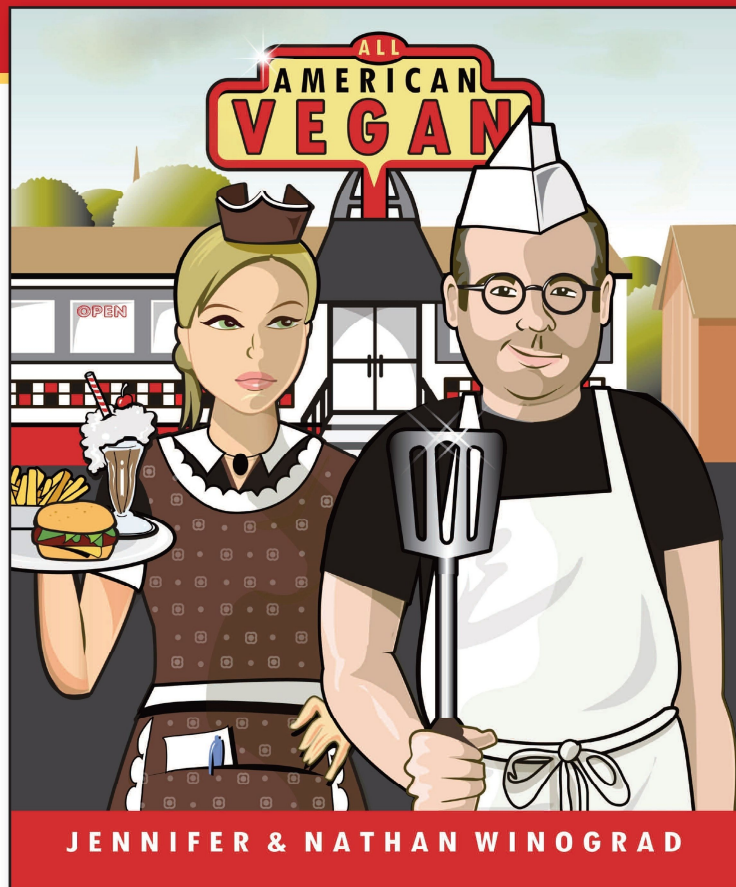


ALL AMERICAN VEGAN

Veganism for the Rest of Us

Full of delicious recipes, shopping, cooking, and baking tips, as well as philosophy, trivia, and humorous observations regarding the increasingly popular but frequently misunderstood vegan lifestyle, *All American Vegan* has something for everyone. Aspiring vegans will find practical down-to-earth advice about making the transition to a vegan diet as convenient and uncomplicated as possible. Parents of vegan children will appreciate the common-sense meal planning tips that introduce and incorporate the vast and ever expanding variety of vegan convenience foods now available. Non-vegetarians and the vegan curious will discover an approach which transforms the seemingly impossible into the entirely feasible. While veteran vegans and animal activists will appreciate the Winograds' provocative perspective on how to most effectively promote widespread veganism.

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JENNIFER & NATHAN WINOGRAD



Over 90 recipes for familiar American favorites, 200 illustrations, light-hearted humor and no vegetables.

allamericanvegan.com
 Get a taste of what you won't be missing

A week of American meals, veganized

<p>Monday</p> <p>ALL AMERICAN BREAKFAST Pancakes with whipped sweet butter, blueberries, and not "bacon" strips.</p> <p>CONTINENTAL BREAKFAST English muffin, non-dairy yogurt, and a latte</p> <p>LUNCHE Tuna fish sandwich and potato chips</p> <p>SNACK Candy bar</p> <p>DINNER Fried no chicken, buttermilk biscuits, mashed potatoes, and gravy</p> <p>DESSERT Ice cream sundae</p>	<p>Thursday</p> <p>ALL AMERICAN BREAKFAST Scrambled no eggs, not "bacon" strips, and toast</p> <p>CONTINENTAL BREAKFAST Fruit smoothie</p> <p>LUNCHE Club sandwich and french fries</p> <p>SNACK Chocolate chip cookies</p> <p>DINNER No chicken pot pie and salad with Ranch dressing</p> <p>DESSERT Apple pie à la mode</p>
<p>Tuesday</p> <p>ALL AMERICAN BREAKFAST French toast and not "bacon"</p> <p>CONTINENTAL BREAKFAST Slice of peanut butter coffee cake</p> <p>LUNCHE No BQ sandwich and potato salad</p> <p>SNACK Ice cream bar</p> <p>DINNER Lentils, garlic bread, and a Caesar salad</p> <p>DESSERT Chocolate layer cake</p>	<p>Friday</p> <p>ALL AMERICAN BREAKFAST Omelet with hash browns and toast</p> <p>CONTINENTAL BREAKFAST Cinnamon roll</p> <p>LUNCHE Buffalo strips and coleslaw</p> <p>SNACK Nachos</p> <p>DINNER Hamburger, later tots, corn on the cob, and a milkshake</p> <p>DESSERT Chocolate pudding</p>
<p>Wednesday</p> <p>ALL AMERICAN BREAKFAST Omelet omelets with sautéed mushrooms</p> <p>CONTINENTAL BREAKFAST Slice of peanut butter coffee cake</p> <p>LUNCHE No BQ sandwich and potato salad</p> <p>SNACK Omelet cream filled sponge cake</p> <p>DINNER Patty cheese steak, onion rings, and a salad with Thousand Island dressing</p> <p>DESSERT New York cheesecake</p>	<p>Saturday</p> <p>ALL AMERICAN BREAKFAST Breakfast hash</p> <p>CONTINENTAL BREAKFAST Blueberry muffin</p> <p>LUNCHE Grilled cheese sandwich or tuna melt and macaroni salad</p> <p>SNACK Ice cream cone</p> <p>DINNER BQ ribs, cornbread, and high butter beans</p> <p>DESSERT Banana cream pie</p>

About the Authors

The Winograds

Nathan

Nathan is a graduate of Stanford Law School and a former criminal prosecutor as well as corporate attorney. A vegan for over 20 years, he has helped write animal protection legislation, spoken internationally on animal issues, created successful No Kill programs, and has consulted with animal protection groups all over the world. Under his leadership, Tompkins County, New York, became the first No Kill community in the United States. Nathan is the author of two books: *Redemption: The Myth of Pet Overpopulation and the No Kill Revolution in America*, which won five national awards; and *Irreconcilable Differences: The Battle for the Heart and Soul of America's Animal Shelters*. Nathan is the national director of the No Kill Advocacy Center, a non-profit organization dedicated to ending the systematic killing of animals in U.S. shelters.



Jennifer

Jennifer has been vegan and worked in the animal rights movement for over 20 years. She has written guides to vegan living and taught vegan cooking classes. She is a founding Board Member of the No Kill Advocacy Center and currently divides her time between promoting the No Kill philosophy, vegan cooking, and homeschooling her children. This is her first book.

The Winograds live in the San Francisco Bay Area with their two children and a menagerie of animal companions.