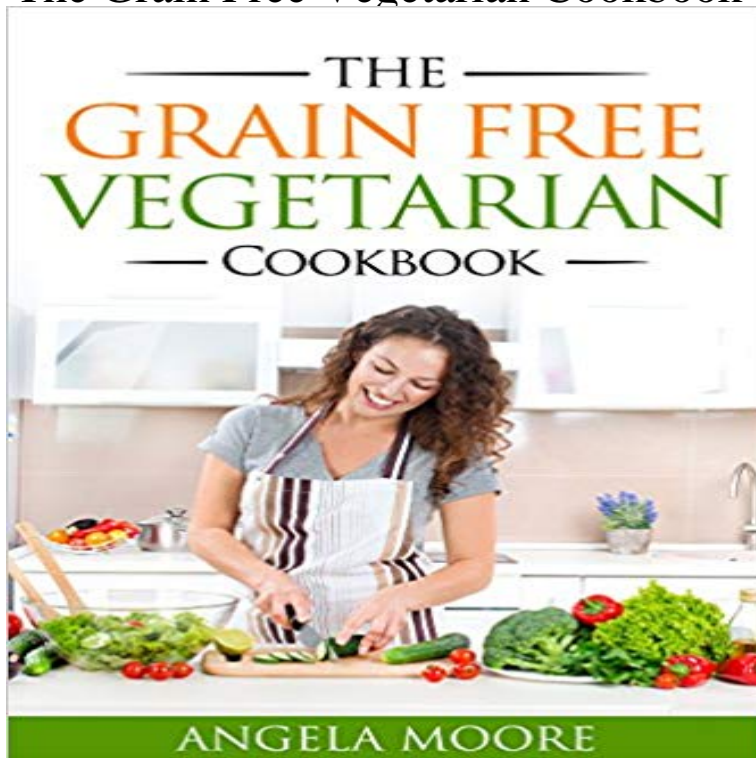


The Grain Free Vegetarian Cookbook



Meat free meals that dont contain grain are hard to come by. Thats why Ive collated some of my favorites in this book. I was shocked when I realized how heavily I was relying on pasta, bread and potatoes to feed me and I knew I could feed myself and my family better. I was desperate for interesting meal ideas and have put together simple, easy, grain free vegetarian recipes with lots of variations so you can feed yourself well. Designed for busy people, who dont have a lot of time to cook, this book will solve your what can I eat? dilemmas. When I first went grain free, I was stumped with what to cook. This was especially frustrating as I could no longer rely on takeaway or eating out. Now, having to prepare all my meals, I faced endless days of what can I cook? You can only eat so many fried or boiled eggs. I have felt so much better since going grain free, I have lost weight and am in great health. I want to encourage others who want to pursue this lifestyle and make their lives easier. If you are vegetarian, looking to feed vegetarians, or just wanting some meat-free alternatives, this book will give you some great recipes to live your grain free life. Dont put off going grain free because you cant find anything to eat. Its certainly a lifestyle choice I wish Id made earlier, with aches and pains vanished, clearer skin and less weight to carry around. Quick enough to prepare every day, but yummy enough to serve to company, these recipes will help you on your grain free way.

Vegan - Against All Grain Are you a grain-free interested or a Paleo fan looking to go vegan? See more vegan sweet snack recipes here and more vegan savory snack **Plant-Based Weekly Meal Plan By Diet: GRAIN-FREE MENU One** Meals Made Simple Cookbook Exclusive Recipe: BBQ Dry Rub Recipe no recipe Gluten-Free Shortbread Cookies Vegan Chocolate Coconut Pudding Pie. **125 Gluten-Free Vegetarian Recipes: Quick and Delicious** A collection of vegetarian recipes that are both dairy free and gluten free! Vegetarians with food sensitivities will find a wide variety of meals here. **Vegetarian, Gluten-Free Recipes Wheat-Free Meat-Free** Heres a roundup of 25 delicious grain-free vegetarian recipes that are perfect for anyone avoiding gluten and trying to eat more fruits and **The**

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