



The Vegetarian Low-Carb Diet Cookbook: The Fast, No-Hunger Weightloss Cookbook for Vegetarians

Rose Elliot

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The ideal accompaniment to the successful *Vegetarian Low-Carb Diet*—the fast, no-hunger, healthy way to lose weight. One of the joys of the low-carb lifestyle—and one of the reasons why people find that this is a diet they can stick to—is that the food is delicious, and this book is full of tasty ideas for vegetarians who want the slimming benefits of a low-carb diet. With more than 100 fantastic recipes ranging from energizing breakfasts and light lunches to satisfying suppers and even sweet treats and desserts, there's something for everyone—vegetarians or vegans wanting to shed some pounds, successful low-carbers looking for new ideas, or anyone who loves fresh-tasting, quick, and easy recipes. All the dishes are straightforward, high in protein, low in carbs, and packed full of fresh vegetables. Protein and carb counts are provided for each recipe, along with details of which diet phase the recipe is suitable for. There are plenty of vegan recipes and vegan variations are suggested where appropriate. It couldn't be simpler!

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Esta Banks:

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Joshua Atkins:

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