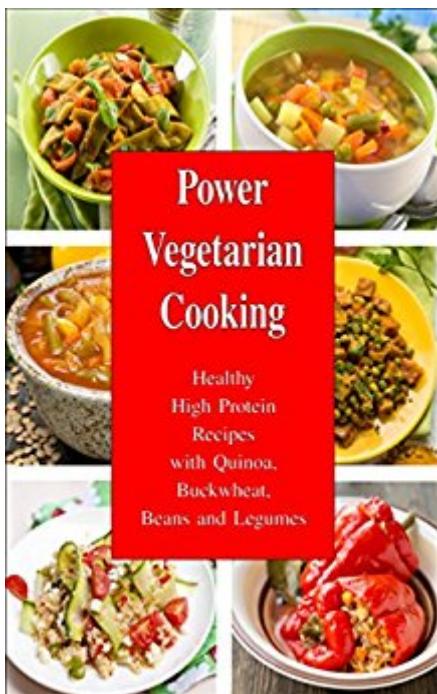


The book was found

Power Vegetarian Cooking: Healthy High Protein Recipes With Quinoa, Buckwheat, Beans And Legumes: Health And Fitness Books (Slimming Superfood Cookbook To Help You Lose Weight Without Dieting 1)



Synopsis

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING!The healthiest foods on the planet are already in our kitchen or backyard and are surprisingly affordable and encouragingly easy to find. In fact, power vegetarian foods are familiar to everyone: beans, nuts and seeds, legumes, buckwheat and quinoa have amazing healing qualities and are packed with protein, essential vitamins and minerals.From the author of several bestselling cookbooks and fitness enthusiast,Ã Alissa Noel Grey,Ã comes a great new collection of delicious,Ã easy to make vegetarian recipes. This time she offers us some of the best meat-free, protein-packed vegetarian meals, full of superfood legumes, vegetables, nuts and delicious gluten-free grains like quinoa and buckwheat. Power Vegetarian Cooking: Healthy High Protein Recipes with Quinoa, Buckwheat, Beans and Legumes is an invaluable selection of protein-packed vegetarian recipes that will delight everyone at the table and become all time favorites.If you're looking for a quick weeknight supper or a delicious weekend dinner, these healthy everyday vegetarian meals will help satisfy your family and your budget.And because we all want to be fit and healthy, at the end of this cookbook you will find a FREE BONUS GIFT - 20 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss.

Book Information

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Customer Reviews

I'm not a vegetarian but I'm a vegetable lover myself and I want my kids to be the same way too. The problem is, most of the kids today are not fond of eating vegetables. One of the causes is that maybe because we don't know much about vegetable recipes, so, they don't have a wide variety of dishes to try on. This book is the answer to that problem! It contains great, tasty, delectable healthy vegetable dishes that everybody will surely love. Not only that, vegetables included in the recipes are easy to find and can be grown organically in our own backyard. Isn't it great? In today's time when most of foods are processed and contains artificial ingredients, switching to healthy foods would be a very smart move for and this book is a great start for that.

I bookmarked pretty much the entire book. Very excited to see the recipes for Quinoa. They seem quick and easy to make and I will be sure to try many of them. Note to the author I did see two misspelled words. QInoa is spelled wrong in a Recipe title (I think the Eggplant Quinoa Stew), and Cumin is spelled with 2 m's in a recipe not long before that. Other than that I don't have any complaints. Disclaimer that I am not an imaginative cook, so this book is right up my alley. Especially excited to try the recipe for avacado hummus, and falafel!

My regular diet is Paleo, I do not think it can be more different than vegetarian, but every now and then I like to do a little detour and do a little "body cleaning", especially this works for these days after holidays. This book provides beautiful recipes that really do provide some extra punch.

I just got the book so am still trying the recipes for the first time. The carrot soup was delicious. This cream soup was creamed without milk and was wonderful for those who must be gluten and dairy free.

What more can you ask? No excuses allowed when recipes are this easy. A great way to get out of a rut and be more creative with the same ingredients,

The recipes are fun and easy to prepare and are very tasty.

good book

I really like this book. I have been teetering on the fence for awhile now on whether or not I want to try going full vegetarian and my only hold up was that I was not sure if I could find any recipes that I like. With this book I found a few that I really love. I think I am going to take the next step to becoming a full vegetarian. I highly recommend.

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