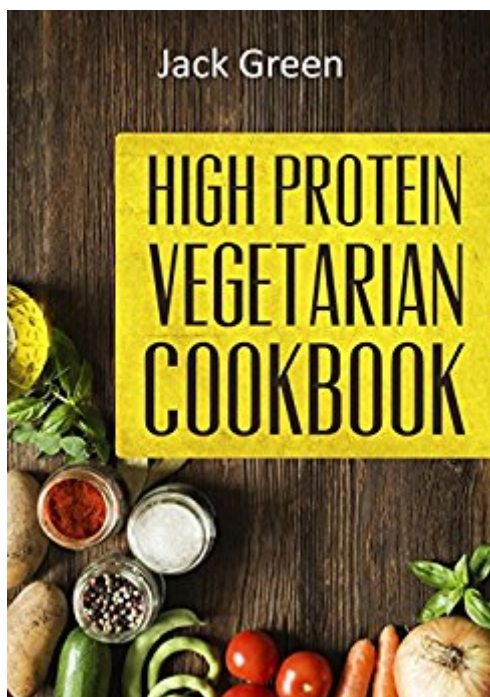


The book was found

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 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 chilibruschetta 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

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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!

This cookbook is quite small and is more of a long pamphlet. For \$14, I was expecting an actual book. The recipes are fine, but if you are already vegetarian, then you probably make similar recipes and wouldn't find anything new. I would, however, recommend this to someone starting out as a vegetarian, but I don't think this book is worth the price.

I have to go buy some new groceries, but I am looking forward to the new dishes.

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!

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.

Excellent book!!! like cook with vegetable and this book show you a lot of recipes good recipes

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!

Great recipes

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Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget (Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) 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: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook 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) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) 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) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate,

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