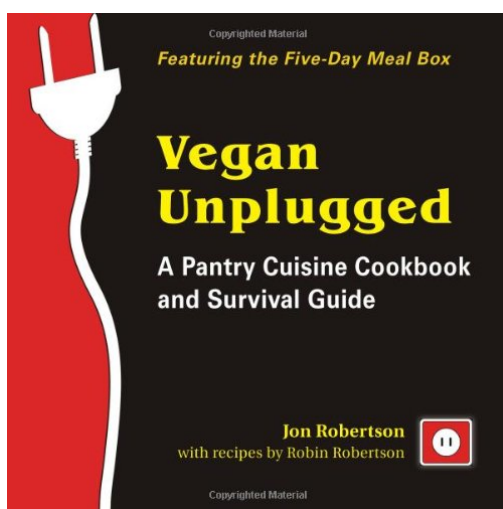


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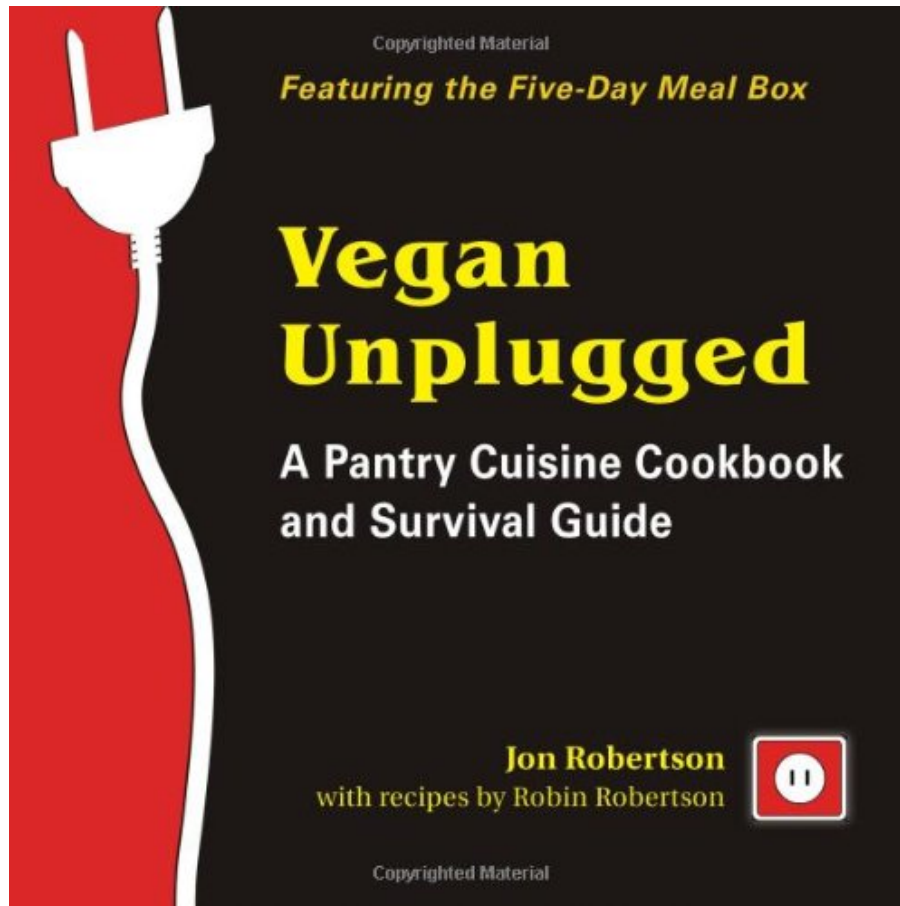
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Review

Vegan Unplugged provides a unique and important combination: healthful recipes and strategies for surviving an emergency or natural disaster. And there's no going hungry with the Five-Day Meal Box. It will not only help you avert personal health disasters, it will give you all the tools you need to handle any situation that comes your way.

--Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine

Prepare to meet the new, gourmet style of Pantry Cuisine. Vegan Unplugged dishes up flavor and variety with dozens of delicious recipes that can be prepared in minutes, even when the refrigerator is bare. A must-have for any day when your resources are limited or your motivation to cook is waning.

--Alisa Fleming, author of Go Dairy Free

In the years to come, it's going to be increasingly important to be able to prepare healthy meals when the power is out and when fresh food is unavailable. Vegan Unplugged is a marvelous resource to help you prepare healthy and inexpensive meals using nonperishable ingredients. Highly recommended for those prudent enough to recognize we could be in for a bumpy ride.

--John Robbins, author of The New Good Life, The Food Revolution, and Diet For a New America

About the Author

Jon Robertson is an author and has been a publishing professional for more than twenty-five years. He is the publisher and editor of Vegan Heritage Press. Robin Robertson is the author of twenty cookbooks, including Vegan Planet, Vegan Fire & Spice, 1,000 Vegan Recipes, and Vegan on the Cheap. She writes regularly for VegNews magazine.

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