



Vegetarian Recipes for Beginners Great Tasting Recipes For Every Occasion

By Susan Ellerbeck

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 86 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Are you thinking of transitioning into a healthier plant based vegetarian diet? Have you already made the switch and just need a few more recipes? Perhaps you don't want to become a vegetarian and just want to add some healthy vegetarian meals to your diet. With obesity, heart attack, and cancer rates are at epidemic levels, we need a healthier way of eating. Adding healthy plant based vegetarian recipes to your diet is a great way to start. According to the American Dietetic Association, people following vegetarian diets are at lower risks for developing: Heart disease, Colorectal, Ovarian, and Breast Cancers, Diabetes, Obesity, High Blood Pressure. Whatever stage you are in, *Vegetarian Recipes for Beginners - Great Tasting Recipes for Every Occasion* can help you find the right recipe for your needs. This item ships from La Vergne, TN. Paperback.



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