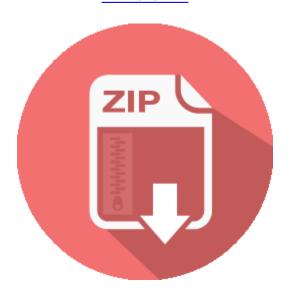
VEGETARIAN RECIPES FOR BREAKFAST LUNCH AND DINNER



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Vegetarian and Vegan Tofu Recipes for Breakfast Lunch and

This list of tofu recipes is all vegetarian and mostly vegan. Tofu is a great option for anyone looking for a low-fat way to get a protein boost. There's no limit to what you can do with tofu, from tofu stir-fries to smoothies. Don't forget to press your tofu for most recipes, and, if you're hesitant about cooking with tofu, here's everything you need to know about tofu.

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Vegetarian Lunch Sandwich Recipes Martha Stewart

No cooking is required to make these colorful lunch wraps! Mash canned black or kidney beans with cumin and chili powder, and roll up in flour tortillas with cheddar cheese, diced tomato, avocado, and mango. http://ebookslibrary.club/download/Vegetarian-Lunch-Sandwich-Recipes-Martha-Stewart.pdf

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Find vegetarian recipes for every occasion, from easy veggie lunch ideas to dinner party inspiration. Choose from comforting dishes including vegetarian curries, casseroles and pasta, as well as healthy meat-free mains and salads.

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Find healthy, delicious vegetarian sandwich recipes, from the food and nutrition experts at EatingWell.

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Vegetarian Main Course Salad Recipes Martha Stewart

Nobody will accuse you of eating "rabbit food" when you sit down to one of these bright and hearty vegetarian main-course salads! They burst with fresh and roasted vegetables, as well as hearty grains like bulgur and quinoa, and protein-rich beans and cheese. You'll look forward to eating these green, grain, and pasta salads for lunch or dinner any day of the week.

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