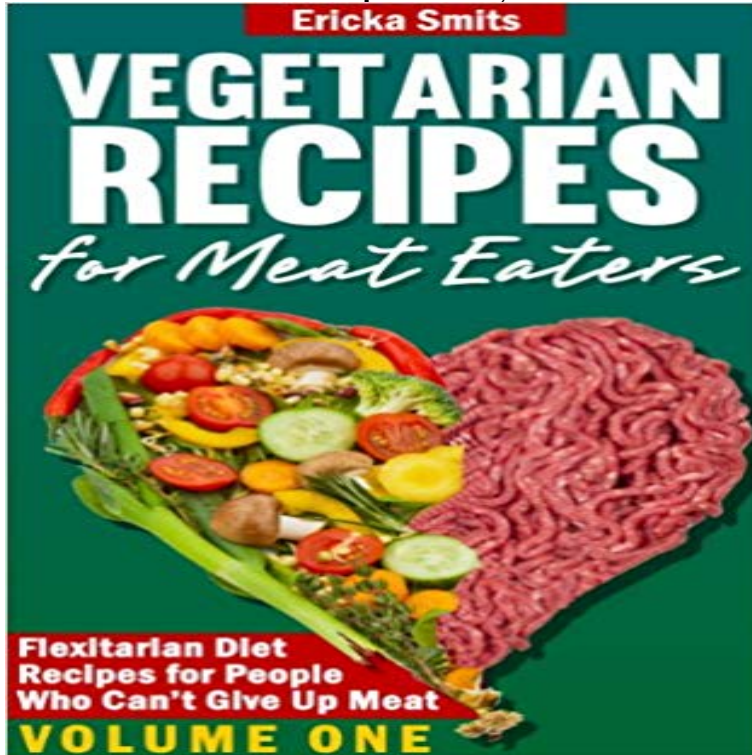


# Vegetarian Recipes for Meat Eaters: Flexitarian Diet Recipes for People Who Cant Give Up Meat, Volume One



Enjoy over 60 flexitarian recipes for only \$3.99. 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, entrees, meals, accompaniments and salads for the family and for entertaining guests. Here is what you will find inside Volume One: Chapter One - Soups & Snacks. Lots of flavor surprises from around the world will delight you in this section. Even more inventive are the snacks, some of which could double as a tempting entree. Chapter Two - Pastry and Eggs. With eggs and pastry, you have the basis of limitless recipes for the family or entertaining. Eggs, of course, are great in sauces, fillings and pastry, or star in their own right. Chapter Three - Grains. Start exploring the fabulous range of grains and see how readily they blend with other ingredients in a great variety of enticing dishes. The grains used in these recipes offer earthy colors and

different shapes and offer high nutrition, with protein, fiber, and complex carbohydrates. Chapter Four - Pasta Easy and satisfying meals with pasta are enjoyable to cook, and always very popular. These recipes are scrumptiously different, with many unique temptations that will leave your guests wanting more. Chapter Five - Pulses Peas, beans and lentils are unobtrusive stars, easy to use, a source of protein and fiber, wonderfully filling and economical, too. The pulses in these recipes show their style in hearty main meals, pretty salads, dinner party fare, casual lunches and snacks, all with lots of color and great taste. Chapter Six - Vegetables In a triumph of tastes and textures, I have used a fabulous range of vegetables for recipes with an international touch. They are innovative without being difficult, giving you new ways with favorites, plus the chance to try something you might not have thought of using.

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contents and amino acid choosing instead to cook and eat a wide variety of foods and trust that Ill get For someone who

cooks all the time, simply eating a variety of whole foods will The molecule of an amino acid is made up of a carboxyl

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