



Skinny Bitch Book of Vegan Swaps

Kim Barnouin

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Skinny Bitch co-creator Kim Barnouin offers the essential guide to going vegan—with vital tips for newbies on swaps and substitutions and a healthy helping of surprising innovations for veterans vegans, too. A #1 *New York Times* bestselling author and a leading nutritionist, Barnouin has the know-how to help you find a happy, healthy, and uncomplicated path to vibrant veganism. *Skinny Bitch Book of Vegan Swaps* even includes a “Try Me Vegan Weekend” plan for anyone looking to just explore this popular alternative diet or mix veganism into their normal routine.

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