



In Pursuit of Great Food: A Plant-Based Shopping Guide

Stewart Rose and Amanda Strombom

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Shopping is a vital link in the chain for those who follow a plant-based diet, or for those who are curious and want to give it a try. The grocery store is where you will find alternative products and new ingredients to purchase and enjoy. This practical guide will help you learn about the many different plant-based choices to buy, and how to get the best value from your food budget. This guide includes information on the foods you need for a healthy, plant-based diet; what foods to stock in your kitchen; how to plan your grocery shopping and save money; what to look for on food labels, what the certification labels mean; special ingredients to look for, or to avoid; how to select fresh fruits and vegetables; and meat, dairy and egg substitution products.

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