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### **Main Street Vegan: Everything You Need to Know to Eat ...**

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Main Street Vegan is a thoroughly accessible guide to becoming a vegan or a vegetarian, or even just cutting more meat out of your life. With a non-preachy tone and a realistic perspective on modern life with a left-of-norm diet, Victoria Moran educates, inspires, and provides a supportive starting point for all readers.

## **Main Street Vegan: Everything You Need to Know to Eat ...**

She is the founder of Main Street Vegan Academy, training vegan lifestyle coaches. Victoria's latest book is MAIN STREET VEGAN: EVERYTHING YOU NEED TO KNOW TO EAT HEALTHFULLY & LIVE COMPASSIONATELY IN THE REAL WORLD, written with the able assistance of her daughter, Adair Moran, an actor, playwright, stunt performer, and lifelong vegan.

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you need to make changing the menu effortless. Victoria Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick.'Neal Barnard, M.D., president, Physicians Committee for Responsible Medicine, and New York Times bestselling author of 21-Day Weight Loss Kickstart

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**Main Street Vegan : Everything You  
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Welcome to the healthy, compassionate  
world of Main Street Vegan! I'm Victoria  
Moran, and I've been vegan for over  
three decades. This way of living  
becomes more rewarding, and more  
important, all the time, and I'd love to  
share its joys with you.

**Main Street Vegan - Plant Based  
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In Main Street Vegan, Moran offers a complete guide to making this dietary and lifestyle shift with an emphasis on practical “baby steps,” proving that you don’t have to have a personal chef or lifestyle coach on speed dial to experience the physical and spiritual benefits of being a vegan.

### **Main Street Vegan: Everything You Need to Know to Eat ...**

However, you can replicate those effects with vegan versions, while maintaining taste and texture. Plant-based butter has come a long way, and brands like Earth Balance and Country Crock offer vegan alternatives that will give you the same results as regular butter. You can also use a vegetable-based oil to replace butter.

### **The Vegan Baking Guide: Everything You Need to Know About ...**

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