



Paleo Vegan: Plant-Based Primal Recipes

By Ellen Jaffe Jones, Alan Roettinger

Book Publishing Company, United States, 2014. Paperback. Book Condition: New. 224 x 202 mm. Language: English . Brand New Book. Paleo diets hold a lot of appeal for athletes, people who want to lose weight quickly, and those who prefer to avoid processed foods in favour of eating more naturally. But with their heavy emphasis on meat, paleo cookbooks have had little to offer vegans - until now. Ellen Jaffe Jones - a certified personal trainer, running coach, and the author of Eat Vegan on \$4 a Day - speaks to audiences worldwide about how achieving fitness on a plant-based diet saves both money and lives. Joining forces with chef and author Alan Roettinger, Ellen makes a case for going paleo while staying vegan with this collection of mouth-watering paleo recipes, all of which are completely free of animal products.



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