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Vegetarian Recipes In 30 Minutes Or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast And Dessert Recipes Inspired By The Mediterranean Diet: Fuss-free Dinner Cookbook (Diet On A Budget 1)



Vegetarian Recipes in 30 Minutes or Less

Family-Friendly Soup, Salad, Main Dish,
Breakfast and Dessert Recipes
Inspired by The Mediterranean Diet



Vesela Tabakova



Synopsis

Top No-Stress Vegetarian Dinners - Spend More Time Enjoying Your Meal And Less Time Cooking
For anyone trying to follow a vegetarian diet - flexitarians who adopt plans like Meatless Mondays - as well as committed vegetarians and fans of Clean Eating, here is a delicious collection of ridiculously easy, meat-free mains for everyday. Inspiring and practical Vegetarian Recipes in 30 Minutes or Less features some of the tastiest and easiest vegetarian recipes on the planet! They can be served on their own or as side dishes with some meat. If you want to get dinner on the table fast and are looking for healthy and nutritious meat-free meal ideas for you and your family, this book is for you! ***FREE BONUS RECIPES at the end of the book - 10 Ridiculously Easy Jam and Jelly Recipes Anyone Can Make!***

Book Information

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Customer Reviews

I'm not a vegetarian but I've found some wonderful ideas in this collection. Some would qualify as side dishes for the omnivore meal, but there are several that would make fantastic "meatless Monday" and "Veggie Vendsday" meals.

YUM! and i really am not a vegetarian but these recipes are good

Unless you want a book on an endless way to make salad with simple everyday ingredients, it is a waste of time. Not my favorite cookbook.

I never thought I could become a vegetarian. I found so many interesting recipes here, which are both healthy and new for me. I have already written down several so that I can try several.

This was a gift for one of my daughters and she really likes it. She shares the recipes she likes the most with me, as I'm a veggie too.

Great recipes and I got it at a great reduced price.

Excellent!

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