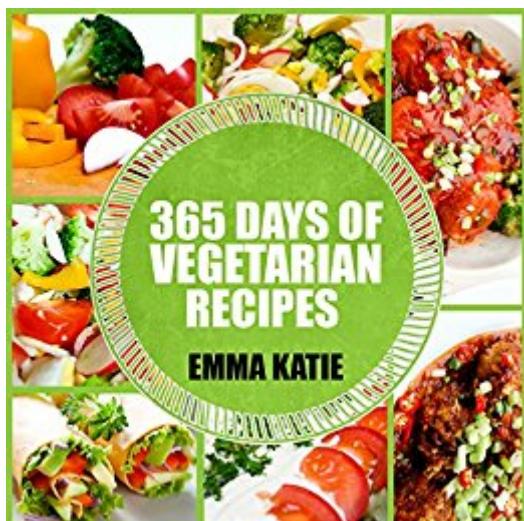


The book was found

Vegetarian: 365 Days Of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners)



Synopsis

Vegetarian365 Days of Vegetarian Recipes is mainly designed to make each and every cook book lovers to relish the fine dining vegetarian dishes at home. The cook book includes the best recipes which I have tested and even makes you to get variable cooking options through oven, microwave and even through stoves. The eBook is well printed with top class western cuisines, the recipes are tested and marked by me as the best recipes. In 365 Vegetarian Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Vegetarian offers several advantages:  Lower body weight  Vegetarian foods do not have an excess amount of fates in them, especially as compared to the non-vegetarian food items. According to a research carried out by the Cancer Research UK, meat eaters gain more weight over a 5 year period as compared to the vegetarians. Better cholesterol levels  We all know that eating red meat increases your cholesterol levels. A research done by the scientists at the University of Toronto and St. Michael's Hospital have found that eating particular plant foods decrease cholesterol and can be even used to treat patients with high cholesterol. Consuming a diet that consists of soy proteins, nuts (preferably almonds), margarine with plant sterols (a component present in leafy vegetables and vegetable oils) and high fiber foods like barley and oats, reduce the levels of  bad cholesterol in the body. This bad cholesterol often leads to the coronary artery getting clogged up. Lower risk of cancer  Researchers working at the European Prospective Investigation into Cancer and Nutrition-Oxford (EPIC-Oxford) have discovered that vegetarians are at a lower risk of contracting cancer as compared to the meat eaters. Extended life-span  As following a vegetarian diet plan protects you from a variety of ailments and diseases like diabetes, cardiovascular diseases, cancer, etc., every vegetarian's life expectancy increases when compared to the life expectancy of a non-vegetarian. In addition to mouthwatering recipes like: Mushroom Bolognese with Tortilla-Arugula-Peach Salad-Fresh corn Tomatillo with hot paprika. These are few from the best recipe which the eBook contains. The eBook has the best and most efficient of all kind of steps that a housewife needs to present her magic in the kitchen. Everyone can enjoy the best dishes and perfect taste and moreover each and every dish that the book has are 100% health efficient for you too. Thus prepare the best 365 days of Vegetarian Recipes and live a life of happiness and good health following this eBook. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering vegetarian recipes.

Book Information

File Size: 2323 KB

Print Length: 213 pages

Simultaneous Device Usage: Unlimited

Publisher: 365 Days of Vegetarian Recipes (November 19, 2014)

Publication Date: November 19, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00PWANTW4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #32,623 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #65 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

I got this along with the other book, 365 days of vegan recipes, to see if there were any recipes I would like if I were to switch to vegan or vegetarian. I'm still not sure if I want to make the transition, but I have found a number of good recipes that I'll continue using even if I don't. These in particular I like - there are a lot of good vegetarian options that still taste really great. There are meals as well as desserts. Great book for finding vegetarian recipes.

Such practical book for quick cheap healthy food

My wife likes to cook and eat vegetarian on occasion, yet only has a few recipes that she's learned by heart. We picked up this wonderful book of over 300 vegetarian recipes and have been having a great time with it. Not only is there useful nutritional information included, there are recipes for every meal: appetizers, soups, breakfast, lunch, dinner and dessert. We have been enjoying cheesecake ice cream and are planning on having grilled portobello burgers next.

Very interesting and practical book

It helped me a lot on my new vegetarian life.

It has some great ideas for people who have kidney disease and can't eat meat

It provides decent recipes but somehow I expected more. Many of this recipes are side dishes. I expected them to be main courses for vegetarians they do offer some of this however not as many as I would expect from a vegetarian book.

Just got this, but I'm looking forward to exploring all the recipes.

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

Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) 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;Crock Pot) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For

Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss, Quick and easy Recipes for Healthy Living 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker — Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) Vegetarian: Everyday : Vegetarian For Beginners (vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)