



# **Peta's VEGAN TWIST (UK): a tasty dairy and meat free cookbook for everyone**

*Peta Devoy*

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PLEASE NOTE THAT I AM NOT P.E.T.A (people for the ethical treatment of animals) This is a cookbook to satisfy those curious about trying vegan food or for those who already eat vegan, who want more flavour in their everyday life. I often hear the question, “what do vegans eat?”. In this book you can pick and chose recipes or you can follow (summer or winter recipes) a weekly or monthly eating plan to revitalise health and shift excess weight. This book is a simple way to integrate more strengthening and preventative foods into your diet. You could make a permanent fixture of Peta’s VEGAN TWIST eating 1 day a week for your family, or go on a 1 - 4 week (winter or summer recipes) eating plan. As with most things in life, being organised is key or things just don’t get done. The convenient weekly shopping lists are designed to take the hassle out of trying something new, if you embark on a weekly eating plan. There are no quick fixes and packet mixes that can give you the health buzz you crave. Putting in some time and effort will give top results. The philosophy behind the book is taste. I was often disappointed with vegan recipes that failed to satisfy in the taste department. I wanted every meal to be satisfying (taste and filling) and be healthy, so that when I finished eating I wasn’t feeling that overindulging guilt and wasn’t planing the next days meagre pickings to compensate. I like eating tasty food. I like carbohydrates. I hate counting calories. I like knowing that what I am eating makes me healthy now and for the long run. I hate pounding out the exercise for little visible gain; if I have not been eating the right foods, no amount of exercise will shift that mass. A balanced vegan eating plan is a brilliant catalyst for obtaining a slim figure with moderate gentle exercise. Hopefully this book will share some of my ideas and help people with busy lives to integrate some vegan cooking into their weekly routine. For those of you who already eat vegan, I hope you will be inspired by some fresh and tasty Peta’s VEGAN TWIST ideas for your menu!

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