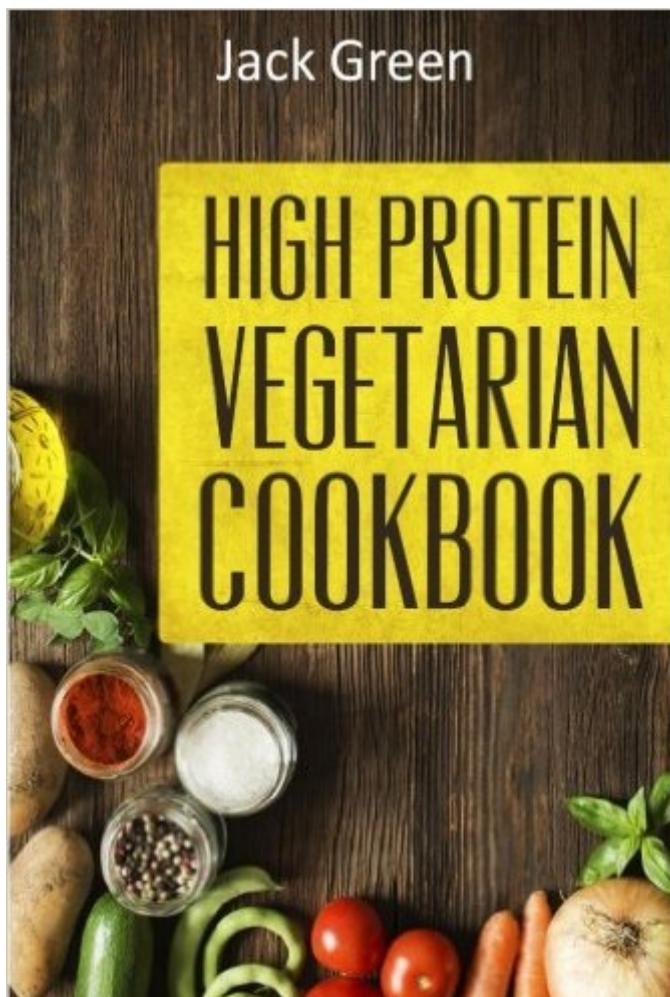


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# Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron)



## **Synopsis**

High Protein Vegetarian Cookbook-Cooking For Two Or More-Budget Friendly All recipes are based on a Whole Foods Plant Based Lifestyle All recipes are: Meatless Minimize dairy/dairy alternatives Low Fat recipes Low Carb recipes Gluten Free Whole Food Here's a glimpse of the recipes: spicy black bean ratatouille grain-free vegan cheesy lentil pies vegan pumpkin chili bruschetta quinoa casserole polenta and tofu-high protein skillet sun-dried tomato frittata with quinoa & zucchini egg muffins veggie pasta Mediterranean quinoa fluffy scrambled eggs

## **Book Information**

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## **Customer Reviews**

I am not a vegetarian but I have been thinking about taking meat out of my diet to help with my weight. These recipes look absolutely delicious. The book was very informative on what to use and with great detail to let you know step by step on what to use to make it with perfection. I liked that you can still get protein without having meat in your diet. I would recommend this book to all vegetarians!

I enjoyed the recipes I've tried out of this book thus far. The instructions are fairly easy to follow and ingredients are laid out well. The one complaint I have is that there weren't that many unique recipes. A lot of them ended up seeming like recipes I've found in other vegetarian cookbooks. They were still good, just similar to other recipes I've tried. Still a good purchase with good recipes, though!

This is not just a food diet it is a life diet. It shows you how to look at food in a new way consciously and decide for yourself if it is something I want in my body. Included in the book are a lot of delicious recipes that range from main meals to desserts to prove that eating vegetarian is not about just eating grass. You can eat a wonderful variety of foods even if it is vegetarian. The book is full of information anecdotes, cooking advice, eating-out strategies, and motivational tips encourage readers to stick with their chosen plan for four weeks before moving on to the next phase. I absolutely recommend this book for anyone who wants to eat healthier.

I am not a Vegan but I do encourage a healthy, active lifestyle. I experiment with recipes every once in a while making sure to include a few recipes for green's here and there. I definitely had the most fun with Jack's book. His recipes are easy to make and does not at all make you feel like you're in a strict diet. Even the kids approve!

Nice cookbook. I've enjoyed all the recipes I've tried out so far. Looking forward to making more of them in the near future. I love learning new vegetarian recipes so I was pleased I got this one. Nicely done!

This book is definitely for my husband. We both are vegetarians, but I am not so worry about proteins, but he does. He is already happy that I've got this book for him and I think will be even more happy when I cook something for him. Now I have a lot of chances to surprise him with high protein meals. Thanks for this book!

The recipes in this book are good. The content of this book is superb. I deducted a star because the binding is poorly done and the spine on my copy has completely detached from the pages. The information preceding many recipes is helpful and often interesting. Haven't tried many of the recipes yet, but I look forward to doing more soon. I would have liked to have more vegan recipes.

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