



Talking points for  
***Liv B's Vegan on a Budget:***  
*12 Inspired and Effortless Plant-Based Recipes*

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Who is *Liv B's Vegan on a Budget* for?

What do you want people to learn/ take away from your book and YouTube channel?

What are your top tips for being vegan on a budget?

What pantry items would I need to get started?

What kitchen tools do you use regularly?

When did you transition to eating plant-based and why?

What are your best tips for someone who wants to go vegan but doesn't know where to start?

What do you think the challenges of a vegan diet are?

Who or what inspires your recipes?

What is your go-to dish for impressing guests?

What is your approach to healthy eating?

Do you think there is a stigma attached to being vegan? Has it changed over the years?

The cost of vegetables is rising, so this book is perfect for those who want to eat more plant-based meals but don't want to spend a lot of money