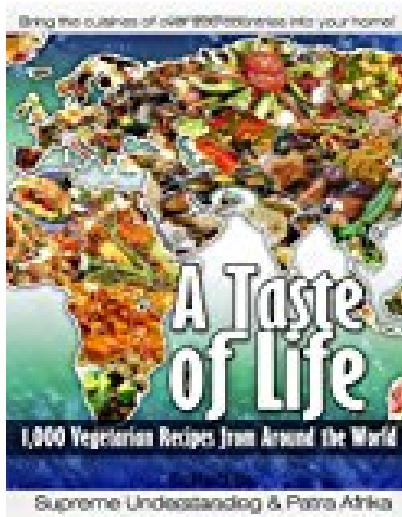


A Taste of Life 1 000 Vegetarian Recipes from Around the World



BOOK DETAILS

- Author : Supreme Understanding
- Pages : 404 Pages
- Publisher : Supreme Design Publishing
- Language : English
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BOOK SYNOPSIS

Bring the cuisines of over 200 countries into your home! Now you can enjoy the delicious and exotic cuisines of the world, all without leaving the comfort of your home! Not only is this book packed with over 1,000 easy-to-prepare ideas for appetizers, salads, soups, sauces, entrees, and desserts, the recipes are all vegetarian! Studies have shown that a plant-based diet can help reduce the risk of many preventable diseases, and can actually allow you to eat MORE without gaining as much weight. So everything you find will be good to your taste buds AND good for your health! What more could you ask for? How about handy guides on HOW to cook healthy meals, how to create a meal plan, where to shop for the best and cheapest ingredients, and the health benefits of over 100 fruits, vegetables, and spices? This book has ALL that and more! PLUS 100+ juices, smoothies, and herbal teas! Raw Foods Recipes! A Comprehensive Nutritional Guide!

A TASTE OF LIFE 1 000 VEGETARIAN RECIPES FROM AROUND THE

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