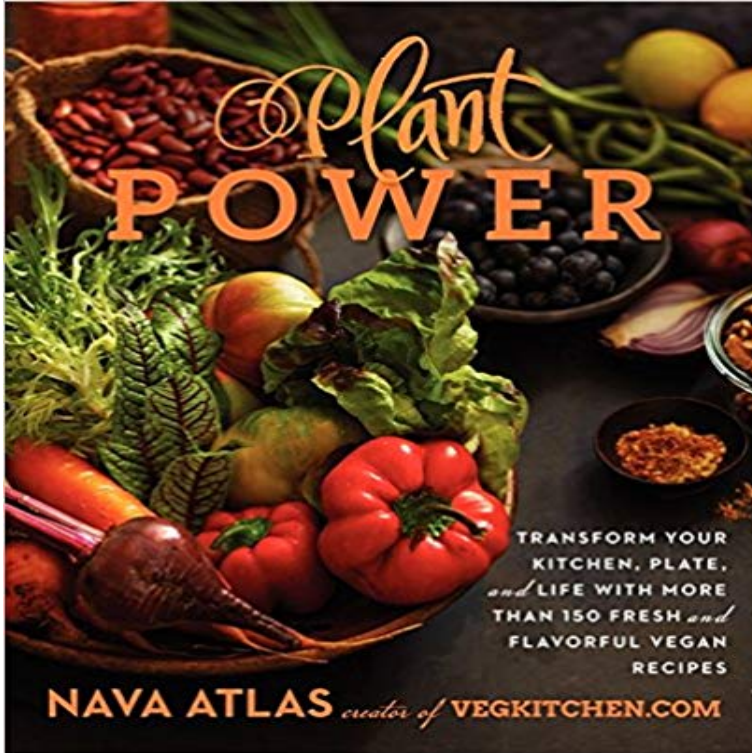


Plant Power: Transform Your Kitchen, Plate, and Life with More Than 150 Fresh and Flavorful Vegan Recipes



Acclaimed and bestselling vegan author, cook, and creator of VegKitchen.com, Nava Atlas, delivers a beautiful must-have guide to transform your plate, your kitchen and your life with the best nature has to offer, including 125 delicious and versatile plant-based recipes for every day of the year. Eating vegan doesn't have to be about sacrifice and substitutions. With *Plant Power*, Nava Atlas celebrates the bounty of natural foods and teaches everyone from committed vegans to those who just want more plants in their diet how to implement a plant-based approach to their lives easily, practically, and joyfully, every day. Illustrated with 75 gorgeous color photographs throughout, *Plant Power* focuses on the basics, from setting up a plant-powered pantry and fridge to choosing the best fresh foods for each season and streamlining daily meal preparation. Whether it's a stir-fry using leftover veggies in the crisper, a fajita dinner to please different taste buds, yummy hummus wraps, or a pot of chili to savor on a cold winter evening, *Plant Power* takes the challenge out of meal-planning and makes it fun. Each of the fresh and flavor-packed recipes is easy to make and customizable, with tips on variations from turning up the heat and mixing up ingredients, to kid-friendly, gluten-free, and seasonal options. By savoring and being grateful for the abundance of whole foods, a powerful message is conveyed, Nava writes. This is what we choose to eat; this is sustainable. And best of all, eating this way makes the world a better and more compassionate place.

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