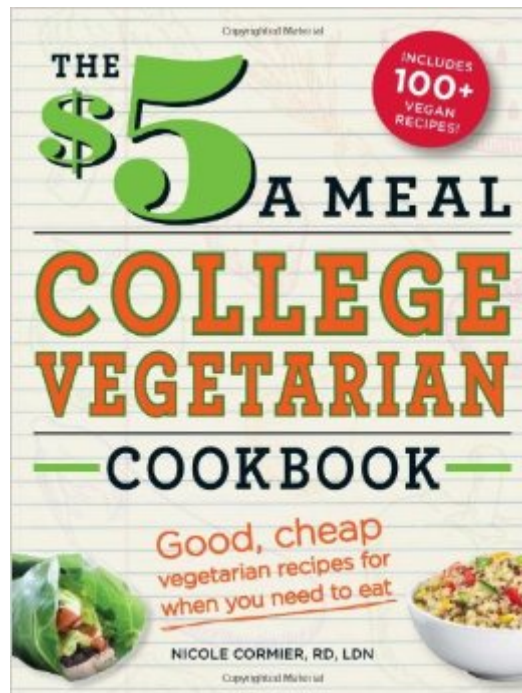


The book was found

The \$5 A Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes For When You Need To Eat (Everything Books)



Synopsis

300+ meat-free dishes for \$5 or less! Tired of your dining hall's sorry excuse for a vegetarian meal? Can't afford to spend all your money on mediocre takeout? Well, now you can enjoy hundreds of delicious, meat-free dishes that will not only satisfy your cravings but your wallet, too! The \$5 a Meal College Vegetarian Cookbook makes it easy to create satisfying vegetarian dishes you'll actually want to eat. Featuring simple instructions and more than 300 tasty recipes, this book provides you with a variety of meat-free meals that will keep you full throughout the day. Best of all, each dish will only cost you no more than \$5, so you'll never have to worry about breaking the bank when you create soon-to-be favorites, such as: Potato poblano breakfast burritos Avocado and shiitake pot stickers Hearty mexican taco salad Quinoa and hummus sandwich wrap Easy eggplant parmigiana Chocolate mocha ice cream Whether you need an energy-boosting breakfast, a cram-session snack, or a date-night entree, you will get the most out of your meals--and budget--with The \$5 a Meal College Vegetarian Cookbook.

Book Information

Series: Everything Books

Paperback: 224 pages

Publisher: Adams Media (April 18, 2013)

Language: English

ISBN-10: 1440552673

ISBN-13: 978-1440552670

Product Dimensions: 6 x 0.6 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #16,903 in Books (See Top 100 in Books) #10 in [Books > Cookbooks, Food & Wine > Cooking Methods > Budget](#) #37 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

Customer Reviews

I gave it a five because the book first off was in excellent condition, second it got here super quick, and third the book had easy delicious recipes that basically use the same ingredients through out so its very convenient when grocery shopping.

This was purchased as a gift for one of my children who has discovered vegetarianism is their first

semester in college . They have expressed that they find the book to well organized and well written . My child says that the meals are varied and easy to prepare . The meal choices aren't "boring" or "bland" either which I will admit I would assume based on the \$5 a meal title . The impression I got is that my little vegetarian is happy with this book .

Totally saved my TVP (as opposed to "bacon") when I moved out! So many great ideas that really expanded my recipe repertoire. They were easily adaptable for vegan and gluten free versions. I love how each dish is priced. I also love the variety of simple and complex meals, original ideas, and room to explore. I'm not a huge fan of how many tofu recipes there are (to be fair, they only compromise about 1/4 or less of the recipes)- but I just substitute or omit and its no big deal.

This has a wide variety of recipes. Some pretty basic, but that will come in handy for someone completely new to cooking. I felt that it had a nice mix and easily doable for students.

This book was not what I expected. True each recipe is affordable some costing just cents but, it has a repetitive nature. some recipes are listed twice. also, there are unnecessary "recipes" like boiling ears of corn.

another great book for kids, college, adults etc who are consuming less and less meat of all kinds. the meals are easy, tells how much each meal costs. this is great for students on a budget. tells what you need in the cooking area, how to stock your pantry. again never know where you will get good information and meals.

My overall opinion is, "meh". While it did have a lot of recipes, most of them that I have tried weren't that impressive. They were edible, but didn't have a wow factor. Would probably be good for a beginner cook since the recipes were quite easy and had very few ingredients.

Bought this for my vegan friend who is living in a dorm with no meal plan. There are many vegan recipes, although the vegetarian recipes are easily converted to vegan. Unlike most cookbooks, there aren't really any pictures and the whole book seems to be black and white. That said, the recipes seem good! Almost all of them are actually considerably under 5\$.

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

The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You

Need to Eat (Everything Books) Student's Vegetarian Cookbook, Revised: Quick, Easy, Cheap, and Tasty Vegetarian Recipes Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) PETA'S Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School The I Love Trader Joe's College Cookbook: 150 Cheap and Easy Gourmet Recipes Everything You Need to Know About Snakes (Everything You Need Know) Crockpot Recipes: The Top 100 Best Slow Cooker Recipes Of All Time (Crockpot Slow Cooker Cookbook Recipes Meal Preparation) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! Easy Vegetarian Slow Cooker Cookbook: 125 Fix-And-Forget Vegetarian Recipes The Kids' College Almanac: A First Look at College (Kids' College Almanac: First Look at College) The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue ...and hundreds more! (Everything (Cooking)) The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue and hundreds more! (Everything Series) Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÂ Â© (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Good Cheap Eats Dinner in 30 Minutes or Less: Fresh, Fast, and Flavorful Home-Cooked Meals, with More Than 200 Recipes Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes A Modern Way to Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing) Everything You Need To Know About Geography Homework (Everything You Need To Know..) The Menopause Diet: Mini Meal Cookbook- Good Food for Real Women, Naturally Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron)

[Dmca](#)