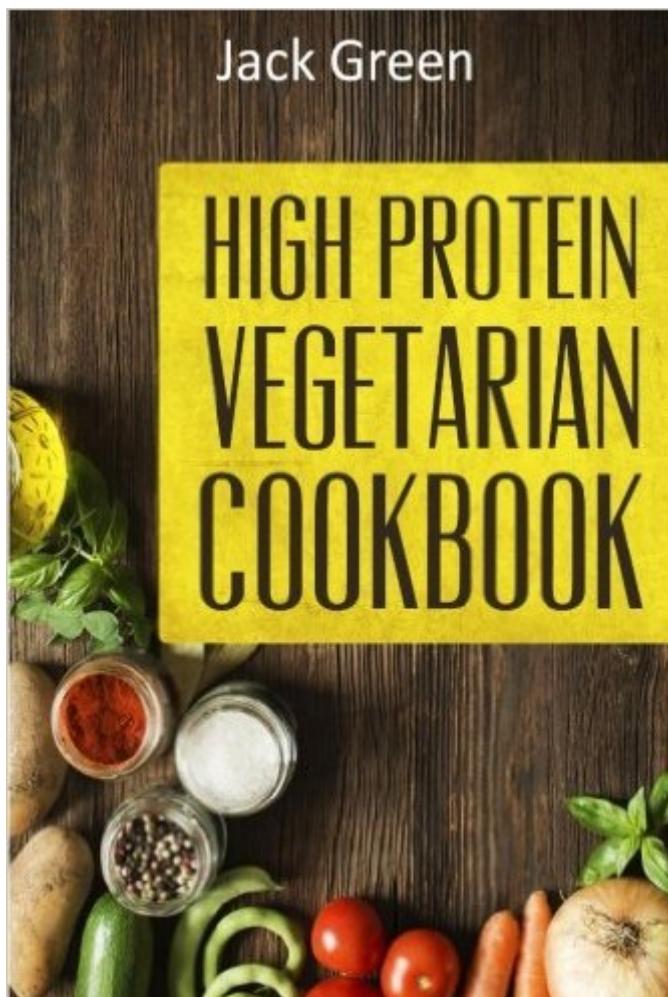


The book was found

# 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

Paperback: 48 pages

Publisher: CreateSpace Independent Publishing Platform (March 31, 2016)

Language: English

ISBN-10: 1530835380

ISBN-13: 978-1530835386

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.3 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ  See all reviewsÂ  (14 customer reviews)

Best Sellers Rank: #442,895 in Books (See Top 100 in Books) #45 inÂ  Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #92 inÂ  Books > Cookbooks, Food & Wine > Special Diet > High Protein #198 inÂ  Books > Cookbooks, Food & Wine > Cooking Methods > Budget

## 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.

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

Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot,Quick Meals,Slowcooker,Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron)

Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) My Lodge Cast Iron Skillet Cookbook: 101 Popular & Delicious Cast Iron Skillet Recipes (Cast Iron Recipes) (Volume 1) Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Low Carb: The Low Carb Dessert BIBLEÃ Â© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Crockpot Recipes: The Top 100 Best Slow Cooker Recipes Of All Time (Crockpot Slow Cooker Cookbook Recipes Meal Preparation) Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid Crockpot: 65 Delicious Crockpot Recipes for You and Your Whole Family Casserole Cookbook: Quick and Easy Low Budget Recipes for Your Oven, Dutch Oven or Cast Iron Skillet! (Make-Ahead Lunch and Dinner Recipes) Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker

[Dmca](#)