



Cooking Well: Healthy Vegetarian: Over 125 Recipes Including a Complete and Balanced Nutritional Plan for the Vegetarian Lifestyle

By -

Hatherleigh Press, U.S., United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book. Enjoy Irresistible Recipes Designed for a Complete Vegetarian Diet! While it can sometimes be difficult to maintain a balanced vegetarian diet, Cooking Well: Healthy Vegetarian provides simple recipes that are as delicious as they are nutritious. With over 125 meatless recipes at your disposal, you will never tire of a complete vegetarian diet! Cooking Well: Healthy Vegetarian includes a varied selection of vegetarian dishes that have been specially designed to create a well-proportioned, wholesome diet. Eating healthy has never been so easy! Whether you are a devout vegetarian or vegan, or are simply seeking a healthier lifestyle, Cooking Well: Healthy Vegetarian is your complete guide to a plethora of savory options for breakfast, lunch, dinner, and dessert. Cooking Well: Healthy Vegetarian also includes: - A detailed discussion of how to get all the nutrients you need in your vegetarian diet - How to cook with vegetarian substitutes to create nourishing, satisfying meals - The best way to use herbs and spices to complement your meatless meals Some of the over 125 easy and delicious recipes to be found inside include Oatmeal...



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