

[LOW FAT VEGETARIAN MEALS](#)



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This easy vegetarian dish is gluten free and low in calories, a super quick and simple midweek meal. Roast pumpkin and chickpea salad with coriander dressing Try this roast pumpkin and chickpea vegetarian salad for a healthy dinner recipe.

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Health Coach and plant-based nutrition expert Sara Sullivan shares some favorite recipes and everyday ways to eat a healthy, vegetarian diet.

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Make It Meatless Low Fat Vegetarian Meals

Of course, not all vegetarian meals are low fat. Macaroni and cheese is a good example. In many cases, it's a matter of choosing some beans or legumes for lean protein and supplementing them with grains and vegetables.

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28 Incredible Low Carb Vegetarian Meals Ditch The Carbs

Many vegetarian meals rely on pasta, bread, pulses and grains which are high carb and most low carb meals rely on meat. Vegetarians wishing to go low carb can use eggs, non sweetened yoghurt, cheeses, nuts, lower carb vegetables, healthy oils, avocados, seeds and berries.

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300 Calorie Vegetarian Recipes Cooking Light

Fortunately, there's an easier way to go about the math than tracking down nutritional info and logging every bite: build a strong portfolio of delicious low-calorie meals and let it do the work for you. We'll get you started with this collection of vegetarian recipes that are short on calories but big on flavor.

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How to Eat Low-Carb as a Vegetarian or Vegan. Written by Foods like tofu and tempeh are high in protein and fat, but low in carbs. This makes them acceptable on a low-carb vegetarian/vegan

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