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Included in Better than Vegan are dishes such as: Portobello Wraps with Spicy Asian Slaw; Gnocchi; Three Sisters Enchiladas; Lemon Berry Sorbet In Better Than Vegan, Sroufe tells his remarkable personal journey of how he went on to lose hundreds of pounds on a healthy vegan diet and then shares the kinds meals (with no oil and low in fat and sugar) that restored him to health.

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