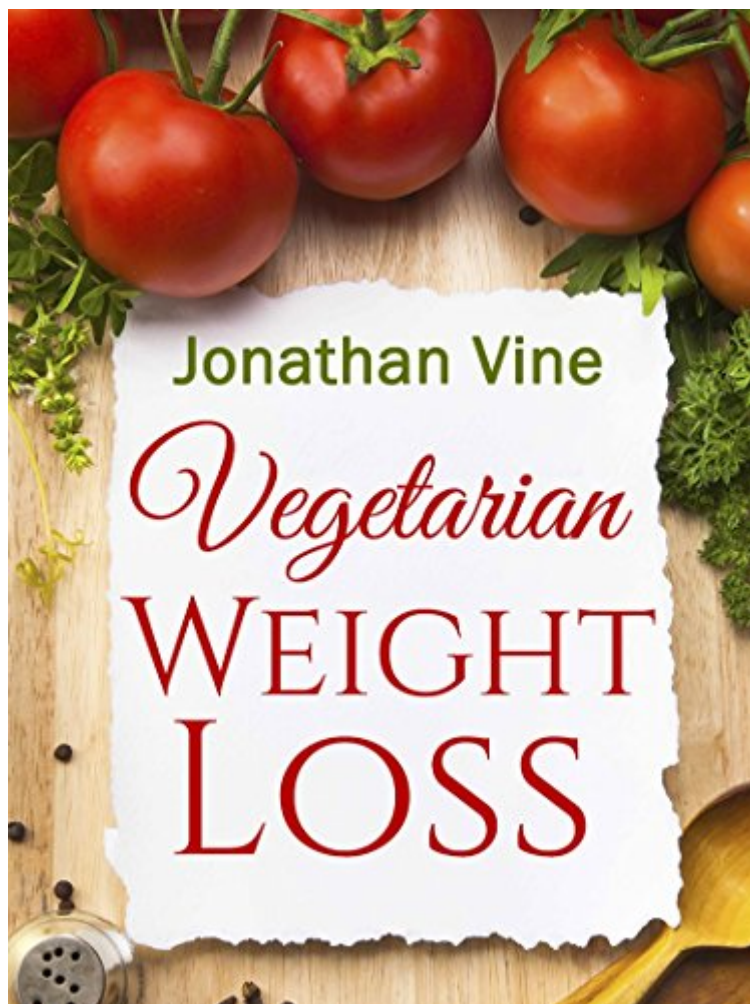


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# Vegetarian Weight Loss: How To Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1)





## Synopsis

Want to lose those extra pounds and live a healthy lifestyle? The best new vegetarian weight loss diet. Start today and lose weight instantly! Vegetarian Weight Loss is written for anyone who wants to lose weight fast while following one of the healthiest and easiest ways to eat! Not only will you start to feel great but you will be shedding all those unwanted pounds too! Most people, when they start to look at becoming a vegetarian can be slightly overwhelmed at all of the different information out there. Especially when it comes to losing weight and staying healthy at the same time! That is why I wrote this book. I wanted to clear up a lot of that confusion and give you a very simple, quick to read guide to losing weight from eating like a vegetarian. In "Vegetarian Weight Loss" you will discover:

- How being vegetarian helps you lose weight - the scientific proof is all there, being vegetarian will make you lose weight!
- The health benefits of the vegetarian diet - all the great things you can expect to experience with this fantastic way of eating
- Vegetarian Sources Of Vitamins And Protein - this chapter is crucial if you are going to remain healthy whilst being a vegetarian!
- Foods To Eat And Foods To Avoid - an easy to read guide of all the great foods you can eat, but also the ones that you should avoid!
- Tips For Weight Loss Success - use my special tips to boost and accelerate your weight loss and good health!
- 50 delicious, mind blowing Vegetarian Weight Loss Recipes - all my very best vegetarian recipes to help you lose weight! And much more!

The Vegetarian Weight Loss diet is really simple and fun to follow, whether you go vegan or vegetarian your body will experience a complete transformation! This book is pure cutting-edge content from someone who has spent the past 3 years and thousands of hours of research testing and refining what really works to bring you only the best of the best recipes, methods, and weight loss tips. Scroll up and grab a copy today!

## Book Information

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## Customer Reviews

I have decided to never diet again but adapt the lifestyle of "eating clean". I bought this book along with another, more popular book on the market as I couldn't decide between the two. I have to say.. I love the book. A lot of diet books just go on and on and take forever getting to the point of how to diet. there are some nice recipes like the cranberry and lemon muffins, and the red pepper and artichoke frittata that I tried and I can't wait to try others!

I've been exploring vegetarian recipes for some time now, I notice I feel better when I eat a vegetarian diet. I found this book to be great. The recipes are easy to follow, and the ingredients are great. The author discusses the health benefits of the vegetarian diet, plus gives a lot of great tips for weight loss success. The author says he wrote the book to teach everything there is to know about being a vegetarian, and I think he's done a good job of that. He also explains where meat might be hidden in some foods, something I had not considered before, being new to this. He also explained the different types of vegetarians. Since I raise my own chickens strictly for their eggs, I was interested to know that what I am trying to become is a Lacto-ovo-vegetarian. The book is well written, formatted, and it is very clear and concise. There are pictures included with the recipes, which I appreciate in a recipe book as well. Overall, it is definitely a book you should have if you are vegetarian, ant to go on a vegetarian diet or are just interested in vegetarian recipes. I highly recommend.

This book is a decent introduction to vegetarian eating and I like that it stresses whole foods and not processed meat substitutes. The recipes look simple, easy to make, and flavorful. They also use basic ingredients that you can find at any grocery store, so you won't be wasting a ton of money at specialty grocery stores looking for some obscure ingredient you'll only use once. It only gets three stars for several reasons. Primarily, it offers only a rather simplistic description of vegetarian

nutrition. I was hoping this would be more in-depth - explaining how to get all of the basic nutrients and a proper balance of fats, carbs, and protein and offering daily meal plans from the recipes involved to ensure that we do. Instead of weight loss success tips being basic statements like "willpower!" and "eat at a table on a plate!" why not give us the tools to know what we're actually eating? The parts of this book that aren't recipes read like hastily written filler intended to add bulk, but no substance. Furthermore, there are a few typos and glaring grammatical errors that oftentimes left me wondering what grade level was the target (less instead of fewer, particular instead of particularly, etc.) As someone who is always on the lookout for new, healthy, easy, tasty recipes, I'm sure I will find this book very useful. I'm already a vegetarian, so I will be adding these recipes to my list of new things to make. However, if you are looking for an excellent guide on how to eat healthfully and understand the hows and whys of what makes food good for you and what doesn't, I recommend Joel Fuhrman's Eat to Live. Although Fuhrman doesn't advocate a 100% vegetarian diet (he says very small amounts of salmon are okay), he explains the ins and outs of healthy nutrition using peer-reviewed studies to back up his points. It's also easy to ignore the fish and adapt his ideas into a vegetarian or vegan diet.

Vine's book explains the benefits of a vegetarian diet which include weight loss, reduced cancer, better glucose control and reduced coronary heart disease. The Preventive Medicine Research Institute conducted a study which showed that a vegan diet can cut up to 24 pounds or more a year and extend life by 13 years. This is true in the reviewer's own experience with food. The book explains how various colored vegetables help with health. For instance, yellow veggies contain carotenoids while green veggies contain chlorophyll. The author makes clear that vegetarians should eat whole grains like oats daily. The book has plenty of recipes to show how to eat daily. For instance, the author explains recipes for tofu sandwiches, scrambled egg burritos and grapefruit cranberry mixed salad among others. Exercise is another important part of weight reduction, as well as portion control. In the reviewer's experience, the Vita-mix 5000 Total Nutrition Center Series provides an easy way to process veggies like celery, radish and carrots into a paste which is similar to a pudding. The processor also has a variable heating element for soups. Overall, Vine's book would be very helpful for a wide constituency of vegans and dieters seeking to reduce or eliminate meat consumption in favor of a vegan diet.

So finding this book couldn't have come at a better time. Seriously. My husband and I have a bet going about self control and the first one who gets down to their goal weight wins the prize. We both

agreed during the competition that we would go vegetarian. This meant that we needed a set of recipes that would help us ease into becoming vegetarians while helping us shed some poundage. When I came across Vegetarian Weight Loss Diet by Jonathan Vine I crossed my fingers, bit the bullet, and bought the book. As it turns out it was exactly what I wanted. It's filled to the brim with tasty vegetarian recipes that are easy to make, delicious, low cal, and nutritious. A few of my favorite things to make from the book: Red pepper and Artichoke Frittata, Waffles with Cherry Sauce, Eggplant and Portobello Sandwich (I like to lightly toast the bread too), Spicy Bean burgers, Black Bean Croquettes

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