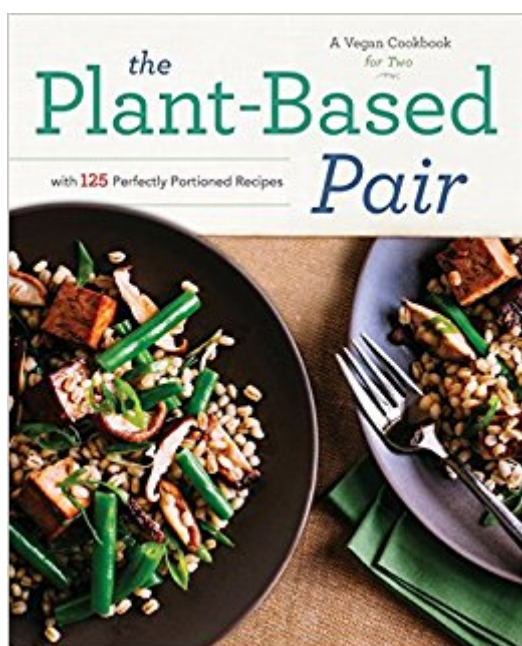


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# Plant-Based Pair: A Vegan Cookbook For Two With 125 Perfectly Portioned Recipes



## Synopsis

Savor delicious vegan meals with easy recipes that make just enough for two. Most recipes feed six to eight people, and smaller households are often left with the monotony of leftovers or pricey, unused groceries that end up in the trash. Whether you're new to vegan cooking or a long-time plants fan, *The Plant-Based Pair* makes cooking for two people easier and more delicious than ever. Covering everything from simple breakfasts to decadent desserts, these wholesome dishes pack plenty of nutrition into every bite while turning the chore of cooking into a fun date night. *The Plant-Based Pair* offers:

- 125 tantalizing vegan recipes that make just enough for two
- Several 30-minutes or less meals to make
- Great ideas for saving time and money to get the most out of your groceries
- 10 helpful tips for living a happy vegan life
- The most useful, healthy ingredients to have on-hand for making any meal a success
- Practical advice for cooking more efficiently as a team

Create super satisfying plant-based meals just for two with *The Plant-Based Pair*.

## Book Information

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## Customer Reviews

ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including *The New York Times* best seller *Paleo for Beginners*, *The Wicked Good Ketogenic Diet Cookbook*, *The Mediterranean Diet Plan* and the *Instant Pot Electric Pressure Cooker Cookbook*. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

I've got to say this is one of the most interesting books that I own. I am not a vegan but am becoming more aware of being more healthy and cooking more healthier for my family and I. I thought this cookbook was very interesting. It has a lot of great information and a lot of great recipes that I'm willing to try. It also has some great information on how to save money. One thing that I like is that some of the recipes given takes no longer than 30 minutes to cook. I also like that the recipes are quick and easy, there are gluten-free, soy free and nut free recipes included in this book. Overall this book is very good for those who are already vegans and to those who are making the transition.\*\* I received this e-book free or deeply discounted in exchange for my honest opinion. Any opinions expressed are 100% my own based on my experience and are not influenced by any form of compensation.\*\*

The theme of The Plant-Based Pair is Vegan recipes for two. Also containing gluten, soy, and nut-free alternatives, it gives the opportunity to eat healthier foods and have less of an environmental impact. I really enjoy the way its set up, the beautiful culinary photographs and the cute chapter titles like Brilliant Breakfast and my favorite, Decadent Desserts. I also enjoyed the ease of Outrageous One-Pot Meals and Basics & Go-Tos which includes a Marinera and Nacho "Cheese" Sauce. One interesting section to me was tips for couples cooking such as Chef and Prep Cook and Clean Team where one cooks and the other cleans which my husband and I do regularly. It also gives a list of ten ingredients they suggest keeping on hand. Although I typically cook for a whole family that loves meat, I like having these unique options readily for when its just the two of us.\*I received this in exchange for a fair and honest review.

We've been wanting to try some vegan recipes once a week and this book gave us that opportunity! A lot of the recipes we tried were amazing. We even decided to throw meat into some of them as well. I love that it goes over the pros and cons of vegan lifestyle, a list of common ingredients for vegans, and that the recipes are designed for 2 people. They make great lunches for us! Even my hubby was impressed with the book!Disclosure: I received this e--book courtesy of Third Voice Marketing to review and received compensation in the form of free products for my time to review this book. All opinions expressed herein are 100% my own and not influenced in any way.

If you are a vegan or just enjoy eating healthy The Plant-Based Pair is the cookbook for you. There are 8 chapters of vegan recipes that are easy to prepare, and the average prep time is 10 minutes. I

am not a vegan myself, but I do enjoy healthy food, and sometimes I run out of creative ideas to make tasty vegetables dishes. This cookbook has many delicious recipes to make such as Classic French Toast, Amazing Minestrone, and Meaty Mushroom Stroganoff. My husband and I like to cook together, so this cookbook does provide recipes for smaller portions. I like this cookbook because it takes out the guess workout of cooking for two people. Whether you are a vegan or not this cookbook offers both simple to make and delicious meals. I received this complimentary for my honest review and opinion. The opinions stated are my own.

I have been hearing the word vegan a lot lately but really wasn't sure what it really meant or why people were doing it. This book does a great job of explaining not only the social reasons for following a vegan diet but also the health benefits that have recently been released. I was pleasantly surprised to find some great looking recipes for foods like praline pancakes, french toast, mexican black bean salad, cauliflower buffalo wings and my personal favorites, the desert section where I found Whoopee pies, peanut butter cookies and more. I recommend adding some of these to your meal plans even if not going vegan just to eat more healthy and spice things up.

Plant based pairs combines vegan recipes with the simplicity of cooking for two. I would have appreciated this book as a newlywed when I was learning how to adjust recipes for just myself and my husband. Most of the ingredients used are typical, and the step by step instructions are clear. Additional tips are included with many recipes ranging from ideas for using extra remaining ingredients (how to make roasted chickpeas when the recipe only called for part of a can) or substitution suggestions. Additionally, recipes specify if they are soy-free, nut-free, or dairy free. Many have a prep time of just ten minutes! My favorite section is the desserts which I usually prepare in much larger batches. The peanut butter cookies for two is simple.\*\*I received this book in exchange for an honest review.

This book has been very useful as I have recently been trying to find recipes to incorporate more vegetables into my diet. Although I eat meat as well, I have been on a major health kick and this book really helped in creating delicious veggie dishes that are super healthy as well. I like that it has recipes in smaller portions, instead of having to figure out how to downsize a recipe for you and your significant other, all the recipes are perfectly portioned for two people. I also love that gluten and dairy free options are available, since I try to restrict them in my diet. There are also many helpful tips and useful advice, the recipes are all fairly quick and easy to follow. I really love this book and

am looking forward to trying more and more of the recipes!

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