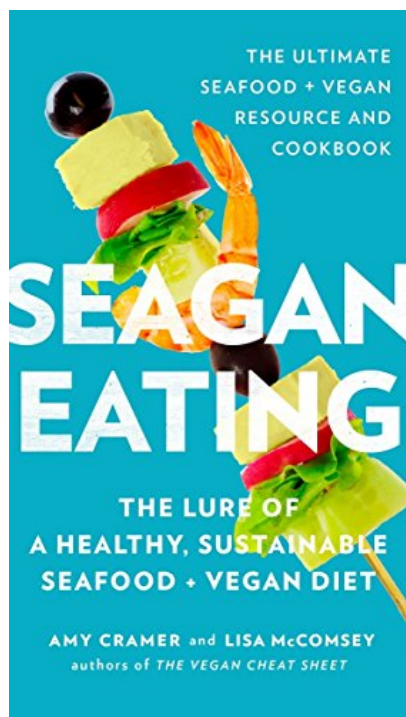


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Seagan Eating: The Lure of a Healthy, Sustainable Seafood + Vegan Diet PDF



by Amy Cramer : **Seagan Eating: The Lure of a Healthy, Sustainable Seafood + Vegan Diet**

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PDF-ed2a2 | A cheat sheet for vegans who want to stray the healthy way. People choose to become vegan for different reasons, but for some it's tough to stick to such a strict diet. Seagan Eating offers a healthy alternative by motivating you to adopt a "seagan" diet--largely plant-based but including seafood. At the same time, the book discourages "evil" ingredients and addresses many of today's food conundrums... *Seagan Eating: The Lure of a Healthy, Sustainable Seafood + Vegan Diet*

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