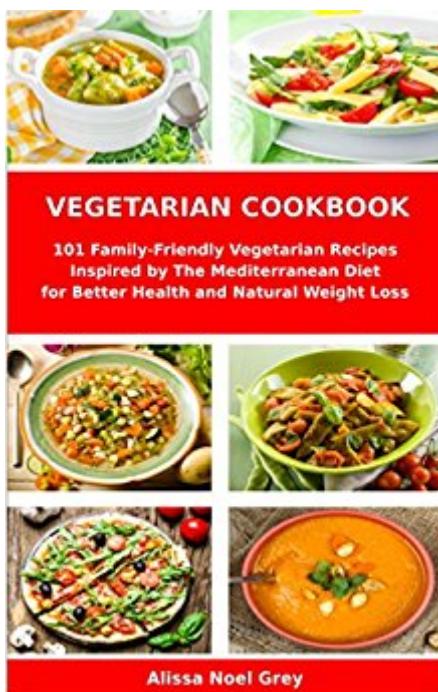


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# **Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired By The Mediterranean Diet For Better Health And Natural Weight Loss: Mediterranean Diet For Beginners (Healthy Cooking)**



## Synopsis

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey comes a great new collection of healthy recipes. This time she offers us her everyday vegetarian family recipes, a collection of some of the best meat-free, protein packed, breakfast, soup, salad and main dish recipes that can be prepared on a daily basis. *The Everyday Vegetarian: 101 Family-Friendly Low Cholesterol Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss* is an invaluable and delicious collection of easy homemade vegetarian recipes that will provide enough protein, vitamins, minerals and antioxidants to keep you and your family strong and feeling better all-round. If you're looking for an easy and natural way to lose weight and stay healthy, this cookbook is for you.

## Book Information

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European > Mediterranean #124 in Books > Cookbooks, Food & Wine > Main Courses & Side

Dishes > Salads

## Customer Reviews

This is a great book to incorporate for the vegetarian and for meat eaters, it is a good way to introduce vegetarian meals and side dishes. These are recipes the entire family will eat and ask for them to be made again and again. As a vegetarian (from a family of 5 meat eaters), it is a great recipe when everyone in the family enjoys the meal. This book has many recipes that will be adopted in the family menus. While fresh vegetables and fruits are available Ã¢Â“ salads are a great option. In the winter, soup is a great way to warm up. I recommend this book!

If you don't have a vegetarian cookbook, this is a good start; however, I found there to be a lot of similarity from recipe to recipe as far as ingredients go.

Personally I'm not a vegetarian, but I do try to have a veggies only week from time to time to clean my body. This book offers tons of great looking recipes for entire family, and I can't wait to cook a few.

Very good with items readily available and spices to enhance the vegetables. Time wise easily to prepare all ingredients and spices

Love it is just something new I add to my diet they are delicious and also healthy for you

It was very helpful and steered me in the direction for a healthier life

Everyone should try this

Not really many recipes I would incorporate into my every day meals.

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