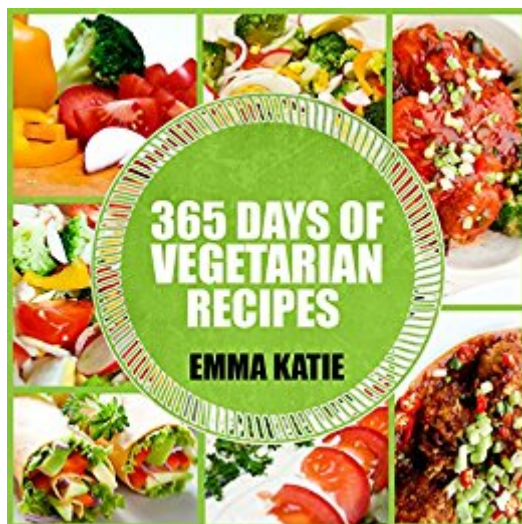


The book was found

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



Synopsis

Vegetarian 365 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 fats 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 Bulogi with Tortia, 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

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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.

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