



**The Clean Cook: The Virgin Diet for Vegans,
Vegetarians, and Pescetarians: 100 Delicious
Allergen Free (Soy-Free, Corn-Free, Egg-Free,
Dairy-Free, Sugar-Free, Peanut-Free, and Gluten-
Free) Recipes**

Rachelle Street

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This is the cookbook I looked for but couldn't find. I became a vegetarian when I was eighteen. I've always preferred cooking from recipes rather than eating from boxes, so I followed a "clean" diet before there was a name for it. About a year ago I made the life-changing decision to go gluten-free, and then I reintroduced seafood into my diet as I eliminated soy and most dairy. Imagine my frustration at discovering the vast majority of gluten-free and clean cookbooks rely heavily on meat dishes. There are several gluten-free vegetarian and vegan cookbooks, but they tend to rely heavily on dairy and soy. I realized the only answer was to write my own cookbook. Not only are the recipes flavorful, you won't find any "filler" recipes. This book contains 100 real recipes: 84 vegan, one dairy, and fifteen seafood. Not fifty recipes for dishes and fifty for condiments, sauces, dips, and a dozen variations of vegetable salads. This is a substantial cookbook that doesn't repeat what every other cookbook already has. Plus the nutritional information and calorie count per serving is included for each recipe. I hope you find this is the cookbook you've been looking for as well.

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