



How to Be Vegan: Tips, Tricks, and Strategies for Cruelty-Free Eating, Living, Dating, Travel, Decorating, and More

Elizabeth Castoria

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With the interest in vegan living on the rise, it's time for a book that goes beyond the recipes. How does a newbie adopt a vegan approach when it comes to dating, entertaining, decorating, travel, and beyond? Author Elizabeth Castoria, the former editorial director of *VegNews*, offers a useful, friendly introduction to the vegan lifestyle for those who want to dabble or for those already committed to living animal-product-free. She shows how simple it is to be vegan, from the food (plants, fruits, nuts, and grains all explained) and nutrition (which supplements are needed), to the etiquette (what to do at an omnivore's dinner party), travel (where to find the best vegan airport food in the United States), fashion (there's no need to swear off designer duds), and more. To close the book, there are 50 recipes for the beginner vegan. With familiar ingredients and straightforward instructions, and with options from Tofu Scramble and Cheesy Kale Chips to Pasta with Artichoke Alfredo and Fabulous Fudge Brownies, there is no missing meat or dairy with this satisfying vegan food.

Presented in concise, practical easy-to-read pieces, with tips and tricks to employ in all parts of life—and filled with helpful illustrations and humorous ones too—*How to Be Vegan* presents a vegan lifestyle that is more accessible than ever before.

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