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35 Interchangeable Recipes [Kindle Edition] By Liz
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21-day vegan meal plan - the physicians committee

DAY 1 Green Apple Oatmeal Serves 2 Rolled oats are steamed and flattened, creating a flaky texture that easily absorbs cooking liquid. 1 cup rolled oats2 cups liquid1

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Vegan Meal Plans. Developed by Dina Aronson, MS, RD at dina dot aronson at yahoo dot com. These meal plans can only be viewed with Adobe Acrobat Reader.

Sample menu and vegan meal plan - well vegan

At Well Vegan we make it easy to follow a plant-based diet. Here is a sample week's detailed vegan meal plan, a full shopping list, and a flex shopping list.

The 5: 2 diet: single-serving vegetarian recipes:

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