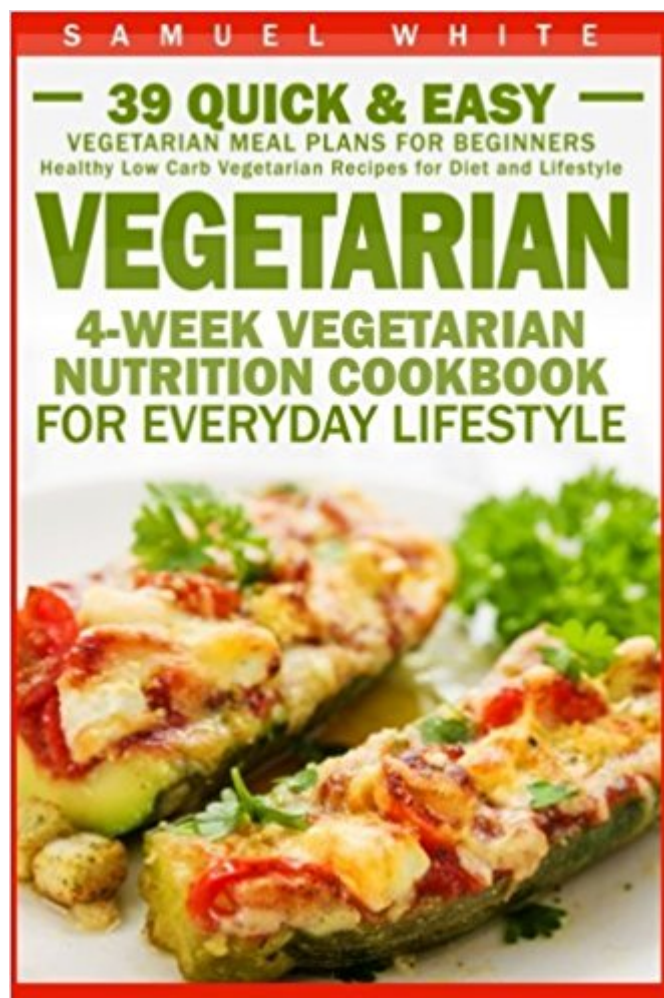


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# Vegetarian: 4-Week Vegetarian Nutrition Cookbook For Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans For Beginners (Healthy Low Carb Vegetarian Recipes For Diet And Lifestyle)





## Synopsis

Start Your 4-Week Diet With 39 Low Carb Delicious Vegetarian Recipes Every recipe in this book is designed to offer a low-carb, vegetarian alternative to your favorite dishes. Youâ™ll find recipes for every meal of the day, including delectable sweets, all specially created to help you stay on the low-carb path without sacrificing your no-meat mantra. 39 recipes included in this book are vegetarian, low-carb, and deliciously tasty. Here's a quick view of what you'll get inside this book: Energy Boosting Breakfasts Healthy Smoothies & Sides Simple side dishes Nutritious Low Carb Main Meals Mouth Watering Desserts and Much more! The best part about this book is that even though the recipes are divided into categories, you can enjoy them any time during the day. Feel like having an Egg-White Frittata for lunch or dinner? Would you rather replace one of your meals with a delicious smoothie or prepare a side dish to go with your simple salad? This meal plan lets you do just that. Replace your high-carb, unhealthy favorites with the 39 recipes in this book and watch your health, and your waistline, improve by the day. If youâ™re ready to commit to a healthy and simple lifestyle of low-carb, vegetarian meals, then check out these appetizing recipes. Get started with this 4 week plan filled with vegetarian recipes!

## Book Information

Series: Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle

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## Customer Reviews

I was a vegetarian for over 10 years. I was always looking for simple, easy to make, delicious meals I could easily whip up. I had lots of vegetarian cookbooks, but there were always way too many ingredients per recipe, and I would give up easily and just settle for an old standard rather than

experiment. With this book, you can prepare a nice variety of veggie meals without too much hassle. Note, this is not a Vegan cookbook, there are plenty of recipes that include dairy and eggs. But that works for me. I will be trying out many of these recipes, and love that there are several which include cauliflower, my new favorite veggie! Well written, I probably need to buy the hardcover version now to keep in my kitchen!

Great recipes! This is a great diet for cleansing purposes that I would use every 3 - 6 months to detox from process food and any red meat I've eaten. This book is very well done, I like the way the recipes are organized.

"A healthy diet for a healthy life". I'm surprised there are so many ways to make good meals which also happen to be healthy at the same time. When I was younger, I used to eat a lot of junk food and it tormented my stomach. Therefore, I was bound to change something, to add something new and exclude something old from my diet. I myself take credit for making that huge step towards living a healthier life, but after reading this book, my diet will only become even more complete. I'm not a vegetarian, but most of these recipes will certainly come in handy. The recipes are well organized among chapters and it should be easy for you to find exactly what you're looking for. If you're struggling with your diet, if you want to lose weight but you don't want to deny yourself of eating delicious food, then you shouldn't hesitate to buy this book. P.S. "Baked Parmesan Mushrooms" - I won't exaggerate, I'm just going to be honest - One of the best meals I've ever had in my entire life.

Looks like a good cookbook, but unfortunately it does not have one photo of any recipe, Sorry some of us need a little encouragement when cooking Vegetarian. I didn't realize it was a paperback and not hard bound so maybe that is what made it look kind of boring. I must say the recipes did sound good but without an idea of what it should or would look like I am lost. Totally my cooking skills are at fault not the books fault. I need Pictures!

If you are looking for a variety of low-carb vegetarian meals, then this cookbook is what you are looking for. It serves you healthy, delicious and low-carb veggie recipes which you can simply mix and match on a 4-week meal plan. This cookbook really fits your cravings if you are on a vegetarian diet. These are indeed superb low-carb vegetarian recipes!

When I decided to become a vegetarian, there wasn't that many dishes I could do. After reading this book, I became even more convinced that meat isn't necessary for a balanced diet. The dishes provided in this book are both healthy and delicious. What's best is that I can make much more dishes now. I will definitely read more books from Samuel White!

Vegetables are the safest foods for us. They won't increase the risk of diseases. On the other hand vegetables increases our digestion capability. So vegetarians face less disease than the carnivores who generally depends upon animal foods. It also a bit hard to stick with the vegetarian diet but if you follow this 4 weeks vegetarian diet plan you will be adopted with it. The recipes in it are delicious. Have this book and lead disease free healthy life.

A lot of great and easy recipes. They use easy to find ingredients.

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