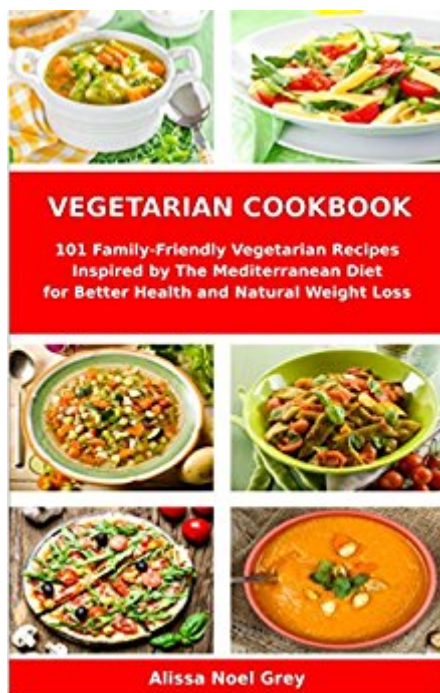


The book was found

# **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 "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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