



Vegetarian Weight Loss Diet - Healthy Low Fat Lifestyle (Vegetarian Diet Cookbooks Recipes Collection)

Jonathan Vine

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"Vegetarian Weight Loss" is written for anyone that wants to lose weight fast while following one of the healthiest and easiest ways to eat! Not only will you start to feel great but you will be shedding all those unwanted pounds too!

Most people, when they start to look at becoming a vegetarian can be slightly overwhelmed at all of the different information out there. Especially when it comes to losing weight and staying healthy at the same time! That is why I wrote this book. I wanted to clear up a lot of that confusion and give you a very simple, quick to read guide to losing weight from eating like a vegetarian.

"Vegetarian Weight Loss" gives you many great tips and pointers that will help you to truly make the most of your weight loss with a vegetarian diet and make sure that you succeed in looking great with this incredible way of eating!

In "Vegetarian Weight Loss" you will discover:

- How Being Vegetarian Helps You Lose Weight - the scientific proof is all there, being vegetarian will make you lose weight!
- Vegetarianism vs Veganism - discover the difference between going vegan and being a vegetarian!
- The Health Benefits Of The Vegetarian Diet - all the great things you can expect to experience with this fantastic way of eating!
- Foods To Eat And Foods To Avoid - an easy to read guide of all the great foods you can eat, but also the ones that you should avoid!
- Vegetarian Sources Of Vitamins And Protein - this chapter is crucial if you are going to remain healthy whilst being a vegetarian!
- Vegetarian Weight Loss Recipes - all my very best vegetarian recipes to help you lose weight fast!
- Vegetarian Breakfasts - start the day off with these yummy energy boosters!
- Vegetarian Lunches - avoid the mid-afternoon energy crash by eating with my lunch recipes!
- Vegetarian Dinners - end the day with a satisfying and filling vegetarian weight loss meal!
- Why Microwaving Food Is Bad For You - don't ignore these scary facts!

- Exercise And The Vegetarian - yes, you can exercise while not eating meat and yes, you will feel great with this exercise!
- Transitioning To The Vegetarian Diet - learn the difference between going cold turkey or not!
- Eating Out On The Vegetarian Diet - don't worry, you can still eat at all of your favourite restaurants!
- Tips For Weight Loss Success - use my special tips to boost and accelerate your weight loss and good health!

And much, much more...

The Vegetarian Weight Loss diet is really simple and fun to follow, whether you go vegan or vegetarian your body will experience a complete transformation!

This book has been written to teach you everything you need to know about becoming a vegetarian and losing weight because of it. You will be surprised how easy it can be to lose weight following this diet and you don't have to worry so much about counting calories or weighing food – there is none of that going on here!

Discover how the Vegetarian Weight Loss diet can benefit you now!

Simply click the link above to get started today.

Vegetarian Weight Loss Diet - Healthy Low Fat Lifestyle (Vegetarian Diet Cookbooks Recipes Collection) Details

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From Reader Review Vegetarian Weight Loss Diet - Healthy Low Fat Lifestyle (Vegetarian Diet Cookbooks Recipes Collection) for online ebook

Sona Geoffrey says

I love all the vegetarian books written by Jonathan Vine. The book includes information about Vegetarianism and the advantages of following it. It includes various recipes useful for weight loss and are separated by recipes for Breakfast, Lunch and Dinner. The recipes are told in a easy, step by step manner and are easy to prepare. I tried some of the recipes and they are easy to make and are tasty too. Even my picky kids did not have any problems eating them.

Courtney Eskald says

Awesome history on vegetarianism and great tips to losing weight and even has a hand full of recipes. I really enjoyed reading this!

Erez Aharoni says

"Vegetarian Weight Loss" is a great book on which you will learn a way of eating that will help you to lose weight while you're enjoying delicious meals and becoming more healthy and vital at the same time

Gurbinder says

Best Cooking Book Ever with Great Knowledge

Honestly, I learned so much from this book..not only does it contain recipes but a lot of valuable information for a vegetarian. Highly Recommend this book. It includes recipes for Breakfast..Lunch..Dinners..Smoothies plus recipes for busy mom or anyone on the go!

Ruth Tel-tsur says

I enjoyed reading this book as I discovered that I was a semi-vegetarian! I know that true vegetarians and vegans will take issue with this but at least I made an effort over the last few years to try to improve my diet. This book is written in a very non-judgmental way that allows the reader to explore the different aspects of vegetarianism and the vegetarian diet.

I believe this book will empower the reader to improve their health and well-being by using the simple everyday ingredients and low fat recipes provided. This book makes eating affordable, realistic and

delicious. The recipes provided are simple and effective. Well worth the read.

Renee says

Like a lot of other women, I wanted to lose some weight. I had already been thinking about switching to being vegan so when I got the opportunity to review this book, I was excited. I first skimmed the book and picked out which recipes I would like to try first and which ones I would probably not try at all (picky eater alert!).

Each time before that I had tried to cut out meat, I find myself going back to it because there wasn't much I could find, in texture and taste, to satisfy me. The recipes in this book though, were easy to follow and made substituting meats very easy. While I only got to do it this time for a week, I will definitely be doing it for a longer period of time until I am able to switch permanently!

I love how Jonathan Vine broke down the different types of vegans/vegetarian lifestyles without making it seem intimidating or overly strict. There are also recipes that allow for adjustments per lifestyle chosen. This book is such a great resource for beginners and those who have been in the lifestyle for a while. Even my children loved some of the recipes and would ask for seconds. So kudos to Mr. Vine because my children rarely ask for seconds on anything with vegetables.

Christy Bailey says

had the pleasure of getting a free copy of Jonathon Vine's Vegetarian Weight Loss book in exchange for an honest and unbiased review.

What It Is:

This book is really interesting because it is a recipe book as well as a how to guide to being a vegetarian and losing weight in the process. It contains tips on how to melt away pounds as a vegetarian, the health benefits to being a vegetarian, how to get your protein and vitamins, what to eat and what not to eat, and fifty vegetarian recipes. The information in this book is extremely useful to any individual who wants to eat healthier, lose weight, and ultimately become a vegetarian. I found the what not to eat portion fascinating because many people who are becoming vegetarians do not know that there are animal byproducts in many gummy candies. There is useful information in this book that might be hard to find elsewhere. This is why Jonathon Vine has pulled together all the research that he has been doing for years to present this book to people who are not sure where to start with being a vegetarian.

Recipes:

The recipe portion includes breakfasts, lunches, and dinners. They all look extremely delicious and for the most part, they look like pretty simple recipes. I also like that at the end of each recipe it shows how many calories, fat, protein, and carbs are in each serving. I find this to be especially helpful because I find recipes that claim to be healthy all the time but I do not actually know the nutritional information. Some of the recipes that I am most excited about are the apple and cinnamon French toast, warm squash salad, chickpea cilantro salad, zucchini mushroom lasagna and so many more!!

For Who? For You!

Anyone who is interested in eating healthier and losing some weight should read this book! Even people who are not willing to become vegetarians are able to check these recipes out! They are good to throw into your weekly meal plan to make your eating habits healthier. If you are interested in becoming a vegetarian, you should definitely get this book right now! The information that can be found in this book is invaluable for someone who is just starting as a vegetarian.

H D Hayot says

let me tell you, I was not at all disappointed - far from it. This book had a little bit of everything: definitions, guidance, and what I'm most excited about, and positively cannot wait to try... recipes! The recipe for waffles with cherry sauce looks absolutely divine (as do the others).

Cindy Austic says

Informative and interesting but not what I was hoping for.

I was just informed that I must lose some weight and eat healthier in six months or I will have to take diabetics pills... this is something I don't want to happen. As I said I did learn a lot but I don't feel the low calorie meals listed would work since a lot of recipes had either oils, sugars, bread, pasta and\or cheeses which I was told to limit\avoid them.

Jonathan Vine says

This is my first book.I worked very hard to create it. and I love how it turned out :)

Book Him Danno says

I am not a vegetarian, but this book has many recipes that would fit into my lifestyle very well – I am also dairy and gluten free but I still found some great ideas in this book. The Onion and Herb Frittata is delicious along with Egg in Avocado.

The book is split into sections – Breakfast, Lunch, and Dinners – he includes weight loss tips and other ideas for healthy eating and why to switch to vegetarian eating. Sweet Potato Pasta was good and I just used gluten free noodles instead of wheat like the recipe suggests.

I think eating more fruits and vegetables is a great way to improve your health and loss unwanted pounds that seem to stick to the middle of most women these days – I like the recipes in this book and I think they will be a great addition to my normal diet – I will stay a meat eater for now, but a vegetarian meal every few days will help with me and my families health.

Angie says

I am just so excited about this! I love to eat healthy.. how about you?! Are you looking for amazing, yummy recipes that are meatless?! This is def the Ebook for you!

Who knew cutting out meat could be that effective and that great for you?! I always knew that it was very healthy for you I just never realized how much healthier it really was for you until now. Being a vegetarian you consume more anti-oxidants, fiber, and more vitamins & minerals. That sounds perfect to me, and exactly what I need! Here is another thought, once you cut out meat, do you realize how much money you would be saving? This eBook really opens your eyes up to all these things that you normally wouldn't think of! Did you know even if the food is healthy, as soon as you warm it up in the microwave, all the nutrients get stripped away? I will not be using the microwave from now on. I will be steaming the food or heating it up on the stove!

Are you unsure on what you can and can't eat? This eBook gives you a detailed list of what foods to stay clear from and what you need in your diet. A lot of the things they say are good for you; you wouldn't think you would actually be able to eat. Plus it explains to you what everyday foods to be careful with because a lot of soups, salad dressings etc. are not good for you because they contain some kind of animal product in them. You also want to make sure you are eating the right proteins and foods that give you the vitamins, & minerals you need to keep up your energy throughout the day.

But the best part about this book? THE RECIPES!!! I mean, seriously? Who doesn't love healthy recipes?! I know I do! I did try out 2 recipes that I just thought were amazing! That's the banana avocado smoothie & chickpea burgers! They were actually very tasty and defiantly worth it! With the smoothie the only difference is that I did NOT use dates. Other than that they were amazing!

This book seriously is amazing! I always thought about becoming a vegetarian but I just thought it was too difficult to follow but this book gives you all the advice and tips you need to transition yourself into becoming a vegetarian and tips on how to eat out, and the best part weight loss!

Susan L Lester says

Good

Looking for a way to drop some weight & I love vegetables. Growing up my Mom used to cook lots of veggies & a meat (for my dad). I wasn't all that interested in the meat...but oh those vegetables! Couldn't get enough! So wish me luck!

Benny Carmi says

one of the best cookbooks I've read!

James Minter says

Jonathan's writing style is short and to the point without a loss of necessary information. I've just finished a three week eating regime to kick-start my metabolism. Doing that, cold turkey, was tough but now I'm out the other side 11 pounds lighter and feeling all the better for it. What I don't want to do is to drop back into old habits and regain the weight. But I do find many healthy food recipes deficient in taste. I like food and like to enjoy what I eat. Food is not a means to an end; it's a very social activity to be enjoyed – otherwise why not have a daily injection of all the nutrients and vitamins required and forego eating! The recipes and meal suggestions in this book appear to offer a well thought through, interesting and flavoursome range covering breakfast, lunch and dinner. Once I've tried them all I'll be in a better position to say for certain. Being available as an eBook and downloadable to my iPad kindle reader software helps since you can easily follow the recipe and method while preparing the food.
