

Vegetarian Cookbook: 14 Days Diet to Maximize Health and Life Span FREE DOWNLOAD, KINDLE UNLIMITED A refined, well-written book containing over 50 easy-to-prepare vegetarian recipes – from mouth-watering salads to soups, smoothies and desserts, this is your ultimate guide to achieving a longer and healthier lifespan. For most people, the transition from being fat to vegan apparently starts from eliminating any animal food. The first step to become a vegetarian is to do away with meat, fish or chicken. The second is to replace cola (or beer) with a smoothie and the third is to give any “greens” a try. Perhaps you’ve already read hundreds (or thousands) of blogs, magazine articles and books about vegetarianism. Almost everyone’s talking about being vegan. Some of the most controversial personalities are vegan. If you came across a handful of advocacy posters with celebrities in their naked glory, they simply mean one thing: BE A VEGETARIAN. And that’s exactly what **Vegetarian Cookbook: 14 Days Diet to Maximize Health and Life Span** wants to tell you. As the title suggests, **Vegetarian Recipes** will teach readers how to give vegetarianism more importance to their lives by following the 14-day rule of vegetable consumption. Start your regular vegan diet by giving **Blueberry Oatmeal Waffles** a try and make your 14th day awesome by having a **Fresh Asparagus Soup** for dinner. Each recipe written in the book isn’t only for regular vegetarians. Even those who are not following any strict diet can prepare their own veggie meals. Another thing to look forward to in this book is a special chapter on the connection between vegan and paleo. If you’re a paleo diet follower, you may want to check out the vegetarian paleo recipes provided in the book’s last 3 – 4 pages. Indeed, **Vegetarian Cookbook: 14 Days Diet to Maximize Health and Life Span** is one worthwhile read that you can apply at home or anywhere else. **Example Recipes**
Day 01 **BREAKFAST:** Blueberry Oatmeal Waffles **LUNCH:** Tofu Curry Salad **SNACK:** Roasted Tomato Salad **DINNER:** Cucumber and Watermelon Salad Day 02 **BREAKFAST:** Peppermint Green Smoothie **LUNCH:** Quinoa & Kale Salad with Citrus, Almonds and Dates Dressing **SNACK:** French Potato Fries **DINNER:** English Pea Salad Day 03 **BREAKFAST:** Vegan French Toast **LUNCH:** Lentil Salad with Herbs & Walnuts **SNACK:** Indian-Style Okra **DINNER:** Watercress Sesame Salad Day 04 **BREAKFAST:** Samoan Porridge **LUNCH:** Pumpkin Chili **SNACK:** Cheesy Peas **DINNER:** Sweet Pickles Day 05 **BREAKFAST:** Strawberry Oatmeal Smoothie **LUNCH:** Baked Asparagus with Butter Sauce **SNACK:** Pesto Sauce **DINNER:** Spiced Fruit Soup Day 06 **BREAKFAST:** Monstrosity Purple Fruit Smoothie **LUNCH:** Chickpeas with Masala Sauce **SNACK:** Potato Crisper **DINNER:** African Peanut Soup Day 07 **BREAKFAST:** Cinnamon Syrup **LUNCH:** Vegetarian Meatloaf **SNACK:** Spinach Brownies **DINNER:** Easy Asparagus Day 08 **BREAKFAST:** Banana & Kale Smoothie **LUNCH:** Tofu Parmigiana **SNACK:** Onion Rings **DINNER:** Cheesy Cauliflower Soup Day 09 **BREAKFAST:** Tortilla Espanola **LUNCH:** Sesame Noodles **SNACK:** Garlic Bread **DINNER:** Baby Carrots with Buttered Dill Day 10 **BREAKFAST:** Vegan Granola **LUNCH:** Cuban Black Beans **SNACK:** Bean Spicy Salsa **DINNER:** Veggie Stir-Fry Day 11 **BREAKFAST:** Watermelon Salad **LUNCH:** Roasted Broccoli with Lemon & Garlic **SNACK:** Guacamole **DINNER:** Quick Asparagus Day 12 **BREAKFAST:** Pumpkin Smoothie **LUNCH:** Stuffed Peppers **SNACK:** Spiced Pumpkin Seeds **DINNER:** Buttery Carrots Day 13 **BREAKFAST:** Greek Scrambled Eggs **LUNCH:** Avocado Tacos **SNACK:** Corn Fritters **DINNER:** Strawberry and Spinach Salad Day 14 **BREAKFAST:** Flax Seed Smoothie **LUNCH:** Chili Potato Burritos **SNACK:** Potato Chips **DINNER:** Fresh Asparagus Soup Bonus Vegetarian Diet for Beginners Vegetarian and Paleo Recipes

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