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Beautiful cookbook, disappointing recipes Being a vegetarian for many years, I know that it's not difficult to get plenty of protein from plant-based foods, the difficulty lies in being creative so that meals are interesting and varied and I had hoped that this cookbook would provide some creativity. I was hugely disappointed. It's true that the recipes presented are "high protein" as ...

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As a vegetarian living with a meat-eating guy, the

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author has developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Hearty Vegetarian Chili, and Dark Chocolate Black Bean Brownies ...

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Cookbook. I've talked about it here and there, but now it's official - The High-Protein Vegetarian Cookbook: Hearty Dishes that Even Carnivores Will Love - is out! On Amazon, on shelves, and that is crazy. Over the course of 8 months, I wrote, tested,

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and photographed 75 high protein recipes ranging from breakfast to main dishes to desserts.

*Cookbook - Veggie and the Beast - A food blog with hearty ...*

The High-Protein Vegan Cookbook 125+ Hearty Plant-Based Recipes. Nuts, grains, vegetables, fruits, and seeds all provide healthy fuel for the body, and in combination they make complete protein powerhouses that easily deliver this essential nutrient. Whether it is Multi-Layered Avocado Toast for breakfast, Acadian Black Beans and Rice for dinner, or No-Bake Chocolate Peanut Butter Cookies to satisfy a sweet tooth, blogger and recipe developer

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Ginny Kay McMeans has a protein-packed option ...

*The High-Protein Vegan Cookbook 125+ Hearty Plant-Based ...*

The High-Protein Vegan Cookbook highlights the ins-and-outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more than 125 protein-rich, plant-based recipes, McMeans proves that vegans don't have to skimp on this important nutrient.

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Publication date:2015-01-05. Pages:192. Product dimensions:187mm (w) x 236mm (h) x 19mm (d) Overview. Collects high-protein vegetarian recipes using such plant-based ingredients as beans, nuts, quinoa, and cocoa, including soups, salads, pizza, pasta, sandwiches, casseroles, and desserts. About Wordery.

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founder, recipe developer, writer, and photographer for the food blog Veggie and the Beast. She's been a vegetarian for twenty-five of her twenty ...

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The High-Protein Vegetarian Cookbook: Hearty Dishes That Even Carnivores Will Love. Katie Parker and Kristen Smith, PhD RD LD Order here » Where do vegetarians get their protein? From delicious plant-based foods, including beans, nuts, quinoa, raw cocoa, and even dairy. Leave a Reply.

*Vegetarian Cookbooks - Selected by Registered*

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As a vegan, where do you get your protein? Nuts, grains, vegetables, fruits, and seeds all provide healthy fuel for the body, and in combination they make

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The High-Protein Vegan Cookbook highlights the ins-and-outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more than 125 protein-rich, plant-based recipes, McMeans proves that vegans don't have to



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*9 Hearty High-Protein Vegetarian Stew Recipes To Make This ...*

The most delicious vegetarian stew recipes are beefed up strictly with plant-based ingredients like

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