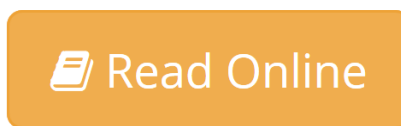


## Famous Dishes Made LOW-CARB VEGETARIAN!

By Paulina Christen, K. Barrington



**Famous Dishes Made LOW-CARB VEGETARIAN!** By Paulina Christen, K. Barrington

Famous Dishes Made LOW-CARB VEGETARIAN!

Your Favorite Vegetarian Low-Carb Recipe Book with Quick and Easy Recipes

Many people who switch to the vegetarian low carb diet assume that they can no longer eat their favorite foods. International dishes like lasagna, hamburgers, and other popular dishes are traditionally made with meat and full of carbs, so they cannot be included in the vegetarian low-carb diet. Or can they? By swapping out non-vegetarian ingredients with low-carb and vegetarian-friendly alternatives you can still enjoy all of your favorite dishes. If you are ready to give the vegetarian diet a try, pick one of the many delicious recipes in this book and get cooking! You may be surprised to find that not only are these vegetarian recipes easy to make, but they may be even better than the non-vegetarian originals!

Includes vegetarian mouthwatering meal recipes under 30 minutes and other world famous recipes:

- Low-Carb Pizza
- Vegetarian Crustless Quiche
- Carrot and Mushroom Burgers
- Thai Coconut Curry
- Vegetarian Sloppy Joe
- No-Noodle Eggplant Lasagna
- Vegetarian Sushi
- Chili Sin Carne
- Mexican Veggie Burritos
- “Clam” Chowder
- Tofu “Fish” and Chips
- Carrot and Cauliflower Hash
- Toad in the Hole
- Vegetable Shepherd Pies
- Vegetable Tikka Masala
- Apple Strudel with Walnuts
- Triple Berry Crumble
- Strawberry Banana Muffins
- Dark Chocolate Cherry Brownies

Cheesecake  
and many more!

Simply put, this book gives you a quick & easy to enjoy your favorite international foods (Breakfast, Lunch, Dinner, Dessert) while following the vegetarian diet.

- ♥ All recipes with Nutritional Information
- ♥ Includes many vegetarian mouthwatering meal recipes under 30 minutes
- ♥ Perfect for Beginners (Quick and easy)
- ♥ All recipes with photo
- ♥ All recipes vegetarian
- ♥ All recipes low-carb
- ♥ All recipes with description and fun facts

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