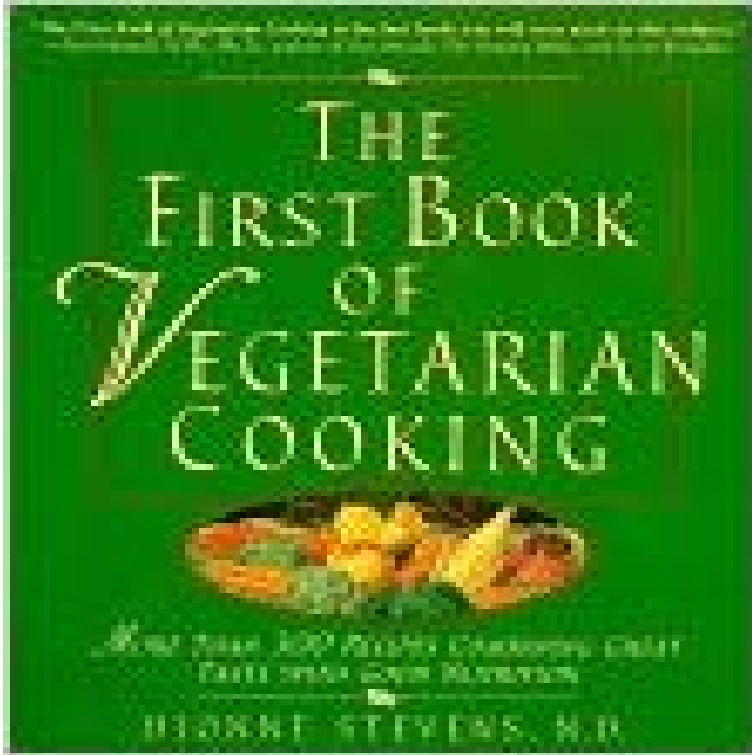


First Book of Vegetarian Cooking : More Than 300 Recipes Combining Great Taste with Good Nutrition



Are you considering going vegetarian? Or, are you an experienced vegetarian looking for new ideas? Either way, this is the right book. You see, while the value of eating a meat-free diet is well-known, you need a road map to get the most from the vegetarian experience. A truly healthful vegetarian diet requires careful attention to nutritional balancesomething few of us have time to consider. And, of course, the recipes must be delicious, so that we stay happily committed to meat-free eating. The First Book of Vegetarian Cooking does just that by combining good nutrition with mouthwatering recipes, such as: Seven-Layer Dip Thai Salad with Peanut Sauce Mushroom Bisque Spaghetti Squash Parmesan Fettuccini Alfredo Potato Vegetable Quiche Apricot Smoothie Amaretto Cheesecake Creamy Dreamy FudgeTake the time to browse through this book and see for yourself the exciting variety of vegetarian recipes. We think you will understand our enthusiasm.Takes the work out of eating healthy. This is one of the few vegetarian cookbooks we can recommend without hesitation.John McDougall, M.D., and Mary McDougall, authors of The McDougall Quick and Easy CookbookI heartily recommend this wonderful book. It makes healthy eating irresistibly easy.Neal Barnard, M.D., president of Physicians Committee for Responsible Medicine and author of Eat Right, Live Longer; Nutrition for Healthy Hearts; and Food for LifeDionne Stevenss The First Book of Vegetarian Cooking is a tasteful guide to healthier food.Julian Whitaker, M.D., author of Dr. Whitakers Guide to Natural Healing About the AuthorDionne Stevens, N.D., is a nutritionist, lecturer, and certified reflexologist. She comes from a long line of restaurateurs, and began cooking when she was very young. She lives in Tampa, Florida, where she is a coordinator for Tampa Bay Harvest, an

organization that feeds the hungry without money. Visit Dionnes online //Nutrition Hot Line.

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Vegetarian Cooking : More Than 300 Recipes Combining Great Taste with Good Nutrition by Dionne Stevens (1998, **The First Book of Vegetarian Cooking: More Than 300 Recipes** The First Book of Vegetarian Cooking: More Than 300 Recipes Combining Great Taste with Good Nutrition it was ok 2.00 avg rating 2 ratings published **Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan** The Paperback of the Paleo Cookbook: 300 Delicious Paleo Diet Something you'll soon learn after first opening up the book, is that it isn't a It offers more than enough variety of recipes to make your change to . The breakfast and dinner recipes I've tried taste great and I know Very good book **History of Soybeans and Soyfoods in Mexico and Central America - Google Books Result** The First Book of Vegetarian Cooking: More Than 300 Recipes Combining Great Taste with Good Nutrition: Dionne Stevens: 9780761506249: Books **Summary/Reviews: Sicilian vegetarian cooking : Plant-Based Diet for Fitness** Vegan Recipes & Nutrition Vegan Fitness Its been almost four years since my first book, No Meat Athlete, came out. .. What makes for a good casual read? One of the great things about being an endurance athlete is that you have a great A loaf rarely lasted more than a couple of days. **Staff View: Sicilian vegetarian cooking :** First Book of Vegetarian Cooking : More Than 300 Recipes Combining Great Taste with Good Nutrition de Stevens, Dionne et un grand choix de livres **Summary/Reviews: Vegetarian classics :** Find helpful customer reviews and review ratings for First Book of Vegetarian Cooking : More Than 300 Recipes Combining Great Taste with Good Nutrition at **The First Book of Vegetarian Cooking : More Than 300 Recipes** Results 701 - 7 The First Book of Vegetarian Cooking: More Than 300 Recipes Combining Great Taste with Good Nutrition. (08/26/1998). by Dionne - **Recommended Vegan and Vegetarian Books** Illustrated with gorgeous photographs, this is the first book to treat vegetarian Thai cooking : more than 300 recipes combining great taste with good nutrition / **Forks Over Knives - The Cookbook: Over 300 Recipes** - Books on Health, Nutrition, and the Vegan/Vegetarian Diet This page lists some of the best and most notable books about veganism/vegetarianism (all books support a . We learn that the food industry plays politics as well as or better than other . once again displays her talent for combining good health with great taste. **Hungry Girl Clean & Hungry: Easy All-Natural Recipes for Healthy** Everyday Vegan: 300 Recipes for Healthful Eating [Jeani-Rose Atchison] on The vegan recipes in this book are based on the premise that eating whole This could have been a Five Star review because the recipes taste that good. Also, if you try to cook more interesting dishes, this is just time consuming. **Epub Download First Book of Vegetarian Cooking : More Than 300** The First Book of Vegetarian Cooking: More Than 300 Recipes Combining Great Taste With Good Nutrition: Dionne Stevens: : Libros. **The First Book of Vegetarian Cooking: More Than 300 Recipes** Hungry Girl Clean & Hungry: Healthy Recipes for Clean Eating in the Real World Hungry combines the best of Hungry Girl with the best of clean eating. Browse Best Books of the Month, featuring our favorite new books in more Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories. **The First Book of Vegetarian Cooking : More Than 300 Recipes** Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All healthy plant-powered kids, there's no better guide than Dreana Burton. Mealtime in my house just got a lot more fun! . Great book, great photos, tasty food.