

in and out vegan burger

in and out vegan burger has become a popular choice among plant-based eaters seeking a delicious and cruelty-free alternative to traditional fast food. As the demand for vegan options grows, In-N-Out's vegan burger offerings have attracted attention for their taste, nutritional value, and accessibility. This article explores the concept of the In-N-Out vegan burger, its ingredients, preparation methods, and how it compares to other vegan fast food options. Additionally, it examines the health benefits of choosing a vegan burger and tips for creating a satisfying In-N-Out style vegan burger at home. By understanding these aspects, consumers can make informed decisions about incorporating vegan fast food into their diet. The following sections provide a detailed overview of the In-N-Out vegan burger phenomenon.

- What Is the In and Out Vegan Burger?
- Ingredients and Nutritional Profile
- Availability and Ordering Tips
- Health Benefits of Choosing Vegan Burgers
- How to Make an In and Out Vegan Burger at Home
- Comparison with Other Vegan Fast Food Burgers

What Is the In and Out Vegan Burger?

The In and Out vegan burger refers to a plant-based burger option inspired by the popular In-N-Out Burger chain. While the original In-N-Out menu does not officially include a vegan burger, many vegan customers have created customized orders or sought alternatives to enjoy a similar taste experience. The term also applies to vegan burger recipes modeled after In-N-Out's signature style, featuring fresh ingredients, simple toppings, and a focus on quality. This vegan burger variant aims to replicate the iconic flavors while catering to those who avoid animal products.

Origin and Popularity

The popularity of vegan diets and plant-based eating has led to increased demand for vegan options at traditional fast food restaurants, including In-N-Out. Though In-N-Out has yet to introduce an official vegan burger, social media, vegan communities, and food bloggers have promoted veganized versions of the classic burger. These adaptations often use plant-based patties, vegan

buns, and dairy-free sauces to maintain the familiar In-N-Out taste profile. As a result, the in and out vegan burger concept continues to grow in popularity among environmentally conscious and health-focused consumers.

Menu Customizations at In-N-Out

At In-N-Out, customers seeking vegan options often customize existing menu items by removing animal-based ingredients such as cheese and mayonnaise. For example, ordering a "protein-style" burger wrapped in lettuce instead of a bun and requesting no cheese can create a partially vegan option when paired with a plant-based patty brought from outside. However, cross-contamination and the lack of an official vegan patty mean that strict vegans may prefer homemade or alternative options. Understanding these limitations is essential for making informed choices at In-N-Out.

Ingredients and Nutritional Profile

The in and out vegan burger typically consists of carefully selected plant-based ingredients designed to mimic the flavor and texture of a traditional burger. These ingredients contribute to the overall nutritional value and appeal of the vegan burger.

Typical Ingredients

- **Plant-Based Patty:** Made from soy, pea protein, mushrooms, or a blend of vegetables and grains to create a savory, juicy texture.
- **Vegan Bun:** Usually a soft, wheat-based bun free from dairy and eggs, providing the classic sandwich structure.
- **Fresh Vegetables:** Lettuce, tomato, onions, and pickles add crunch, flavor, and nutrients.
- **Vegan Sauces:** Mayonnaise alternatives and ketchup, typically free from animal byproducts.
- **Seasonings:** Salt, pepper, garlic powder, and other spices enhance the taste profile.

Nutritional Benefits

Compared to traditional beef burgers, the in and out vegan burger generally offers lower saturated fat and cholesterol levels. It is often higher in

fiber and contains essential vitamins and minerals derived from plant sources. Nutritional content varies depending on the specific patty and toppings used, but many vegan burgers provide a balanced macro- and micronutrient profile suitable for a healthy diet. Monitoring sodium content is advisable, as some vegan patties and sauces can be high in salt.

Availability and Ordering Tips

Currently, In-N-Out does not feature a dedicated vegan burger on its official menu. However, understanding availability options and ordering strategies helps vegan consumers navigate their choices effectively.

Official Menu Limitations

In-N-Out's menu primarily consists of beef patties, animal-based cheese, and dairy-containing sauces, limiting vegan options. The lack of a certified vegan patty or bun means that strict vegans may not find suitable options directly from In-N-Out. Some locations may offer limited vegetarian items, but these are not necessarily vegan.

Ordering Hacks for Vegans

Vegan customers can customize their orders by requesting "protein-style" burgers wrapped in lettuce and omitting cheese and sauces containing dairy or eggs. Bringing a plant-based patty from outside and asking for it to be heated on the grill (where allowed) is another common approach, though it depends on local policies and staff cooperation. It is important to communicate clearly about vegan preferences to avoid cross-contamination.

Alternatives Nearby

In areas where In-N-Out operates, other fast food chains and local vegan restaurants often provide fully vegan burger options. Exploring these alternatives can satisfy cravings for an in and out vegan burger experience without compromising dietary choices. Many plant-based burger brands are widely available and can be enjoyed similarly.

Health Benefits of Choosing Vegan Burgers

Choosing an in and out vegan burger offers several health advantages compared to traditional meat-based fast food options. Plant-based diets have been linked to a reduced risk of chronic diseases and improved overall well-being.

Reduced Risk of Cardiovascular Disease

Vegan burgers typically contain less saturated fat and cholesterol, which contribute to lower blood cholesterol levels and reduced risk of heart disease. The presence of fiber and antioxidants in plant ingredients further supports cardiovascular health.

Weight Management

Many vegan burgers are lower in calories and fat while being rich in fiber, promoting satiety and aiding in weight management. Incorporating vegan fast food options like the in and out vegan burger can fit into balanced diets aimed at healthy weight control.

Improved Digestive Health

Plant-based burgers provide dietary fiber that supports healthy digestion and regular bowel movements. Fiber also fosters a beneficial gut microbiome, enhancing immune function and nutrient absorption.

How to Make an In and Out Vegan Burger at Home

Creating an in and out vegan burger at home allows full control over ingredients, ensuring a delicious, healthful, and authentic experience. The following guide outlines the essential components and steps.

Ingredients Needed

- Plant-based burger patties (soy, pea protein, or homemade black bean patties)
- Vegan hamburger buns
- Fresh lettuce leaves
- Tomato slices
- Thinly sliced onions
- Dill pickle slices
- Vegan mayonnaise or aioli
- Ketchup

- Mustard (optional)
- Salt and pepper for seasoning

Preparation Steps

1. Cook the plant-based patties according to package instructions or recipe, ensuring a crispy exterior and juicy interior.
2. Lightly toast the vegan buns to enhance texture and flavor.
3. Spread vegan mayonnaise and ketchup evenly on the top and bottom buns.
4. Place the cooked patty on the bottom bun, then layer with lettuce, tomato, onion, and pickles.
5. Season with salt and pepper to taste.
6. Top with the upper bun to complete the burger.
7. Serve immediately while warm for optimal taste.

Comparison with Other Vegan Fast Food Burgers

The in and out vegan burger shares similarities and differences with other popular vegan fast food burger options available nationwide and globally. Comparing these helps consumers understand their choices.

Texture and Flavor

Many vegan burgers strive to replicate the juicy, savory qualities of beef burgers. The in and out vegan burger emphasizes fresh toppings and simple seasoning akin to In-N-Out's minimalist approach. By contrast, some fast food chains offer highly processed patties with smoky or spicy flavors.

Ingredient Transparency

Homemade or small-scale vegan burgers modeled after the in and out style often use whole-food ingredients, providing greater transparency and control over additives. Large fast food chains may use proprietary blends with preservatives and fillers.

Accessibility and Price

While In-N-Out is known for affordable pricing, vegan alternatives can vary widely in cost. Homemade in and out vegan burgers may be economical, whereas specialty vegan patties at fast food restaurants sometimes come at a premium. Accessibility also depends on regional availability of vegan products and restaurants.

Frequently Asked Questions

Does In-N-Out offer a vegan burger option?

As of now, In-N-Out does not have an official vegan burger option on their menu. Their burgers typically include beef patties and dairy-based cheese.

Can you customize an In-N-Out burger to make it vegan?

You can order a 'Protein Style' burger without the beef patty and cheese, replacing it with lettuce and other veggies, but In-N-Out does not offer vegan patties, so fully vegan customization is limited.

Are the fries at In-N-Out vegan-friendly?

Yes, In-N-Out fries are made from fresh potatoes and cooked in 100% vegetable oil, making them suitable for a vegan diet.

Has In-N-Out announced any plans to introduce vegan burgers in the future?

As of the latest updates, In-N-Out has not announced any plans to introduce vegan burger options, focusing primarily on their traditional menu.

What are some popular vegan burger alternatives to In-N-Out's burgers?

Popular vegan burger alternatives include brands like Beyond Meat and Impossible Foods, which offer plant-based patties that many restaurants use to create vegan-friendly burgers.

Additional Resources

1. *In-N-Out Vegan: Mastering the Plant-Based Burger*

This book offers a comprehensive guide to recreating the iconic In-N-Out burger experience with vegan ingredients. It includes step-by-step recipes

for patties, sauces, and buns that mimic the classic flavors. Perfect for those craving a plant-based take on a fast-food favorite.

2. *The Ultimate Vegan Burger Cookbook: From In-N-Out to Gourmet*

Explore a diverse collection of vegan burger recipes inspired by famous fast-food chains like In-N-Out. The book covers everything from simple backyard patties to gourmet creations, with tips on cooking techniques and ingredient substitutions. Ideal for both beginners and seasoned vegan cooks.

3. *Plant-Based Perfection: Vegan Burgers Inspired by In-N-Out*

This cookbook dives into the art of crafting delicious vegan burgers that capture the essence of In-N-Out's classic menu. Alongside recipes, it offers nutritional insights and advice on sourcing quality plant-based ingredients. A must-have for health-conscious burger lovers.

4. *Beyond the Bun: Vegan Versions of Iconic Fast Food Burgers*

Beyond the Bun showcases vegan reinterpretations of famous fast-food burgers, including the beloved In-N-Out Double-Double. The book highlights creative toppings, sauces, and cooking methods to elevate your vegan burger game. It also includes tips for perfecting the vegan "secret sauce."

5. *Vegan Burger Revolution: In-N-Out Style and More*

This book celebrates the vegan burger movement by featuring recipes inspired by In-N-Out and other fast-food giants. It emphasizes sustainability and flavor, encouraging readers to experiment with different beans, grains, and vegetables. Includes helpful guides on texture and seasoning.

6. *The Vegan Fast Food Fix: In-N-Out Inspired Burgers at Home*

Learn how to make quick and delicious vegan burgers that replicate In-N-Out's simple yet flavorful menu. This book focuses on accessible ingredients and easy preparation methods for busy cooks. Bonus chapters cover sides and drinks to complete the meal.

7. *Secret Sauces & Vegan Patties: Unlocking the In-N-Out Burger*

Discover the secrets behind In-N-Out's unique taste with vegan-friendly sauces and patties recipes. The book breaks down flavor profiles and techniques to help you craft authentic-tasting vegan burgers. It also includes variations for gluten-free and low-fat diets.

8. *Double-Double Delicious: Vegan In-N-Out Burger Creations*

Double-Double Delicious offers innovative recipes that replicate In-N-Out's famous Double-Double burger using plant-based ingredients. The book provides tips on layering flavors and textures to achieve that perfect bite. It's great for anyone wanting to enjoy classic fast food without animal products.

9. *In & Out Vegan: Crafting Classic Burgers with a Plant-Based Twist*

This book focuses on recreating the classic In-N-Out burger experience entirely plant-based, featuring recipes for patties, buns, and toppings. It also shares ideas for customizing your burger to suit different tastes and dietary needs. A fantastic resource for vegan food enthusiasts and fast-food fans alike.

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in and out vegan burger: *The Best Veggie Burgers on the Planet, revised and updated* Joni Marie Newman, 2019-07-23 Hold on to your buns, the burger revolution has begun! *The Best Veggie Burgers on the Planet* takes the popular veggie burger to the next level of flavor and fun with more than 100 daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics, too. In this revised edition of the original, you'll find more than 30 new recipes featuring healthier options, fewer processed ingredients, and more whole-food, plant-strong ingredients like jackfruit and aquafaba (plus icons for no added oil/salt/sugar, and even more gluten-free recipes!). You'll also find budget-friendly tips and tricks, a fast-food favorites" section that recreates iconic favorites from popular chains, updated techniques, and alternative cooking methods to include the slow cooker and air fryer. All of the recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Denver Omelet Breakfast Burger BLT with Avocado Burger Pulled Pork Sliders Inside-Out Sushi Burger Super Quinoa Burger Sesame Bean Banh Mi Burger Mac and Cheese Burger Split Pea with HAMburger Summer Squash Burger Korean BBQ Burger With *The Best Veggie Burgers on the Planet*, you'll find more than 100 ways of looking at burgers in a whole new way. Let's get this "patty" started!

in and out vegan burger: *Vegan Fast Food* Brian Watson, 2022-09-27 Forget the drive-through, in *Vegan Fast Food* you'll find mouthwatering junk food and comfort food classics, minus the meat and dairy. Whether you're a brand-new vegan missing buffalo wings or a longtime

vegan tired of the limited vegan options when eating out, Brian Watson, aka Thee Burger Dude, has been there. In fact, few food bloggers have thought more about what textures, tastes, and special sauces make iconic dishes so addictive. In this book, he takes you on a tour through national chain favorites, regional cult classics, and even a few nostalgic dishes perfect for parties, potlucks, or any Saturday night. Recipes include: Nationwide Burgers and Fries: Brian made his name on recreations of iconic burgers. In this chapter, he shares his obsessively researched, version 2.0 editions for nationwide icons and debuts a ton of new recipes as well. Fried Chicken, Wings, and Nuggets: Multiple styles of plant-based fried chicken are covered, including Brian's YouTube sensation oyster mushroom fried chicken. Beyond the Bun: Craveable Mexican, Asian, and fast-casual recipes that are every bit as good as the original meaty or cheesy versions range from delivery-like pizza and kung pao to gorditas, burrito bowls, and meatball subs. The Most Important Meal of the Day: Breakfast for dinner? Hangover brunch? No matter the mission, this chapter packs the vegan biscuits and gravy, breakfast burritos, diner-style pancakes, and the French toast sticks to make it happen. With a basics chapter that sets you up with homemade burgers, fried chicken, and all the essential condiments, you're sure to find whatever you're craving!

in and out vegan burger: Burger Carol J. Adams, 2018-03-08 *Object Lessons* is a series of short, beautifully designed books about the hidden lives of ordinary things. The burger, long the All-American meal, is undergoing an identity crisis. From its shifting place in popular culture to efforts by investors such as Bill Gates to create the non-animal burger that can feed the world, the burger's identity has become as malleable as that patty of protein itself, before it is thrown on a grill. Carol Adams's *Burger* is a fast-paced and eclectic exploration of the history, business, cultural dynamics, and gender politics of the ordinary hamburger. *Object Lessons* is published in partnership with an essay series in *The Atlantic*.

in and out vegan burger: The Best Veggie Burgers on the Planet Joni Marie Newman, 2011-05-01 *Normal0MicrosoftInternetExplorer4* Hold on to Your Buns, the Burger Revolution Has Begun! *The Best Veggie Burgers on the Planet* takes the popular veggie burger to the next level of freshness and flavor, with more than one hundred daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics too. In fact, we're pretty confident they'd top the charts in any potluck popularity contest they might find themselves in. The incredible recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Sweet Caramelized Onion Burgers Korean BBQ Burgers Garlicky Ranch Potato Burgers Jalapeño Cornbread Burgers Curried Chickpea and Broccoli Burgers Three Pepper Stir-Fry Burgers BLT and Avocado Burgers Black Bean Tamale Burgers with Mole Sauce Oktoberfest Kraut Burgers Sun-Dried Tomato and Artichoke Burgers With *The Best Veggie Burgers on the Planet*, you'll find 101 ways of looking at burgers in a whole new way. Let's get this "patty" started!

in and out vegan burger: Vegan Handbook Vegetarian Resource Group, 1996 A much-needed guide for the novice as well as the long-time vegan. It contains extensive information for vegans, including dietary exchange lists for meal planning, sports nutrition for vegans, vegan meal plans and one-week menus, delicious, quick recipes for readers who don't enjoy cooking but want to live healthily, vegetarian history and plenty more.

in and out vegan burger: No Meat Required Alicia Kennedy, 2023-08-15 *No Meat Required* is a bestselling culinary and cultural history of plant-based eating in the United States that delves into the subcultures and politics that have defined alternative food—*Diet for a Small Planet* for a new generation. The vegan diet used to be associated only with eccentric hippies and tofu-loving activists who shop at co-ops and live on compounds. We've come a long way since then. Now, fine-dining restaurants like Eleven Madison Park cater to chic upscale clientele with a plant-based menu, and Impossible Whoppers are available at Burger King. But can plant-based food keep its historical anti-capitalist energies if it goes mainstream? And does it need to? In *No Meat Required*, author Alicia Kennedy chronicles the fascinating history of plant-based eating in the United States, from the early experiments in tempeh production undertaken by the Farm commune in the 70s to the vegan

punk cafes and anarchist zines of the 90s to the chefs and food writers seeking to decolonize vegetarian food today. Many people become vegans because they are concerned about the role capitalist food systems play in climate change, inequality, white supremacy, and environmental and cultural degradation. But a world where Walmart sells frozen vegan pizzas and non-dairy pints of ice cream are available at gas stations – raises distinct questions about the meanings and goals of plant-based eating. Kennedy—a vegetarian, former vegan, and once-proprietor of a vegan bakery—understands how to present this history with sympathy, knowledge, and humor. *No Meat Required* brings much-needed depth and context to our understanding of vegan and vegetarian cuisine, and makes a passionate argument for retaining its radical heart.

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in and out vegan burger: *The Everything Guide to Pregnancy Nutrition & Health* Britt Brandon, 2013-04-18 Your all-in-one guide for a fit pregnancy! As a mom-to-be, you want the best for your baby and yourself. You need sensible, up-to-date advice on maintaining a healthy diet and a robust fitness level. The Everything Guide to Pregnancy Health and Nutrition is your ultimate mother's helper for diet, exercise, nutrition, and more--at every stage. Inside, you'll find information on: Determining your caloric needs When (and when not!) to exercise The best and worst foods for pregnancy Exercises for all your major muscle groups Vegetarian or vegan pregnancies Getting back into exercise after your baby is born With extra information on pre- and post-pregnancy health, this guide is the perfect handbook for mamas-to-be looking to stay healthy!

in and out vegan burger: *Lost Feast* Lenore Newman, 2019-10-08 A rollicking exploration of the history and future of our favorite foods When we humans love foods, we love them a lot. In fact, we have often eaten them into extinction, whether it is the megafauna of the Paleolithic world or the passenger pigeon of the last century. In *Lost Feast*, food expert Lenore Newman sets out to look at the history of the foods we have loved to death and what that means for the culinary paths we choose for the future. Whether it's chasing down the luscious butter of local Icelandic cattle or looking at the impacts of modern industrialized agriculture on the range of food varieties we can put in our shopping carts, Newman's bright, intelligent gaze finds insight and humor at every turn. Bracketing the chapters that look at the history of our relationship to specific foods, Lenore enlists her ecologist friend and fellow cook, Dan, in a series of "extinction dinners" designed to recreate meals of the past or to illustrate how we might be eating in the future. Part culinary romp, part environmental wake-up call, *Lost Feast* makes a critical contribution to our understanding of food security today. You will never look at what's on your plate in quite the same way again.

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in and out vegan burger: *No Fuss Vegan* Roz Purcell, 2020-01-09 'Packed full of enticing recipes to make plant-based your way of life' Madeleine Shaw Roz Purcell is a firm believer that your body needs to be fuelled right - not only to get you through your day, or week - but to set you up for

life. In *No Fuss Vegan*, Roz shows how to introduce more plant-based eating into your life. If you're in the mood for comfort (try Shepherd's Pie or Blueberry Crumble), freshness (how about a Tortilla Salad followed by Pineapple, Mint and Lime Sorbet) or something quick and easy (Pea Pesto Pasta and Almond Crunch Cups you have on standby) you're sure to find something that will become a favourite. Whether you're a committed vegan or just looking to cut down on meat and dairy, Roz will inspire you to experiment with her tasty and nourishing plant-based meals, snacks and desserts. *Fuel Right = Fuel for Life* 'Perfect for anyone who is looking to try vegan cooking or just wants to introduce more vegetables into the diet through tasty, no-fuss meals' Easy Food

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in and out vegan burger: *LA by Mouth* Mike Postalakis, 2019-03-12 Forget trawling your phone for ideas—all the best food in LA is right here There are over 8,000 restaurants in the greater Los Angeles area. From the old school glitz and glamour of Musso & Frank's in the heart of Hollywood, to a Jonathan Gold- approved Vietnamese mom- and- pop cafe located in a strip mall in the Valley, LA can satisfy any palate. But how do you narrow it down to the best of the best? *LA by Mouth* is for the discerning traveler and restaurant goer, someone who has a compulsive need to hunt down the very best taco, the ultimate burger, the epitome of brunch, and the sandwich to end all sandwiches. Put your FOMO to rest— author Mike Postalakis has sampled it all and has written a restaurant guide with wit, authority, humor, and attitude that will appeal to visitors and Angelenos alike. Includes: • Hangover-tested brunches • Quirky happy hours • Farm-to-table dinner spots

in and out vegan burger: *The Skeptical Vegan* Eric C. Lindstrom, 2017-07-25 PETA's 2017 Vegan Cookbooks We Can't Cook Without Vegan Confessions of an Ex-Omnivore and His Survival Guide to Living Fully (Literally and Metaphorically). Growing up in an all-women household and coddled endlessly by his Italian mother and grandmother, Eric Lindstrom was nourished to obesity on meaty sauces, fried eggs, and butter-laden cookies. After spending the first half of his life as an adamant omnivore, Lindstrom went 100% vegan. Reluctantly. Overnight. From burgers to beets, from pork to parsnips. It's time for a down-to-earth book that proves anyone can go vegan (even someone who once ate sixty-eight chicken wings in a sitting). How can a man adopt a vegan approach? Won't he die of protein deficiency? What if he is married to a vegan woman? How would he order a salad at a Minnesota steakhouse? What should he bring to a gluten-free, nut-free, macrobiotic, nightshade-free, oil-free, vegan potluck (true story)? Part confession and part survival guide, *The Skeptical Vegan* explains how simple it really is to be vegan, covering topics from food and nutrition to social challenges and lifestyle. Snarky, witty, and opinionated to a fault, Lindstrom speaks as a male vegan, contesting the notion that "real men" should only eat meat. With twenty original "veganized" recipes including portobello steaks, carrot hot dogs, tofu wings, "meaty" chili, and cauliflower bites (which helped him shed thirty pounds), Lindstrom demonstrates how to take control of your diet while still eating "meatily" and taking into account the ethical considerations of living a better life for the animals, the environment, and yourself.

in and out vegan burger: *The Rhetorical Construction of Vegetarianism* Cristina Hanganu-Bresch, 2023-03-02 This book explores themes in the rhetoric of vegetarian discourse. A vegan practice may help mitigate crises such as climate change, global health challenges, and sharpening socioeconomic disparities, by ensuring both fairness in the treatment of animals and food justice for marginalized populations. How the message is spread is crucial for these aims. Vegan practices thus uncover tensions between individual dietary choices and social justice activism, between ego and eco, between human and animal, between capitalism and environmentalism, and within the larger universe of theoretical and practical ethics. The chapters

apply rhetorical methodologies to understand vegan/vegetarian discourse, emphasizing, for example, vegan/vegetarian rhetoric through the lens of polyphony, the role of intersectional rhetoric in becoming vegan, as well as ecofeminist, semiotic, and discourse theory approaches to veganism. The book aims to show that a rhetorical understanding of vegetarian and vegan discourse is crucial for the goals of movements promoting veganism. The book is intended for a wide interdisciplinary audience of scholars, researchers, and individuals interested in veganism, food and media studies, rhetorical studies, human-animal studies, cultural studies and related disciplines. It urges readers to examine vegan discourses seriously, not just as a matter of personal choice or taste but as one vital for intersectional justice and our planetary survival.

in and out vegan burger: *Sister Vegetarian's 31 Days of Drama-Free Living* Donna M. Beaudoin, 2012 *Sister Vegetarian* reports on how she lost weight, gained energy, and healed herself by finally embracing the vegetarian lifestyle that she'd attempted (and failed) to achieve many times in the past. Through a full month, *Sister Vegetarian* provides personal stories, practical tips, mouthwatering recipes, and empowering thoughts that will help you avoid the drama and negativity of family members, coworkers, and your own doubts as you set about supercharging your day by eating healthily, exercising with energy and joy, and becoming aware of your own strength.

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