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Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of the diet or the philosophy is known as a vegan (/ ˈɛː v i ɛ̃ • ɛ̃ j ɛ̃ ˈn / VEE-gɛ̃ ˈn). Distinctions may be made between several categories of veganism. Dietary vegans (or strict vegetarians) refrain from consuming animal ...

Veganism - Wikipedia

Raw veganism is a diet that combines the concepts of veganism and raw foodism.It excludes all food and products of animal origin, any food that is processed or altered from its natural state, and food cooked at high temperatures.Little is known about the raw vegan diet as it is not widely used.

Raw veganism - Wikipedia

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Extremely simple to cook, Mejadra is a fundamental component of Middle Eastern cuisine. It provides carbohydrates, proteins, and a full stomach. It also tastes great.

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