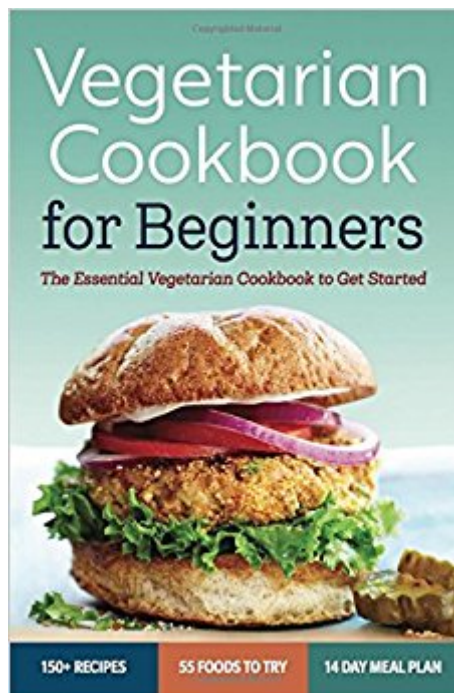




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Vegetarian Cookbook For Beginners: The Essential Vegetarian Cookbook To Get Started



Synopsis

With Vegetarian Cookbook for Beginners, discover the guilt-free way to get healthy. As awareness of the health and environmental benefits of vegetarianism grows, millions of people are now switching to a vegetarian diet. Vegetarian Cookbook for Beginners will show you how to start a vegetarian diet so you can live with a clearer conscience, lose weight naturally, lower your cholesterol, and decrease your risk of chronic disease. Vegetarian Cookbook for Beginners will teach you how to cut out meat, without cutting out flavor and satisfaction. With more than 150 hearty, comforting meals to please the whole family, Vegetarian Cookbook for Beginners makes it easy to start a vegetarian diet. Vegetarian Cookbook for Beginners will get you started on the path toward a healthy, meat-free lifestyle with:

- More than 150 simple and hearty Vegetarian Cookbook recipes
- 14-day Vegetarian Cookbook meal plan to get you started
- Overview of the lasting health benefits of going vegetarian
- Tips from Vegetarian Cookbook on transforming your kitchen to be vegetarian-friendly
- Detailed nutritional advice to make sure you get all your nutrients
- Practical tips for a successful transition to a vegetarian diet

Vegetarian Cookbook for Beginners is your guide to experiencing the delicious, lifelong benefits of going vegetarian.

Book Information

Paperback: 268 pages

Publisher: Rockridge Press (October 25, 2013)

Language: English

ISBN-10: 1623152429

ISBN-13: 978-1623152420

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 155 customer reviews

Best Sellers Rank: #28,671 in Books (See Top 100 in Books) #60 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #124 in Books >

Cookbooks, Food & Wine > Special Diet > Weight Loss #4440 in Books > Health, Fitness & Dieting

Customer Reviews

"I was amazed at how much I learned about the different religious, moral, and health reasons that provokes people to go veg. I was also fascinated to learn about all the health benefits, the history of vegetarianism, and some of the many challenges that come along with switching to a new lifestyle."

Vegetarian Ventures

At last! A common sense guide for beginners that naturally celebrates the many benefits of a vegetarian lifestyle, which would especially include the benefit of healthy longevity as a side effect. Much more than a cookbook, it's an indispensable tool. A wonderfully written health map that anyone will find to be a delightful read. Rockridge Press has soundly and responsibly laid the cornerstone for the enjoyment of these 151 mouthwatering and original recipes that are welcome in any kitchen. Now you can positively achieve your vegetarian goals without depriving yourself. Six educational chapters covering the full gamut, including the history of vegetarianism on to the practical tips for daily nutrition, natural protein, smoothies galore and of course, the necessary tools and appliances of a vegetarian kitchen. This easy to read cookbook is an exquisite and authoritative introduction into the vegetarian lifestyle.

Changing over to a vegetarian diet may seem quite restrictive to some, but incredibly smart to others with an eye on living better. The Essential Vegetarian Cookbook for Beginners is perfect for both explorers and voyeurs on journeys to transform their eating habits "partially or totally. In its extremely well-documented style, this cookbook compares the researched pros and cons of eating a meat-based diet as opposed to adopting a plant-based diet. It includes a 2-week "hurdle" eating program followed by a host of cookbook suggestions once the hurdle is cleared. Before reading this cookbook, I was aware of two vegetarian diet groups. Actually, there are eight! I now have a new respect for vegetarianism and understand the zeal to eat healthier. I also see a clever and creative chef purchasing this cookbook to develop a variety of meals for vegetarian customers. Smaller servings of many of its wonderful vegetarian dishes might accompany main entrees as well. What a great way to support vegetarian eating!

Prior to being introduced to the Vegetarian Cookbook for Beginners, I had often considered becoming a vegetarian, but never knew how to begin the transition. All I basically knew was that to practice such meant that I would need to eliminate meat from my diet. To do so would not be a big deal to me since over the years, I have found myself eating less meat, mainly because of feeling sluggish afterwards. This book gave me so much valuable insight into living a vegetarian lifestyle and truly proved that it is not a diet but is indeed a lifestyle, one which has numerous physical, mental and even financial benefits. I was impressed with how thoroughly the author discussed these benefits as well as explained the various types of vegetarians. I had pretty much thought there to

only be one type. I must say that my knowledge is now so much broader on the topic of vegetarianism and what it entails. To be equipped with such knowledge, not to mention all of the simple and delicious recipes that I can now try, sure does make my transition something to look forward to. I am truly grateful for the resources that this book provides!!!

New cookbooks have only three requirements to get onto my cookbook shelf. 1. Don't scare me. 2. Be user-friendly. 3. Inspire. This book has proven to accomplish all three. Though the first three chapters slowed me down, I was glad I took the time to read them through. Great beginning to this challenge. If you are merely interested or actually serious about making this change, I found this book to inspire me and this author did it without pictures! Including kitchen tips and helps to eat out without drama really helped me, too. One more thing, I love, love, loved the dessert section!

This is a great recipe book - for anyone - not just beginners. It's very informative about the various forms of vegetarianism, which I had never read before, and I found that I am a Flexitarian. The recipes are simple and the ingredients are easy to find in your local grocery store. This book makes it clear that you don't have to shop at specialty food shops in order to practice vegetarianism. The one caveat I have is this: if you are watching your sodium intake, you'll probably want to be sure that you don't use the canned tomatoes and beans that they suggest in some of these recipes. You can use fresh ingredients and dried beans, which takes a bit longer for preparation but it will lower your sodium. You can also find low-sodium canned goods that will also probably work. Overall, this book is wonderful if you're looking for new recipes; whether you are a vegetarian or not!

So I admittedly picked this up for my girlfriend (who's not exactly a militant vegetarian), but was surprised that once you got past all the seemingly scrutinizing 'come to Jesus' talk about the lifestyle, the recipes weren't boring OR unbelievable (I've actually seen a recipe for vegan 'turkey with stuffing' in the first book I picked up for her). Actually, most of the dinner recipes were something I could add turkey or chicken to and be happy. Some of the salads have given me ideas on things that go well together that never really occurred to me. Apples and cheese in my salad? It was actually delicious. You vegetarians do know your nuts and fruits and stuff. Overall, I would suggest this for anyone who wants a comprehensive breakdown of any particular 'sect' (is that appropriate? it seems like it is) of vegetarianism or ideas to ease into the lifestyle itself.

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