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I'm very happy to not eat so much meat, but I do love it." After her stint going vegan, Lawson says she felt she "needed eggs, suddenly" – perhaps a sign her diet was lacking in vitamin B12, or she ...

The most common mistakes people make when trying to go vegan

Nigella Lawson only managed two weeks of a vegan diet and says she doesn't "see the point" of ditching animal products. The 61-year-old TV cook told the Sunday Times she gave veganism a go, but ...

Nigella Lawson lasted just two weeks on vegan diet and confesses she doesn't 'see the point'

Now, every supermarket has a dedicated plant-based aisle and there are vegan versions of every food, from chorizo to king prawns to stir-fry chicken. But though the public are increasingly ditching ...

Why Nigella won't go vegan – and the stars who are

Nigella Lawson has admitted she felt "very run down" after trying veganism, only lasting two weeks on a plant-based diet. The 61-year-old TV cook told The Sunday Times: "I couldn't be vegan, though I ...

Nigella only lasted 2 weeks as a vegan: Mistakes people make when attempting a plant-based diet

It's impossible not to feel joy when watching TikTok's posted by Brad the Boxer, a vegan chef with nearly 1 million followers on the app. Bradley Jimenez is the man behind the exuberant videos, which ...

Brad the Boxer, aka Just Brad, Might Be TikTok's Hottest and Happiest Vegan Chef (Exclusive)

Trying to eat more plant-based meals but have been avoiding your favorite Mexican foods because you can't go for another plate of black beans and rice or another order of quesadillas? Or you are tired ...

Make Vegetarian Mexican Recipes That Taste Like Classic Meat Dishes

Your holiday treats can be just as delicious with vegan-friendly ingredients! Check these options for vegan Halloween recipes.

Try these hauntingly delicious vegan treats for Halloween

Whether or not you practice a vegan or vegetarian lifestyle, or you're cooking for friends and family who are sans-meat, it can be difficult to find good alternatives to your favorite dishes. Since ...

Simple Swaps to Make Your Holiday Favorites Vegan- and Vegetarian-Friendly

Two registered dietitians compare the most popular vegan mac-and-cheese brands and reveal their hands down absolute favorite.

A Definitive Roundup of the 6 Most Delicious, Nutrient-Rich Vegan Mac-and-Cheeses, According to RDs

I've made a handful of recipes from Pinch of Yum over the years with great success, so when I saw Lindsay's vegetarian chili, I knew I needed to try it. Not only does it look amazing in the photos, ...

Pinch of Yum's Vegetarian Chili Recipe Has a Twist That Delivers

Vegan snacks are better than ever — here are our 15 favorite, from edible cookie dough to 'chicken' nuggets ...

15 quirky, shockingly good vegan snacks that anyone can enjoy

We didn't spill our guts during dinner," writes Joanne Lee Molinaro, the lawyer-turned-TikTok sensation also known as the Korean Vegan . "We filled them." ...

The Korean Vegan: Joanne Lee Molinaro shares recipes and her family's immigration story

One of my favorite daily activities is checking the Eatery app to scope out the various dining hall menus. Somehow, there is nothing more exciting than investigating which dining hall has the best ...

Dining Halls as a Vegan

Although Joanne Lee Molinaro is a trial attorney by day, she is much better known as the Korean Vegan, a social media star who cooks vegan Korean dishes for an audience of millions. For followers, the ...

A Toasty Bulgogi Melt Recipe From TikTok's the Korean Vegan

We love to see Black women winning, and we love to see Tabitha Brown winning, especially. Recently, Brown dropped her new book, Feeding the Soul (Because It's My Business): Finding Our Way to Joy, ...

Tabitha Brown Opens Vegan Soul Food Restaurant, #DariusCrooks Reportedly Screaming Into A Pillow Somewhere

What does it take to launch a vegan restaurant concept? In some cases, it means creating your own supply chain. Here's how Odd Burger, Stalk & Spade and Urban Vegan ...

How Vegan Restaurant Brands Tackle Supply Chain Challenges

The actor opens up about revisiting Sex and the City, staying loyal to Blue Bloods, and finding love in her 40s.

At 50, Bridget Moynahan Doesn't Get Caught Up in the Game

Surrounded by a virtual Instagram grid of perfectly plated street tacos and behind-the-scenes cooking videos is an image of Walter Mercado—a beloved Hispanic astrologer—standing in an embellished pink ...

These Chefs of Color Are Decolonizing Portland's Vegan Food Scene

After years of being on the defensive, Saudi Arabia and Russia, the world's top two oil exporters, have switched to a more active posture in global negotiations to avert climate change. The tactics ...

Saudi Arabia and Russia go on the offense at climate talks

Marina Raphael, the eponymous founder and designer of her luxury handbag label and 6th generation of the Swarovski family, has just set new standards for luxury fashion at large when it comes to ...

The Smart Girl's Guide to Going Vegetarian The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life Going Vegetarian No Meat Athlete Going Veggie Diet for a Small Planet (Revised and Updated) Vegetarian and Plant-Based Diets in Health and Disease Prevention Vegetarian Nutrition Animal (De)liberation Eat More, Weigh Less The Transition Diet The Eat-Clean Diet Vegetarian Cookbook How to Be a Healthy Vegetarian Diet Diversification and Health Promotion Vegan for Life Dr. Dean Ornish's Program for Reversing Heart Disease Becoming Vegan 5:2 Vegetarian The Vegetarian Myth The China Study

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