



Best Vegetarian and Smoothie Recipes Box Set (6 in 1): Over 200 Budget-Friendly Vegan and Vegetarian Meals, Green Smoothied and Spiralizer Recipes for ... Try (Vegetarian Recipes and Smoothie Detox)

Bobbie Myers, Jessica Meyer, Gwendolyn Hudson, Leah Gibbs, Tiffany Brook, Chelsea Horn

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Book 1: Slow Cooker Recipes for Vegetarians: 35 Easy, Hearty and Meatless Meals for You to Enjoy

If you are a vegetarian or a vegan with several levels of restrictions in your food ingredients, you will also feel that you do not have a whole lot of options when it comes to how you cook your food. This book aims to really make cooking and eating easier and more versatile through the art of slow cooking. Yes! Slow cooking is a manner of cooking meals that require slow and sometimes long processes to infuse more flavors, and this can also be used by vegetarians when preparing their meals.

Book 2: Only Vegan: Vegan Recipes for Healthy Living & Clean Eating

Inside You Will Learn

- What is a Vegan Diet?
- What's the Difference Between Vegan and Vegetarian?
- What Are Some Great Vegan Dishes to Try With Your Family?

- Why Do People Choose to Be Vegan?
- And Much More

Book 3: Vegetarian Cooking: 20 Budget- Friendly Vegetarian Recipes to Be Lean and Be Healthy

Here is a preview of what you will learn from this book

- How to Effectively Adopt A Vegetarian Lifestyle
- Hearty Recipes That You Can Cook For Breakfast
- Healthy and Filling Recipes To Try Out For Lunch
- Dinner Time Vegetarians' Specials
- Favorite Vegetarian Snack Foods That Are Not All About Veggies and Fruits
- Low Calorie, But Tempting Desserts
- Helpful Tips When Preparing Veggie Meals
- And Much More

Book 4: Spiralize Your Diet: 20 Delectable Spiralizer Recipes for a Healthy Gluten-Free Diet

Here is a preview of what you will learn from this book

- How to use a spiralizer
- The most common spiralizing tools
- The benefits of spiralized cooking
- Why spiralized cooking is good for your gluten-free diet
- The ingredients and instructions to prepare easy and delicious recipes

Book 5: Amazing Smoothies: 20 Cleanse Smoothie Recipes to Help You Detox, Lose Weight and Feel Great!

Inside You Will Learn

- What detox is
- What cleaning is
- How to keep your health in good condition
- What you can add to smoothies to help you lose weight
- Twenty smoothie recipes and why their ingredients are beneficial

Book 6: Green Smoothie Cleanse: 15-Day Healthy Detox Program with Recipes for Rapid Weight Loss!

Here is a preview of what you will learn from this book

- Arguments supporting such a diet
- Why smoothies
- When should we consider "detox-ing" our body
- How will our body react to a diet based on green smoothies
- What other foods should be consumed in this period and which ones should be avoided

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Christopher Hunnicutt:

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Dawn Spigner:

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Sergio Terry:

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Brandon Giles:

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