



**LOW CARB VEGETARIAN: Famous Dishes
Made LOW-CARB VEGETARIAN! (Quick &
Easy Low Carb Cookbook for Vegetarians)
(International Vegetarian Low Carb Recipe Book)**

Paulina Christen, K. Barrington

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Famous Dishes Made LOW-CARB VEGETARIAN!

Your Favorite Vegetarian Low-Carb Recipe Book with Quick and Easy Recipes

Many people who switch to the vegetarian low carb diet assume that they can no longer eat their favorite foods. International dishes like lasagna, hamburgers, and other popular dishes are traditionally made with meat and full of carbs, so they cannot be included in the vegetarian low-carb diet. Or can they? By swapping out non-vegetarian ingredients with low-carb and vegetarian-friendly alternatives you can still enjoy all of your favorite dishes. If you are ready to give the vegetarian diet a try, pick one of the many delicious recipes in this book and get cooking! You may be surprised to find that not only are these vegetarian recipes easy to make, but they may be even better than the non-vegetarian originals!

Includes vegetarian mouthwatering meal recipes under 30 minutes and other world famous recipes:

Low-Carb Pizza

Vegetarian Crustless Quiche

Carrot and Mushroom Burgers

Thai Coconut Curry

Vegetarian Sloppy Joe

No-Noodle Eggplant Lasagna

Vegetarian Sushi

Chili Sin Carne

Mexican Veggie Burritos

“Clam” Chowder

Tofu “Fish” and Chips

Carrot and Cauliflower Hash

Toad in the Hole

Vegetable Shepherd Pies

Vegetable Tikka Masala

Apple Strudel with Walnuts

Triple Berry Crumble

Strawberry Banana Muffins

Dark Chocolate Cherry Brownies

Cheesecake

and many more!

Simply put, this book gives you a quick & easy to enjoy your favorite international foods (Breakfast, Lunch,

Dinner, Dessert) while following the vegetarian diet.

- ♥ All recipes with Nutritional Information
- ♥ Includes many vegetarian mouthwatering meal recipes under 30 minutes
- ♥ Perfect for Beginners (Quick and easy)
- ♥ All recipes with photo
- ♥ All recipes vegetarian
- ♥ All recipes low-carb
- ♥ All recipes with description and fun facts

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Jill Barks:

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Wesley McFarland:

Precisely why? Because this LOW CARB VEGETARIAN: Famous Dishes Made LOW-CARB VEGETARIAN! (Quick & Easy Low Carb Cookbook for Vegetarians) (International Vegetarian Low Carb Recipe Book) is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such remarkable way makes the content within easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of advantages than the other book have got such as help improving your expertise and your critical thinking technique. So , still want to hold off having that book? If I ended up you I will go to the e-book store hurriedly.

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