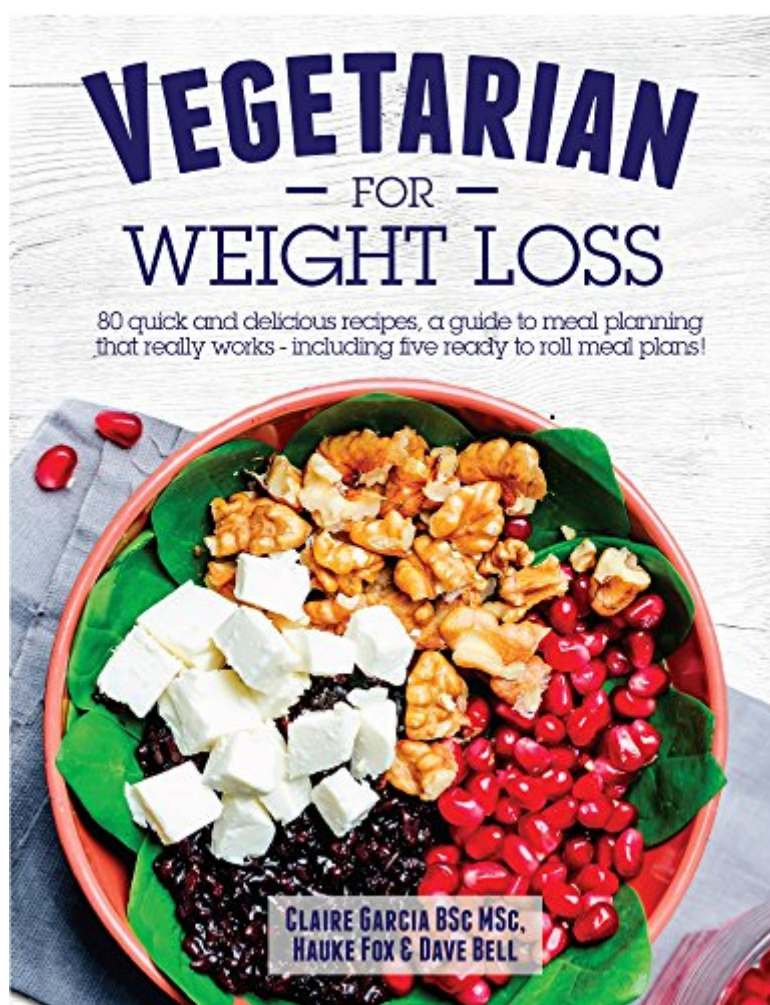


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Vegetarian For Weight Loss: 80 Quick And Delicious Recipes, A Guide To Meal Planning That Works - Including 5 Ready To Roll Meal Plans



Synopsis

Lose Weight the Healthy Way - Vegetarian Style! Success requires consistency! This book gives you the structure to keep you on track: Learn how to prep delicious, healthy and most of all quick vegetarian dishes. Take advantage of ready to roll meal plans that help you with portion sizes and creating balanced meals. This book is NOT for you, if you want a routine to get a "bikini body" as fast as possible. This is not about crash diets nor running after TV model images. Instead we're all about making changes you'll benefit from in the long run. Eat vegetarian, get all the nutrients you need and lose weight at a healthy pace - that's what this book is all about. These are the topics we crammed into 281 pages: Learn essential Information on how to lose weight on a vegetarian diet. Get a guide on how to create your own meal plan. Choose from more than 80 recipes (with professionally shot photos!) Learn meal prepping tips and tricks. Start out with five ready to roll meal plans. Get support in our Vegetarian For Weight Loss Community. Here's a sneak peak of our recipes: 4 creative smoothie recipes, excellent for a quick breakfast. 11 breakfast recipes that easily work for other meals of the day too. Enjoy Banana Egg Pancakes, Breakfast Egg Muffins, Quinoa Porridge with Blueberry Drizzle or a Farmer's Potato Hash. 7 scrumptious soups like the Spicy Black Bean Soup, Easy Tomato Basil Soup and African Peanut Soup. 7 delicious dips and spreads like the White Bean Lime Dip, Mexican Guacamole and a Persian Yogurt Dip. 13 tasty salads, suitable as complete meal for lunch or dinner like the Chickpea Spinach Salad, Black Bean and Corn Salad, Turkish Lentil Salad and the Asian Tofu Pineapple Salad. 20 easy and satisfying lunch and dinner recipes like Tomato Spinach Quesadillas, Melted Feta Veggie Bake, Delicious Green Thai Curry and a Vegan Chili "Con" Carne. 4 in depth guides on meal prepping including 20 recipes to assemble your very own Buddha Bowl, Salad in a Jar, Vegetable Roast and Overnight Oats in a Jar. Many healthy and tasty snack ideas to help you avoid unhealthy treats. All of the recipes are ready in 30 minutes or less. Many of them even take less than 15 minutes from start to finish! Below every recipe you'll find the total calories per serving and its amount of carbs, fats and proteins, so you can customise your meal plan in any direction. And an overview of the ready to roll meal plans: The Less Carb Veggie: A meal plan moderate in carbs and higher in healthy fats/proteins. Many of the carbs are fibre, also beneficial for weight loss and maintenance. The Prepster: A meal plan for the highly organised. We focus on prepping meals ahead so you don't spend much time following recipes and cooking during the week. Easing In: In this meal plan we allow some space for your favourite chocolate bar or wine gums. Also, during the week you can keep going out for lunch or dinner with your colleagues. The Gluten-Free Experiment: We have kept gluten containing grain out of the meal plan. This leaves you with an excellent set of recipes for weight loss that are mostly based on whole foods. Potatoes, rice,

quinoa and legumes are your new friends now. **Vegan for a Week: Going full on vegan** feels difficult for some. Here is a meal plan that gives you a taste of that lifestyle. We'll also provide you with a link to the meal plans files. We constantly improve these plans to make them work as well as possible for you. Lose weight on a healthy vegetarian diet - let us show you how! Thanks for considering purchasing our eBook!

Book Information

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Customer Reviews

I love this book! It's A to Z instruction how to take care about your vegetarian diets. What I really like is that all receipts are simple to do, and have basic description of nutritious. For example, Banana Egg Pancakes, 230 kcal, total 10 minutes, 12g proteins. Meal planning is way easier. I like also the receipts, they are very simple, but also very original. I'm going to try them, maybe I will not be ashamed of my cooking skills finally :)

In the first pages, the authors provide useful information about nutrition, health benefits of a vegetarian diet and how to loose weight in a healthy way. Good to know! Now to the recipes, I really like that they are grouped by calories (0-350, 350-500 and 500-750). But what I really love about the ebook is, that every recipe has a photo - because I need to see what it looks like before I start to

make it. While all the recipes look absolutely delicious, my favs from the ebook are the African Peanut Soup and the Peanut Butter Banana Sandwich. Yummy!

By far the best (and most affordable!) vegetarian book I've read from .The tips provided are useful, clearly expressed, and presented in a very coherent fashion.The author knows what he's talking about and doesn't hold back in sharing many little known facts to his readers.A must-read if you're thinking of becoming vegetarian for health and weight-loss reasons.Highly recommended! Great value for money.

What a wonderful resource! This ebook is at the top of my list for books to give as presents. There is a lot of helpful information for losing weight the healthy way. Love the meal plans!

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