



Vegetarian Recipes for Meat Eaters: Flexitarian Diet Recipes for People Who Can

By Ericka Smits

Createspace. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. So you are considering a vegetarian diet. This should not be a spur of the moment decision. You do not want to become vegetarian just for kicks. Becoming a vegetarian is a lifestyle change that will require motivation. Usually, following a vegetarian diet is a process that occurs over time, or it is something you were raised into. This cookbook series was designed to help you make a smooth transition to a vegetarian diet. Each volume in this series includes outstanding and innovative recipes that will make the best almost vegetarian food you have ever tasted. But for the person who has just started a vegetarian diet, you will also find easy meat variations, thus turning these outstanding almost vegetarian meals into delicious meat eater food. These recipes are also focused towards people who are interested in following a Lacto-Ovo-Vegetarian diet, which would include plant based products, milk and eggs. In every volume of Vegetarian Recipes for Meat Eaters: Flexitarian Diet Recipes for People Who Cant Give Up Meat, you will find a delicious variety of recipes, including soups, snacks, entres, meals, accompaniments...



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