places to eat, if you can find them and a basic description of all items in the book...so you have the knowledge behind you...before you make the food swap. Also helps when annoying people ask why are you Vegan, whay can't you eat this?? - just quote the book.

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