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Clean Eating Cookbook: Easy Vegetarian Recipes For Healthy Weight Loss Using Whole Foods



CLEAN EATING COOKBOOK
EASY VEGETARIAN RECIPES
FOR WEIGHT LOSS

DONNA CAESAR



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Synopsis

Do you want to lose weight and live a healthy lifestyle?The vegetarian weight loss diet is for you. Start today and lose weight fast!The easy, clean eating recipes in this cookbook are meant to keep you on the right path to eating whole foods meals that are nutritious and fulfilling while helping you maintain a vegetarian diet. Inside, you'll find simple, easy to prepare vegan & vegetarian recipes for soups, salads, meals, and desserts. How about Zucchini Squash Casserole with Mixed Vegetable Salad OR Veggie Cheddar Quesadillas and Mexican Black Bean Salad.Each recipe includes a metric conversion for your convenience, a nutritional analysis to keep you on track, a calorie counter, and a beautiful illustration in full color so you can see how the dish looks. PLUS, there are recipes in this cookbook suitable for all three vegetarian groups, the Lacto-Ovo vegetarian, the Ovo-vegetarian, and the Vegan.Vegetarian Clean Eating for Weight LossThe clean eating diet is a sensible way to lose weight. Clean eating is quite simply eating whole natural foods and avoiding any refined, processed foods that are loaded with unhealthy fats, sodium, refined sugars and other harmful ingredients. Eating clean requires a little more effort on our part, but it is well worth the effort to maintain good health and a healthy weight. However, knowing what to eat can be a challenge. Grocery stores are full of refined, processed foods and even packaged meals that are loaded with calories from fats and sugars. That is why this cookbook is so valuable to you. Only the healthiest, natural ingredients are used in all the quick and easy vegetarian recipes.Find out how easy and delicious these clean eating vegetarian recipes are! Scroll to the top of the page and click on the Buy Now button.

Book Information

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