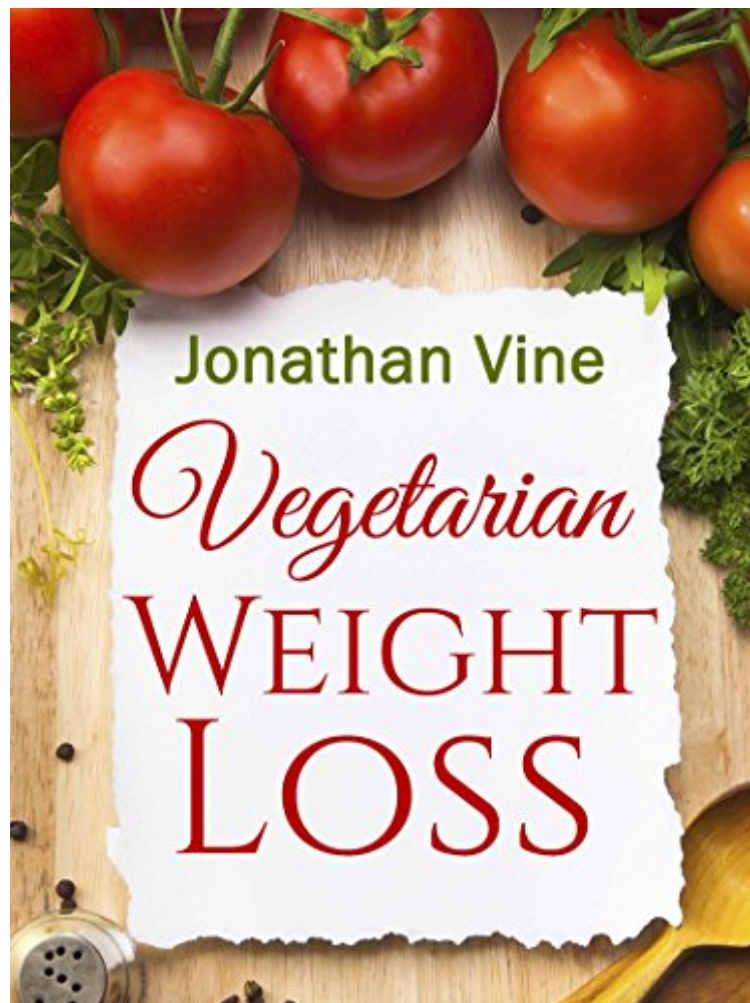


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# **Vegetarian Weight Loss: How To Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1)**





## Synopsis

Want to lose those extra pounds and live a healthy lifestyle?The best new vegetarian weight loss diet. Start today and lose weight instantly!Vegetarian Weight Loss is written for anyone who 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.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!The health benefits of the vegetarian diet - all the great things you can expect to experience with this fantastic way of eatingVegetarian Sources Of Vitamins And Protein - this chapter is crucial if you are going to remain healthy whilst being a vegetarian!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!Tips For Weight Loss Success - use my special tips to boost and accelerate your weight loss and good health! 50 delicious, mind blowing Vegetarian Weight Loss Recipes - all my very best vegetarian recipes to help you lose weight! And 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 is pure cutting-edge content from someone who has spent the past 3 years and thousands of hours of research testing and refining what really works to bring you only the best of the best recipes, methods , and weight loss tips.Scroll up and grab a copy today!

## Book Information

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## Customer Reviews

I have decided to never diet again but adapt the lifestyle of "eating clean". I bought this book along with another, more popular book on the market as I couldn't decide between the two. I have to say.. I love the book. A lot of diet books just go on and on and take forever getting to the point of how to diet. there are some nice recipes like the cranberry and lemon muffins, and the red pepper and artichoke frittata that I tried and I can't wait to try others!

This is a great book if you're considering decreasing your meat intake or going vegetarian. It has a lot of good information and things to consider when embarking on such a dietary change. The only let downs, were more specific to my family which is why I didn't deduct any stars. First off, if you're already in the veggie-eater lifestyle (which ever label you ascribe to) this might be a lot of the repeat, and already known information for you. The recipes are decent, but again I've been deep down the road of eliminating meat from our diet, so a lot of repeats here. Not much inspiration for the veteran veggie, but an excellent read for someone new to vegetarianism. If you're egg, soy or gluten free like myself, this probably wouldn't give you many recipes to work with. But if you have no restrictions, this book will basically be a effortless guide to daily eating. I received this book free of charge in exchange for my honest and unbiased review.

I'm someone that loves recipes books and since I have done the vegetarian thing before and know it really helped me, I enjoy this book. I like the information in the beginning; I think it's very useful and helpful. Here are some points about the book: Some of the recipes read 1/2 cup of this and a third of a cup of that. I would rather it be uniformed to showing 1/3, not spelled out. That sounds bratty of me but when I'm reading it I like it to match. The instructions for each recipe are very easy

to follow. I like that it shows the calories; when losing weight and watching what you eat that's pretty important. The information at the end of the book is also extremely useful. The article about eating out while on a vegetarian diet, I find that very helpful! I read a review that said the numerical value for the recipes aren't included. I am looking through the entire book as we speak and I see them in each recipe. I have yet to use this for weight loss but I will use a lot of these recipes and ideas. I received this for free on my Kindle!

I absolutely love this book. Not only does it have recipes, but it also gives you an inside look at Vegans and the different types. Also gives you an intro to foods to avoid and tips for a healthier lifestyle with still good to eat food. The Bonus for me is the recipes for food. It nails every kind of eating situation. Breakfast, entrees, desserts, smoothies, etc. Even if you're not a Vegetarian, you can still check out these recipes to stay fit or to follow a diet. I myself am Vegan but my husband is an avid meat eater. He's also in the military, so weight is a huge issue. I made him Spiced Cauliflower Patties (one of the recipes) and he absolutely loved them. Ate them without even knowing it was Vegan food. Love this book and will be trying out other recipes. Disclaimer: I received this item for free in exchange for my unbiased opinion and review

This book could be a useful resource for someone who is completely new to a vegetarian diet and has no idea where to start. Such a person would be able to learn a few basic reasons why the transition could benefit their health. However, the health claims are not substantiated by any sources so if you have a critical mind, you might find yourself saying "show me the research". As a new vegetarian, you would find in here some healthy main dish type recipes for breakfast, lunch, and dinner that are mostly low in calories. Swapping these out for your meat main dishes would probably help you achieve a goal of weight loss. However, most of the recipes look like they are a little too low in calories per serving to be a full meal, so you'd either be eating a few servings or combining them with sides that you already know how to make. You will not find any daily meal plans in this book, so you are on your own in figuring out how to come up with a full day's worth of meals and snacks. For that reason, I would say this is more of a basic vegetarian cookbook than a weight loss how-to book. As a person who has been vegetarian for 14 years, I don't think this book would be very helpful to me in losing weight. It provides me with a few healthy recipe ideas I could try instead of my current diet, but doesn't provide enough new information to me that I feel it would really help me in that respect. I would like to see some of the author's story in here because maybe that would hit close to home with some readers who were teetering on the fence about making this

big lifestyle change to vegetarianism. It would also be helpful to know if he has any kind of formal education in nutrition because it's not really clear from reading the book. In summary, here are my feelings on this book:-The recipes look good and provide ideas that would be great for a new or seasoned vegetarian to try-The information on how to actually lose weight is limited. Complete meal plans are not included so you have to be counting calories and nutrients on your own if you are serious about losing weight.-This book would be a good starting place for someone that doesn't know anything about going vegetarian. I received this book at a discount in exchange for my honest review. My opinions are my own.

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