



Vegetarian: High Protein Dump Dinners-Whole Food Recipes on a Budget(crockpot, Slowcooker, Cast Iron) (Paperback)

By Jack Green

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. High Protein Vegetarian Cookbook-Gluten Free-Dairy Free-Budget FriendlyAll recipes are based on a vegan-vegetarian Lifestyle:whole-food plant-based Avoid all meat contains vegetable fruits, whole grains legumes Excludes/minimize:bleached flour refined sugar oil eggs DairyHere s a glimpse of the recipes:spicy black bean ratatouille grain-free vegan cheesy lentil pies vegan pumpkin chili bruschetta quinoa casserole polenta and tofu-high protein skillet egg muffins veggie pasta Mediterranean quinoa fluffy scrambled eggs.



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