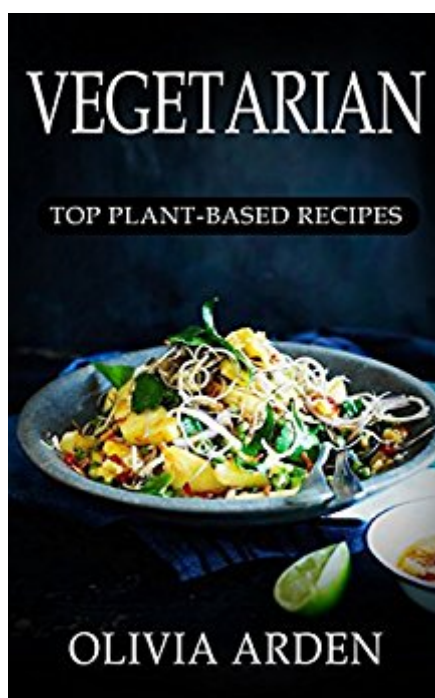


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# Vegetarian: The Beginners Guide To A Vegetarian Lifestyle© With The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook)



## Synopsis

If Creative Vegetarian Recipes are What You Seek, then Look No Further. Introducing The Revolutionary Vegetarian Diet.. Whether you are a Vegetarian or simply want to include more Plant-based Foods in your diet, this book offers a wide variety of recipes for healthy that you can make in your own kitchen. Time & Time again, Science proves that a Plant-Based Diet is the healthiest diet for us in this modern day and age. With its Organised Table of Contents, 1 FULL Month Meal Plan and Accessible layout this Recipe book makes it easy to find and create the plant-based meals & snacks you will LOVE. On this diet you will be getting plenty of good fats from cold-pressed oils, nuts, free range eggs, seeds and eliminating all unnatural and processed foods. Think of the Vegetarian diet like pushing the "reset" button with your overall health, relationship with food and your habits. This book will use a step-wise approach to take you through the Vegetarian Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. You'll discover... Why go vegetarian? How do animal products affect the environment? The Negative Health Effects of Meat Consumption Benefits of consuming live plant-based foods What to eat on the vegetarian diet How to get the nutrition you need Is there anything like ethical meat? Light at the end of the tunnel This book will teach you exactly what you need to know about the Vegetarian Diet. Here are it's many Guaranteed Advantages and Health Benefits: Increase Energy Levels & Vitality Accelerated Fat Loss Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance Normalized Sleeping Patterns Reduced Anxiety and Stress Boosts Immunity and is Anti-Cancer Here Is A Preview Of The Wholesome recipes you will find in this book: Coconut Oats with Blueberry Jam Parfait Indian Chai Pancakes Raw Beet Granola Raspberry-filled Breakfast Muffins Jumbo Breakfast Pancake Homemade Pumpkin Porridge Tasty Chia Pudding Cooked Wheat Berries Wheat Berry and Bean Chili Nutty Tofu Wrap Fresh Zucchini Noodles Fresh and Light Vegetable Medley Nutty Collard Wraps 100-% Rye Zucchini Sandwiches Vegetarian Gyros Vegetarian Spaghetti Bolognese Asian Steamy Pot Curried Vegetables with Cauliflower "Rice" Couscous with Spicy Veggie Tagine White Bean and Avocado Club Sandwich Yummy Rawzania Raw Pizza Party From Breakfast, Lunches, Mains & Smoothies all the way through to Decadent Desserts! ... Start your Vegetarian Journey today with these Nutritious Recipes that will guide you to unlimited health and vitality! ...

## Book Information

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## Customer Reviews

This book help me to start to appreciate the vegetarian because there are a lot of benefits if I start to eat vegetables. Before is quiet difficult to me eat Vegies but now I already appreciate some vegetables. Here in this book convinced me that through vegetarian diet can further on making healthy and super tasty recipes. The benefits i can gain If I will start to eat some vegetables are lifelong health, physical performance and overall wellness. I highly recommend this book!

I love reading this book, I learned a lot from it. History of this lifestyle is quite interesting. I knew some people who are in to vegetarianism and this book help me to understand why they choose this kind of lifestyle. I also learned that not only protecting animals is the only reason for this lifestyle but also to improve not only our health but together with our environment. There is also a meal plan included in this book for two months which is very helpful. Thank you to the author.

Vegetable is always good for health but I'm not vegetarian. I'm thinking about it and at least i will eat some vegetable everyday but i have no idea about vegetable that's why i got this beginner guide

from here. This book is a great source of vegetable and I found in this book a lot of vegetable recipes as a beginner I understood where to start. All instructions are very clear to me. Thanks for the great help.

This is a great vegetarian guide. I was searching for a good book on and I came across this book and I surely made a good choice. I have been helped step by step on how to go about this diet and the recipes at the end spices everything up. I am so sure of where to start and what to go for and how to prepare meals and what to eat and what to avoid as a vegetarian. I highly recommend the book

This book had use the step-wise approach to take us through the vegetarian diet and further beyond into the practical application of making a healthy and super tasty recipes. The vegetarian diet is continually gaining popularity for all the right reasons. The recipe in this book looks delicious which makes me excited to try one of those when my schedule is not busy.

How many? 170 recipes for just 99c? Oh, this fact doesn't give me rest. I tried vegetarianism when I going to school. Then it seemed madness and my parents were not delighted with my hobbies. Now I practice a vegan, but that doesn't mean that I don't eat meat. The book is very attracted. It's quite suitable for beginners and of course for experienced vegans who may find the recipes for their souls.

Honestly, veggies are not my cup of tea but then under my new diet they are a key player so I had to incorporate them in my meals. I have tried a few veg cookbooks and often they fail me because the meal is substandard. When I saw this book I was impressed by the reviews and I decided to get it. I have tried a few recipes and the meals are tasty

There is a great detail given to the recipes and there is a dietary information about Vegetarianism that is important even before beginning to enjoy the meals to know the reasons why it should be a routine to have vegetarian recipes in our daily meals. There are table for meal plan that can give the reader a great start.

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