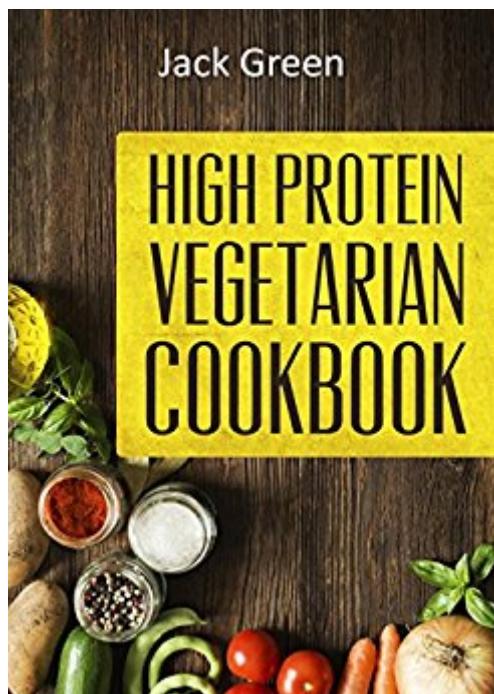


The book was found

Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... Low Carb,Vegetarian Low Fat)



Synopsis

High Protein Vegetarian Cookbook-Cooking For Two Or More-Budget FriendlyAll recipes are based on a Whole Foods Plant Based Lifestyle All recipes are:MeatlessMinimize dairy/ dairy alternatives Low Fat recipesLow Carb recipesGluten FreeWhole Food Here's a glimpse of the recipes:spicy black bean ratatouille grain-free vegan cheesy lentil piesvegan pumpkin chilibruschetta quinoa casserole polenta and tofu-high protein skilletsun-dried tomato frittata with quinoa & zucchini egg muffins veggie pasta Mediterranean quinoa fluffy scrambled eggs

Book Information

File Size: 869 KB

Print Length: 54 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 3, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B010Y07SHS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #224,994 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #68 inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein #120 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Reference

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!

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.

The book also gives you some great tips on what foods are low carb and how to make sure you have them all year long. There are a lot of great recipes in this book and some of these I tried already, very effective for losing weight. Glad I got this book.

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

Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Crockpot Recipes: Crockpot Recipes For Supreme Healthy Eating (Crockpot Diets, Crockpot Lifestyle, Crockpot Concept): 99+1 Crockpot Recipes to Work the ... Your Crockpot (99+1 Crockpot Series Book 3) Cast Iron Cookware Recipes 4 Books in 1 Book Set -

Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Cast Iron Skillet Cookbook - International Cast Iron Recipe Favorites: Travel The World With Your Cast Iron Skillet - Delicious Cast Iron Recipes Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Simple Skillet Cookbook: 15 Elegant and Easy Recipes for Your Cast Iron or Electric Skillet (Cast Iron Cooking - Skillet Recipes - Cast Iron Skillet Cookbook) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Cast Iron Cookbook: The Only Cast Iron Skillet Cookbook and Cast Iron Skillet Recipes You Will Ever Need DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low

carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)