



WITH OVER  
40 VEGAN  
RECIPES

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EXTENT 220 pages

## SALES POINTS

- Ongoing marketing on the 2.3 million-plus Facebook group
- 100 favourite recipes inspired by the group
- Includes Banting 'Always', 'Sometimes' and 'Never' food lists
- Meal plans make it simple to do
- Easy-to-prepare, budget-friendly recipes
- Gives you the tools and practical advice to live a nutritionally balanced, low-carb, sustainable, meat-free lifestyle
- Caters to the growing plant-based diet market



## BANTING 7 DAY MEAL PLANS VEGETARIAN

RITA VENTER, NATALIE LAWSON AND KIM BLOM  
FOREWORD BY KATH MEGAW

*A revolutionary new book dispelling  
the myth that Banting isn't  
possible as a meat-free lifestyle*

Following on from the bestselling *Banting 7 Day Meal Plans*, with over 14 000 books sold since its release in October 2019, this is the book the Banting community have been asking for for seven years!

With a Facebook group that has grown to over 2.3 million people – many of whom follow a vegetarian lifestyle part or full time – and using current research, the authors of this book give you the tools, practical advice and show it is possible to follow a Low Carb, Banting or Keto lifestyle while observing the choice to not eat meat.

'Getting enough protein', 'going into fat burning', this book answers all the questions.

