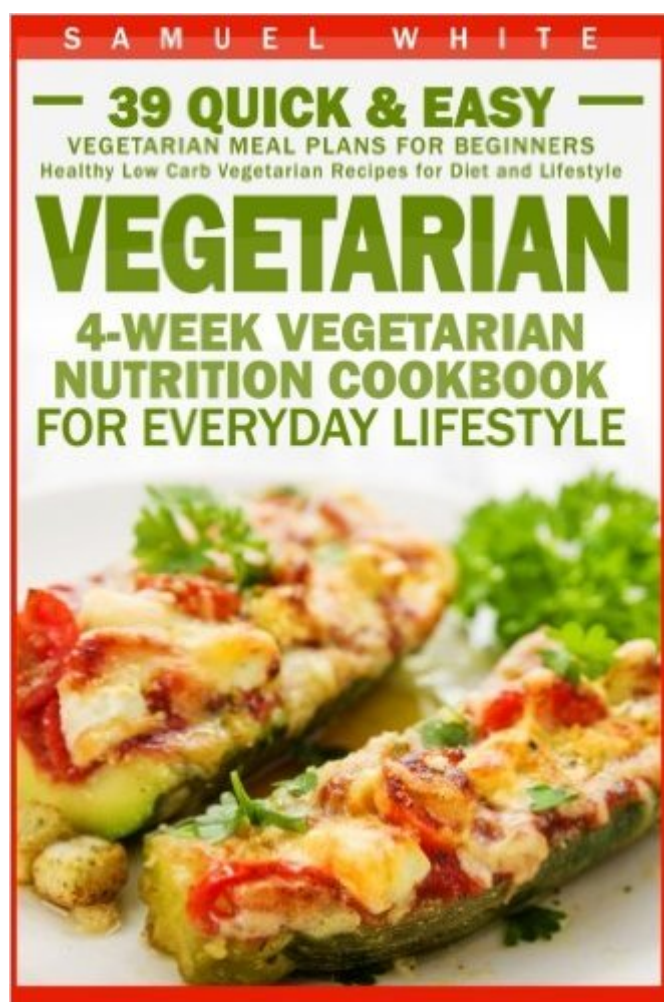


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# Vegetarian: 4-Week Vegetarian Nutrition Cookbook For Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans For Beginners (Healthy Low Carb Vegetarian Recipes For Diet And Lifestyle)





## 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. You'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 you'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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Best Sellers Rank: #373,294 in Books (See Top 100 in Books) #41 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Northwest](#) #587 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

## 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!

I am in the middle of a cutting cycle and trying to explore all the possible ways to push myself to lose the most fat in the most effective, healthiest time range possible (Trying to get down to 8% body fat by the end of my cycle which is less than 90 days left). I have dig into and downloaded a lot of books and materials and been implementing them to get to the next level. I've hit almost a plateau of sorts lately with lose goals, so started turning to potential vegetarian low carb diets to change my current routines (the food and diets I have been eating have left me not feeling the best mentally and physically) and see how effective it will be not just to my goals but also to my overall well-being and feeling good on a daily basis. What I really liked about this book is the variety of options and choices it gives and on mixing and matching to design your very own meal plan which makes it flexible and adaptive to your individual preference and lifestyle needs. I've tried making the avocado and egg spaghetti squash boats for breakfast, and after a few days of trying it, not only does it taste great (Being addicted to eggs as well as spaghetti in my own life also helped this fact), I can definitely say I feel a lot more lighter, non-nauseating, and my energy levels are noticeably a little higher. Only time will tell how these diets will fair, but safe to say, this book has helped me expand my body of knowledge of whats out there to help me reach my dieting and fitness goals.

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.

This is the best cookbook I have ever used. The most useful part of it is the vegetable section, where each fruit or vegetable is listed in alphabetical order, and each section discusses choosing, storage, and preparation of the fruit or vegetable, and then follows with at least one very simple recipe (green beans with butter and basil), and then more complicated ones. if you like to eat food you will like this book. if you like to cook or wish you knew how you will like this book. if you love to cook and love vegetables and are a nerd this will be your bible.

This book is fantastic! It offers some recipe which are appealing to the eyes and taste yummy. It is a vegetarian book that contains recipe low in carbohydrates. It is good for the body and can make us healthy. One of my favorite recipe from this book which my kids also loves to eat is the mini-cauliflower pizza with greek yogurt pesto, it taste so yummy and a great one to eat during snack time and typical family gathering.

So simple and informative. About half the recipes were vegan. And a good number of those were gluten free too. I've tried five of these recipes so far, and they are all good enough that I am sure I'll make them again. This is a great, comprehensive cookbook full of vegetarian meals and side dishes. The hearty main dishes work in a wide variety of vegetarian and vegan sources of protein for a balanced meal. This would be a great resource for anyone on a vegetarian diet.

"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.

This is the healthiest book I've ever read and the most complete package in terms to Vegetarian diet plan. What I like most about this book is the information of what benefits you can gain of vegetarianism. There are also great recipes for kids which are easy to follow. I'll definitely recommend this book, who wants to know the important facts about this diet and also the benefit it provides.

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