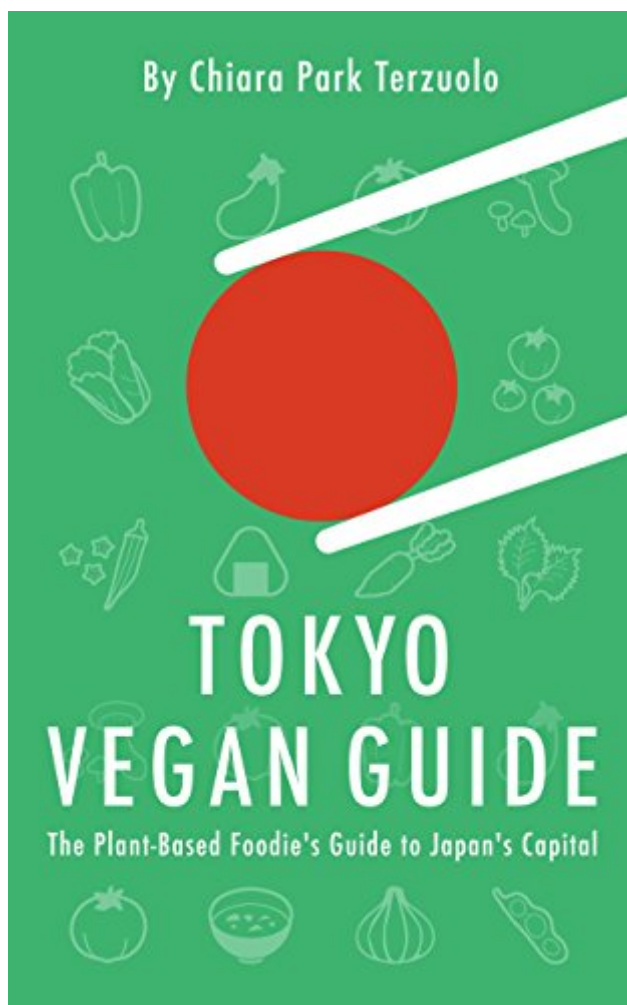


The book was found

Tokyo Vegan Guide: The Plant-Based Foodie's Guide To Japan's Capital



Synopsis

Known as the land of sushi, Japan may seem a bit daunting to vegan and vegetarian visitors. But have no fear, not only can you survive in Tokyo while keeping to a plant-based diet, but thrive on delicious meals and snacks! The Tokyo Vegan Guide contains everything you need to know to enjoy delicious meals and make the most of your time in the city:

- *Reviews of over 50 vegan and vegan-friendly restaurants across Tokyo, including price ranges and easy walking directions
- *Compact travel guides and sightseeing recommendations near the restaurants
- *Tips about how to find vegan-friendly budget options in convenience stores, supermarkets and even major restaurant chains!
- *Bonus information for gluten-free and halal foodies
- *A useful glossary with helpful phrases, common words and a clear explanation of veganism in Japanese
- *As a special gift, a mini vegan guide to Kyoto is included!

Written by the Tokyo-based, (self-professed) vegan gourmet and travel writer Chiara Terzuolo, this guide to Japan's capital will allow you to eat your way through the city without any worries, while getting a taste for real Japanese plant-based cuisine.

Book Information

File Size: 567 KB

Print Length: 99 pages

Publisher: Green Mountains Press (August 6, 2017)

Publication Date: August 6, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B074M3ZP73

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #338,026 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

in Books > Travel > Asia > Japan > Tokyo #291 in Kindle Store > Kindle Short Reads >

Two hours or more (65-100 pages) > Travel #716 in Kindle Store > Kindle eBooks >

Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

I've lived in Tokyo for the last ten years and, while I'm not a vegan, I often have people who come to

visit me with vegetarian or vegan diets and I have always been clueless about where to take them that's not too far from away from the popular tourist sites. After reading this book, I can now take my visitors around the city and feel comforted with the fact that I can find good vegan nearby. Thank you, Chiara, for making this easy and giving me a place to point my visitors with vegan/vegetarian lifestyles. Chiara has even included a small section on Kyoto and good places to find desserts. This book is clearly well-researched and done and includes brief recommendations on popular tourist spots as well. I also appreciate that she has included a list of words in Japanese at the back of the book to help communicate with the restaurants to explain that you don't eat meat! Thank you so much, Chiara!

Full disclosure-- I helped Chiara with the editing for her book- so it was in that capacity that I read the guide from cover to cover. Chiara's passion for sharing the best vegan food in this huge foodie mecca was clear in each review. The restaurants she chose are diverse and interesting, and by organizing the book by neighborhood she has made it easy for visiting vegans to eat happily in the very spots that they want to be sightseeing! I am sure this book will be deliciously helpful. Well done!

[Download to continue reading...](#)

Tokyo Travel Guide - Best of Tokyo - Your #1 Itinerary Planner for What to See, Do, and Eat in Tokyo, Japan (Tokyo Travel Guide, Tokyo Travel, Tokyo Japan) (Wanderlust Pocket Guides - Japan) Tokyo Vegan Guide: The Plant-Based Foodie's Guide to Japan's Capital Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Japan Travel Guide: The Ultimate Japan Travel Guide for Curious, Fun and Adventurous Travelers - Experience the Best of

Japan's Culture, History, Tours, ... Japan Travel, Tokyo Guide, Kyoto Guide) Japan Travel Guide: The Ultimate Japan Travel Guide for Curious, Fun and Adventurous Travelers - Experience the Best of Japan's Culture, History, ... Japan Travel, Tokyo Guide, Kyoto Guide) Vegan: How To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building (Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding) Japan: Japan Travel Guide: 101 Coolest Things to Do in Japan (Tokyo Travel, Kyoto Travel, Osaka Travel, Hiroshima, Budget Travel Japan) Japan: Japan Travel Guide: The 30 Best Tips For Your Trip To Japan - The Places You Have To See (Tokyo, Kyoto, Osaka, Japan Travel Book 1) Japan: Japan Travel Guide: The 30 Best Tips For Your Trip To Japan - The Places You Have To See (Tokyo, Kyoto, Osaka, Japan Travel) (Volume 1) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)