

# sushi but like vegan

**sushi but like vegan** options have gained significant popularity as more people seek plant-based diets that do not compromise on flavor or experience. Traditional sushi often relies heavily on fish and seafood, but vegan sushi offers a creative and delicious alternative that caters to vegans, vegetarians, and those with dietary restrictions. This article explores the world of vegan sushi, outlining its main ingredients, preparation techniques, and health benefits. It also provides tips on how to recreate sushi but like vegan at home, along with the best plant-based substitutes for classic sushi components. Whether dining out or cooking at home, vegan sushi presents an exciting culinary adventure that preserves the essence of sushi while embracing sustainability and animal-friendly choices. The following sections cover the essentials of sushi but like vegan, including ingredient selection, recipes, nutritional aspects, and cultural considerations.

- Understanding Vegan Sushi Ingredients
- Popular Types of Sushi but Like Vegan
- Health Benefits of Vegan Sushi
- How to Make Sushi but Like Vegan at Home
- Sustainability and Ethical Aspects of Vegan Sushi

## Understanding Vegan Sushi Ingredients

Vegan sushi replaces traditional fish and seafood with a variety of plant-based ingredients that maintain the texture, taste, and visual appeal of classic sushi. Key components include sushi rice, nori sheets, and a diverse range of vegetables, fruits, and plant-based proteins. Understanding these ingredients is crucial for crafting sushi but like vegan that satisfies both palate and nutrition.

## Sushi Rice and Seasoning

Sushi rice, or shari, is the foundation of any sushi roll. For vegan sushi, it is prepared in the same way as traditional sushi rice, using short-grain Japanese rice seasoned with a mixture of rice vinegar, sugar, and salt. This seasoning provides the characteristic slightly sweet and tangy flavor that complements the fillings.

## Nori Sheets and Wrapping Options

Nori, the dried seaweed sheets used to wrap sushi rolls, is inherently vegan and rich in

minerals such as iodine. It adds an umami flavor and a slight crunch. Some vegan sushi variations also use soy paper or cucumber wraps to diversify texture and reduce seaweed intensity.

## **Plant-Based Fillings and Flavors**

Vegetables like avocado, cucumber, carrots, and bell peppers are staples in vegan sushi. Additionally, pickled radish (takuan), shiitake mushrooms, asparagus, and sweet potato offer robust flavors and textures. Fruits such as mango and strawberry introduce sweetness. For protein, tofu, tempeh, and seasoned seitan can mimic the mouthfeel of seafood.

- Avocado for creaminess and healthy fats
- Cucumber for crunch and freshness
- Pickled vegetables for tanginess
- Marinated mushrooms for umami depth
- Tofu or tempeh for plant-based protein

## **Popular Types of Sushi but Like Vegan**

Several sushi varieties have been adapted to vegan diets, maintaining the familiar forms while eliminating animal products. These include rolls, nigiri, and sashimi alternatives designed with vegan-friendly ingredients.

### **Vegan Maki Rolls**

Maki rolls are the most common format for vegan sushi. Classic rolls such as cucumber roll (kappamaki), avocado roll, and vegetable rolls showcase simple, fresh ingredients wrapped in nori with sushi rice. More elaborate maki can incorporate tempura vegetables and vegan sauces to enhance flavor complexity.

### **Vegan Nigiri and Temari**

Nigiri traditionally features a slice of fish atop a rice ball. Vegan nigiri substitutes include thin slices of marinated tofu, grilled eggplant, or seasoned avocado placed over compacted sushi rice. Temari sushi, small ball-shaped sushi, can use similar toppings for an elegant presentation.

## **Vegan Sashimi Alternatives**

While sashimi is raw fish by definition, vegan sashimi alternatives use thinly sliced vegetables or fruits served with soy sauce and wasabi. Items such as watermelon, tomato, or king oyster mushrooms can be prepared to mimic the texture and appearance of sashimi, providing a fresh and healthy option.

## **Health Benefits of Vegan Sushi**

Sushi but like vegan offers several health advantages compared to traditional seafood sushi, making it an appealing choice for health-conscious consumers and those with dietary restrictions.

### **Lower in Cholesterol and Saturated Fats**

Eliminating fish and seafood reduces intake of cholesterol and saturated fats, which can benefit cardiovascular health. Plant-based ingredients typically contain healthier unsaturated fats and fibers that support heart function.

### **Rich in Vitamins and Minerals**

Vegan sushi incorporates a wide variety of vegetables and seaweed, providing essential nutrients such as vitamin A, vitamin C, potassium, and iodine. These nutrients support immune function, skin health, and metabolic processes.

### **High in Fiber and Antioxidants**

Vegetables and fruits used in vegan sushi are excellent sources of dietary fiber, which aids digestion and promotes gut health. Additionally, antioxidants from colorful produce help reduce inflammation and oxidative stress.

## **How to Make Sushi but Like Vegan at Home**

Creating sushi but like vegan in a home kitchen is accessible with basic ingredients and tools. Proper preparation techniques and ingredient selection ensure authentic flavor and texture.

### **Essential Tools and Ingredients**

Home chefs need sushi rice, rice vinegar, nori sheets, a bamboo rolling mat, a sharp knife, and fresh vegetables or tofu. Optional ingredients include soy sauce, wasabi, pickled ginger, and vegan mayonnaise for dipping and finishing.

## Step-by-Step Preparation

1. Cook sushi rice according to package instructions and season with rice vinegar, sugar, and salt while still warm.
2. Prepare vegetables by slicing into thin strips or desired shapes.
3. Place a nori sheet on the bamboo mat, spread an even layer of sushi rice over it, leaving a margin at the top edge.
4. Arrange fillings along the bottom edge of the rice-covered nori.
5. Roll the bamboo mat tightly to form a compact sushi roll, applying gentle pressure.
6. Use a sharp, wet knife to slice the roll into bite-sized pieces.
7. Serve with soy sauce, wasabi, and pickled ginger.

## Tips for Perfect Vegan Sushi

- Use fresh, high-quality vegetables for optimal flavor and texture.
- Keep hands wet when handling rice to prevent sticking.
- Experiment with marinated tofu or tempeh for added protein and taste.
- Incorporate different textures such as crispy tempura veggies or crunchy seeds.

## Sustainability and Ethical Aspects of Vegan Sushi

Choosing sushi but like vegan supports environmental sustainability and ethical eating practices by reducing reliance on overfished and environmentally harmful seafood sources.

## Environmental Benefits

Vegan sushi production reduces the carbon footprint compared to traditional seafood sushi. It minimizes overfishing, habitat destruction, and water pollution associated with commercial fishing and aquaculture.

## **Animal Welfare Considerations**

By eliminating animal products, vegan sushi aligns with ethical concerns regarding animal welfare. It promotes compassion and reduces demand for fishing industries that often involve inhumane practices.

## **Encouraging Sustainable Food Choices**

Incorporating sushi but like vegan into mainstream dining encourages broader adoption of plant-based diets. This shift supports global efforts to reduce environmental impact and promote healthful, ethical food systems.

## **Frequently Asked Questions**

### **What is vegan sushi?**

Vegan sushi is a type of sushi that excludes all animal products, including fish, seafood, and dairy, and instead uses plant-based ingredients such as vegetables, fruits, tofu, and seaweed.

### **What are common ingredients used in vegan sushi?**

Common ingredients in vegan sushi include avocado, cucumber, carrots, bell peppers, asparagus, pickled radish, tofu, tempeh, mushrooms, and various types of seaweed.

### **How can I make vegan sushi at home?**

To make vegan sushi at home, prepare sushi rice, slice your choice of vegetables and plant-based proteins, place nori sheets on a bamboo mat, spread the rice evenly, add fillings, and roll tightly. Slice and serve with soy sauce, wasabi, and pickled ginger.

### **Is vegan sushi healthy?**

Yes, vegan sushi can be very healthy as it is typically low in fat and calories while being rich in fiber, vitamins, minerals, and antioxidants from the vegetables and seaweed.

### **Can vegan sushi include substitutes for fish?**

Yes, vegan sushi often uses substitutes like marinated tofu, tempeh, carrot 'lox', jackfruit, or seasoned mushrooms to mimic the texture and flavor of fish.

### **Where can I find vegan sushi options at restaurants?**

Many sushi restaurants now offer vegan sushi options on their menu, or you can customize rolls by requesting vegetable-only fillings and no fish or seafood.

## What sauces and condiments are suitable for vegan sushi?

Soy sauce, tamari, wasabi, pickled ginger, and vegan spicy mayo made from vegan mayonnaise and sriracha are popular condiments for vegan sushi.

## Are there any popular vegan sushi rolls?

Yes, popular vegan sushi rolls include the avocado roll, cucumber roll, sweet potato tempura roll, and the rainbow roll made with colorful vegetables instead of fish.

## How does vegan sushi contribute to sustainability?

Vegan sushi reduces reliance on overfished seafood, lowers carbon footprint, and promotes plant-based eating, which is generally more sustainable for the environment.

## Can vegan sushi be gluten-free?

Yes, vegan sushi can be gluten-free by using gluten-free tamari instead of soy sauce and ensuring that all other ingredients, like imitation crab or sauces, are free from gluten-containing additives.

## Additional Resources

### 1. *Vegan Sushi Revolution: Plant-Based Rolls for Every Palate*

This book explores the art of creating delicious vegan sushi using fresh vegetables, fruits, and innovative plant-based ingredients. It offers step-by-step instructions for rolling perfect sushi and includes recipes for classic favorites reimaged without fish or seafood. Readers will find tips on selecting the best produce and mastering the essential sushi rice techniques.

### 2. *Green Waves: Sustainable Vegan Sushi Recipes*

Focusing on sustainability and health, this book provides a comprehensive guide to making vegan sushi that supports an eco-friendly lifestyle. It highlights seasonal vegetables, seaweed varieties, and creative fillings that make each bite vibrant and nutritious. The book also includes advice on sourcing ethical ingredients and minimizing kitchen waste.

### 3. *The Art of Vegan Sushi: Creative Rolls and Bowls*

A beautifully illustrated cookbook that blends traditional sushi techniques with modern vegan culinary trends. It features inventive recipes for sushi rolls, hand rolls, and sushi bowls packed with flavors from across the globe. The book encourages experimentation with textures and colors to create visually stunning and tasty dishes.

### 4. *Plant-Powered Sushi: Wholesome Vegan Recipes*

This collection emphasizes wholesome, nutrient-dense ingredients to craft satisfying vegan sushi meals. From creamy avocado to crunchy tempura vegetables, the recipes balance taste and nutrition perfectly. The author also shares insights into the cultural history of

sushi and how plant-based diets can honor this tradition.

#### 5. *Seaweed & Seeds: Vegan Sushi and Beyond*

Delve into the rich world of seaweed and seeds as key components of vegan sushi. This book offers unique recipes that incorporate various edible seaweeds along with seeds like sesame and sunflower to enhance flavor and texture. Additionally, it includes tips on preparing and storing these ingredients for maximum freshness.

#### 6. *Vegan Sushi Made Simple: Quick and Easy Recipes*

Perfect for beginners, this book breaks down vegan sushi making into easy-to-follow steps that require minimal ingredients and time. It includes quick recipes for breakfast sushi, lunch rolls, and snack-sized bites that fit any busy schedule. The approachable style makes vegan sushi accessible to all skill levels.

#### 7. *Raw Vegan Sushi Creations: Fresh and Healthy*

Specializing in raw vegan sushi, this cookbook celebrates the freshness and natural flavors of uncooked fruits, vegetables, and nuts. It offers creative recipes that maintain the integrity of raw ingredients while delivering satisfying meals. Readers will also find advice on preparing raw sushi rice alternatives and vibrant dipping sauces.

#### 8. *Global Vegan Sushi: International Inspirations*

Explore how different cultures influence vegan sushi with this diverse recipe collection. From Mediterranean-inspired rolls with hummus and roasted peppers to Asian-fusion creations with tofu and pickled vegetables, the book broadens the sushi experience. Each recipe is paired with stories that highlight the cultural significance of the ingredients.

#### 9. *Sweet & Savory Vegan Sushi: Unique Flavor Combinations*

This inventive cookbook blends sweet and savory elements to create unexpected vegan sushi rolls that delight the senses. Recipes include combinations like mango with spicy tofu and cucumber with tangy tamari glaze. The book encourages culinary creativity and introduces readers to flavor pairing techniques unique to vegan sushi.

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**sushi but like vegan:** The Unofficial Guide to Las Vegas Bob Sehlinger, Seth Kubersky, 2023-02-21 Save time and money with in-depth reviews, ratings, and details from the trusted source for a successful Las Vegas vacation. How do some guests always seem to find the best restaurants, the best shows, the best hotels—and still come home with winnings in their pockets? Why do some guests pay full price for their visit when others can save hundreds of dollars? In Las Vegas, every minute and every dollar count. Your vacation is too important to be left to chance, so put the independent guide to Las Vegas in your hands and take control of your trip. The Unofficial Guide to Las Vegas explains how Sin City works and how to use that knowledge to stay ahead of the crowd.

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**sushi but like vegan: The Vegan Way** Jackie Day, 2016-10-25 "Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan... For those interested in becoming acquainted with "the vegan way," this book marvelously succeeds." - Publishers Weekly I only wish I had had this book decades ago! - Moby This goes well beyond diet ... This book is a comprehensive guide to anyone looking to switch to a plant-based life. - Booklist The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring! - Pamela Anderson The VeganWay is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that's a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

**sushi but like vegan: Veg Out Vegetarian Guide to New York City: 2nd Edition** Justin Schwartz, 2009-09 Gibbs Smith, Publisher offers this second edition of our bestselling groundbreaking vegetarian and vegan guidebook series. New York City specific, this guidebook provides everything that a vegetarian or vegan diner needs to know to enjoy a meal out:

**sushi but like vegan: Vegan Lunch Box** Jennifer McCann, 2008-08-05 An array of meat-free, egg-free, and dairy-free meals and snacks features easy-to-prepare, nutritious vegan recipes for lunches, accompanied by allergy-free indexes identifying dishes that are allergen free.

**sushi but like vegan: The Vegetarian Family Cookbook**, 2004 The only vegetarian cookbook designed to satisfy every member of the family. It can be challenging to create nutritious family meals that appeal to everyone at the table, including the picky eaters. But Nava Atlas has solved the dilemma with a collection of down-to-earth recipes reflecting the way families really eat. Flexible, adaptable, and filled with ways to make wholesome food more attractive to children, The Vegetarian Family Cookbook tackles breakfast, lunch, dinner, and snack time like no other



vegetarian cookbook on the market. Covering everything from family-friendly salads to comforting casseroles, Atlas shows how simple it can be to make enticing meat-free meals, with selections such as Quick Black Bean and Sweet Potato Chili, Vegetable Upside Down Casserole, and Alphabet Soup, sensational sandwich fare for home or school, as well as energy-packed choices to start the day. She also takes the mystery out of cooking with soy and provides dozens of delicious whole-grain, low-sugar desserts. Most of the recipes include vegan substitutions for eggs or dairy products. Whether you are a committed vegetarian or are simply cutting back or eliminating meat for economic, ethical, or health reasons, The Vegetarian Family Cookbook makes this an appealing, stress-free decision.

**sushi but like vegan: The Happy Vegan** Russell Simmons, Chris Morrow, 2015-11-03 Master entrepreneur, original hip-hop mogul, and three-time New York Times bestselling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism In the New York Times bestseller Success Through Stillness, Russell Simmons shared how meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In The Happy Vegan, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding his diet. Simmons first adopted a vegetarian and then vegan diet, and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, the well-documented problems associated with eating animal products and processed foods, along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, The Happy Vegan is an accessible and inspiring guide to help others make the move toward a vegan diet and a more successful, focused, and purposeful life.

**sushi but like vegan: The Burlfriends Collection** Jen Trinh, 2021-11-17 Love, music, climbing, adulting: the complete Burlfriends series, three books in one. Crushing on You An aspiring music journalist is drawn to the handsome stranger sitting next to her on a flight...but he's exactly the type of guy she's vowed to never date again. Falling for You A grieving and burnt-out PhD student finds solace in the arms of a musician with a familiar face—her friend's ex. Take Me Two tech-company colleagues get the opportunity to become more, but other obligations—and partners—stand in the way. Follow the Burlfriends—Anna, Ian, Asher, Lina, Tom, and Cassie—as they climb rocks, walls, corporate ladders, and each other...

**sushi but like vegan: The Vegan Scoop** Wheeler del Torro, 2009-06-01 The Vegan Scoop brings the pleasures of the ice cream parlor into your home with 150 recipes for delicious frozen desserts that are so rich and creamy, they're better than the "real" thing—and contain one-third the calories! Developed by vegan hipster Wheeler del Torro of Wheeler's Frozen Desserts, these "faux" creams feature 100 percent vegan-certified ingredients, making them suitable for both vegans and those with lactose intolerance and other dairy aversions. And with each serving containing approximately 80 calories—nearly 100 calories fewer than a serving of traditional ice cream—you can indulge with peace of mind (and keep your trim waistline!). Chapters are devoted to innovative flavor "inspirations," and cover everything from Caribbean & Island Flavors to Healthy Flavors and Aphrodisiacal Flavors. You'll also find two chapters full of recipes for toppings, sauces, sides, and other dessert accompaniments. Recipes include: Peanut Butter Banana Black Sesame Chocolate Marshmallow Almond Cookie Orange Passion Fruit Granola Crunch Pecan Apple Danish Espresso Bean Vanilla Graham Cracker and hundreds more!

**sushi but like vegan: Vegan Pregnancy Survival Guide** Sayward Rebhal, 2011-09-10 This is a fun, informative, and totally comprehensive reference manual with quick answers to all your most pressing pregnancy questions. From straight-forward nutrition information and strategies for maximizing meal plans, to tips on choosing cruelty-free antacids (by brand name) and advice on how to throw a vegan baby shower, the vegan mom will find complete validation for her chosen lifestyle. Written in an upbeat and casual tone, readers will feel like they're having an awesome conversation

with a super-supportive and super-positive girlfriend...who happens to know a ton about vegan nutrition and pregnancy. Also includes nourishment tips for breastfeeding moms and herbal remedies that help with post-partum blues.

**sushi but like vegan:** *The Food Effect Diet: Vegan* Michelle Braude, 2020-01-09 Ditch the complicated recipes, expensive products and supplements, vegan 'detoxes' and all the other crazes out there - that's the message of The Food Effect approach to nutrition - which, based on real science, separates the fads from the facts, and now presents the program that's had amazing results, adapted to suit a vegan diet. Set to teach the simple secrets to long-term practical success for weight loss for vegans, The Food Effect Diet: Vegan is a simple, delicious, satisfying way of eating that sheds weight, boosts energy, lowers cholesterol and blood pressure, and also gives glowing skin, increased brain power and optimal health and vitality. Simple and effective without over-complicating, The Food Effect Diet Vegan delivers a painless and proven way to achieve your weight loss goals and get you on the road to optimal health, all whilst following a vegan lifestyle easily and enjoyably. The Food Effect Diet: Vegan will include: \*A wide array of vegan food choices, including surprising sources of 'good for you' carbs and proteins. \*Menu options for breakfast, lunch, dinner and snacks based on a variety of taste preferences, lifestyles and nutritional needs. \*More than 65 delicious and easy vegan recipes, plus a complete set of simple meal ideas for those who don't like, or don't have time, to cook. \*Dietary recommendations - designed with a calorie cap to ensure you achieve your weight loss goals. \*Guidance on which supplements to take to ensure all nutritional needs are met.

**sushi but like vegan:** *I Can Cook Vegan* Isa Chandra Moskowitz, 2019-10-29 Recipes that build your skills—from easy-peasy pasta to more challenging sautés and baked dishes—from the bestselling author of *Veganomicon*. Isa Moskowitz learned to cook from cookbooks, recipe by recipe. And after a few decades of writing her own cookbooks, she knows what the people want: easy-to-follow instructions and accessible ingredients. *I Can Cook Vegan* is for cooks of all stripes: The Just-Born, Brand New Cook The Tried-and-True Seasoned Cook Who Is Tofu-Curious The Busy Weeknight Pantry Cook (this is everyone) The Farmers' Market Junkie Who Looks at All the Pretty Colors The Reluctant Parent to the Vegan Child For Anyone Doing Vegan for the Animals For Anyone Doing Vegan for the Health Each chapter is a building block to becoming a better, more competent cook. The book teaches readers to cook the way someone might learn a new instrument: master a couple of chords, and then start to put them together to form songs. Each chapter starts with a fresh mission, and readers will cook their way through pastas, salads, sandwiches, bowls, sautés, sheet-pan suppers, and sweets—more than 125 recipes!—until they are ultimately the Best Cook Imaginable. “The recipes in here are simple and streamlined. Perfect for those days when you just want something plain, simple, and still satisfying. Perfect when you want a recipe that you know is going to turn out first time.” —Coastal Vegans

**sushi but like vegan:** *Making Vegan Meat* Mark Thompson, 2021-07-20 The Vegan Cookbook That Is Rooted in Food Science Mark is an absolute wizard—he can turn the most unexpected ingredients into vegan meat! You will not be disappointed.—Rose Lee, *Cheap Lazy Vegan* #1 Bestseller in Raw Cooking, Vegan Cooking, and Vegetarian Diets A one-of-a-kind vegan cookbook for those looking to make juicy burgers, sizzling BBQ ribs, Seitan Bacon, and fried chicken, all through the power of fruits and vegetables. For all food lovers and enthusiasts out there. *Making Vegan Meat* is a staple cookbook for kitchens where home cooks, professional chefs, foodies, vegans, vegetarians, and the vegan-curious can find super vegan meat recipes. Foodie, food scientist, and YouTuber Mark “Sauce Stache” Thompson shows you a multitude of filling vegan dishes to deeply satisfy your tastebuds. Make nutritious and creative recipes in this vegan cookbook. Step out of your comfort zone and have fun with healthier, delicious, plant based protein. From mouth-watering BBQ ribs made from mushrooms to crispy bacon from a daikon radish, you will have your dinner guests exclaiming, “Wait! That’s a vegetable?” Read *Making Vegan Meat* and: Learn to experiment in the kitchen with unexpected ingredients and create your own plant-based vegan meat recipes Gain insight into how to produce different flavors, textures, and aromas Discover exciting ways to use a

variety of fruits and vegetables, like mushrooms! If you enjoyed plant-based cookbooks like *The Complete Plant-Based Cookbook*, *Vegan for Everybody*, or *The Vegan Meat Cookbook*, then you'll love *Making Vegan Meat*.

**sushi but like vegan: The Kind Diet** Alicia Silverstone, 2011-03-15 Whether you want to lose weight, get healthy, or help save the world, transitioning to a vegan diet is easy with advice, tips, and recipes from actress Alicia Silverstone. In *The Kind Diet*, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese—the very foods we've been taught to regard as the cornerstone of good nutrition—are actually the culprits behind escalating rates of disease and the cause of dire, potentially permanent damage to our ecology. Yet going meat- and dairy-free doesn't mean suffering deprivation; to the contrary, *The Kind Diet* introduces irresistibly delicious food that satisfies on every level—it even includes amazing desserts to keep the most stubborn sweet tooth happy. Alicia also addresses the nutritional concerns faced by many who are new to a plant-based diet, and shows how to cover every nutritional base, from protein to calcium and beyond. Whether your goal is to drop a few pounds, boost your energy and metabolism, or simply save the world, Alicia provides the encouragement, the information, and the tools you need to make the transition to a plant-based diet deliciously empowering.

**sushi but like vegan: Not For Tourists Guide to Los Angeles 2019** Not For Tourists, 2018-11-06 *The Not For Tourists Guide to Los Angeles* is the essential urban handbook that thousands of Los Angelenos rely on daily. The map-based, neighborhood-by-neighborhood guidebook divides the city into fifty-seven mapped neighborhoods and pinpoints all of the essential services and entertainment hot spots with NFT's user-friendly icons. Want to drive around the palm tree-peppered concrete jungle like a pro? NFT has you covered. How about sunbathing on a beach? We've got that, too. The nearest Hollywood club, holistic health practitioner, sports outing, or shopping destination—whatever you need—NFT puts it at your fingertips. The guide also includes:

- A foldout highway map covering all of Los Angeles
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- A guide to TV and movie studio locations
- Listings for the best shopping destinations

Everything from supermarkets, cafés, bars, and gas stations, to information on twenty-four-hour services, beaches, public transportation, and city events—NFT will help you find a boutique for an Oscars gown, and then show you how to get there.

**sushi but like vegan: How to Create a Vegan World** Tobias Leenaert, 2017 In this thought-provoking book, Tobias Leenaert leaves well-trodden animal advocacy paths and takes a fresh look at the strategies, objectives, and communication of the vegan and animal rights movement. He argues that, given our present situation, with entire societies dependent on using animals, we need a very pragmatic approach. *How to Create a Vegan World* contains many valuable ideas and insights for both budding advocates for animals and seasoned activists, organizational leaders, and even entrepreneurs.

**sushi but like vegan: Not For Tourists Guide to Los Angeles 2017** Not For Tourists, 2016-10-18 *The Not For Tourists Guide to Los Angeles* is the essential urban handbook that thousands of Los Angelenos rely on daily. The map-based, neighborhood-by-neighborhood guidebook divides the city into 57 mapped neighborhoods and pinpoints all of the essential services and entertainment hotspots with NFT's user-friendly icons. Want to drive around the palm tree-peppered concrete jungle like a pro? NFT has you covered. How about sunbathing on a beach? We've got that, too. The nearest Hollywood club, holistic health practitioner, sports outing, or shopping destination—whatever you need—NFT puts it at your fingertips. The guide also includes:

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**sushi but like vegan: Not For Tourists Guide to Los Angeles 2018** Not For Tourists, 2017-10-10 The Not For Tourists Guide to Los Angeles is the essential urban handbook that thousands of Los Angelenos rely on daily. The map-based, neighborhood-by-neighborhood guidebook divides the city into 57 mapped neighborhoods and pinpoints all of the essential services and entertainment hotspots with NFT's user-friendly icons. Want to drive around the palm tree-peppered concrete jungle like a pro? NFT has you covered. How about sunbathing on a beach? We've got that, too. The nearest Hollywood club, holistic health practitioner, sports outing, or shopping destination—whatever you need—NFT puts it at your fingertips. The guide also includes: • A foldout highway map covering all of Los Angeles • Over 150 neighborhood and city maps • A guide to TV and movie studio locations • Listings for the best shopping destinations Everything from supermarkets, cafés, bars, and gas stations, to information on 24-hour services, beaches, public transportation, and city events—NFT will help you find a boutique for an Oscar gown and then show you how to get there.

**sushi but like vegan: I Was Told There'd Be Cake** Sloane Crosley, 2008-04-01 Hailed by David Sedaris as perfectly, relentlessly funny and by Colson Whitehead as sardonic without being cruel, tender without being sentimental, from the author of the new collection Look Alive Out There. Wry, hilarious, and profoundly genuine, this debut collection of literary essays is a celebration of fallibility and haplessness in all their glory. From despoiling an exhibit at the Natural History Museum to provoking the ire of her first boss to siccing the cops on her mysterious neighbor, Crosley can do no right despite the best of intentions -- or perhaps because of them. Together, these essays create a startlingly funny and revealing portrait of a complex and utterly recognizable character who aims for the stars but hits the ceiling, and the inimitable city that has helped shape who she is. I Was Told There'd Be Cake introduces a strikingly original voice, chronicling the struggles and unexpected beauty of modern urban life.

**sushi but like vegan: Say Yes to the Soccer Player** Abby Crofton, 2016-10-14 Settling into college is easy, settling into a relationship is another story! Jenny Jeffries loves her first year of college: the late nights in the dorms, the parties, and the freedom that comes with being away from home for the first time. The girls who flirt with her are nice too, except she can't work up the courage to actually talk to any of them. Just standing next to an attractive female causes Jenny's brain to shut down, which means that she's still single. When Beth Kirkland, the star forward for the university's women's soccer team, uses the same drive she has on the soccer field to get Jenny's attention, Jenny turns to her friends for help. She gets advice from her best friend, who is in a committed relationship with Jenny's one-time worst enemy, and another friend looking for the perfect guy among a sea of lesbians. She gets lots of advice, some better than others. Has Jenny finally found the relationship she's always been looking for? Or will forces outside of their control end their romance before it can even begin?

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