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The High-Protein Vegan Cookbook: 125+ Hearty Plant-Based Recipes Ginny Kay McMeans. 4.4 out of 5 stars 30. Kindle Edition. CDN\$18.39. Next. Product description About the Author. Katie Parker is the founder, recipe developer, writer, and photographer for the food blog Veggie and the Beast.

The High-Protein Vegetarian Cookbook: Hearty Dishes that ...

Buy The High-Protein Vegetarian Cookbook - Hearty Dishes That Even Carnivores Will Love Illustrated by Katie Parker, Kristen Smith (ISBN: 9781581572636) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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The high-protein vegetarian cookbook : hearty dishes that ...

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The High-Protein Vegan Cookbook highlights the ins- and- outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more than 125 protein-rich, plant-based recipes, McMeans proves that vegans don't have to skimp on this important nutrient.

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The High-Protein Vegetarian Cookbook - Hearty Dishes That Even Carnivores Will Love Katie Parker. 4.3 out of 5 stars 116. Hardcover. £14.74. The Vegan Bodybuilder's Cookbook: Essential Recipes and Meal Plans for Plant-Based Bodybuilding Samantha Shorkey. 4.8 out of 5 stars 7.

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Ginny Kay McMeans is the recipe developer, photographer, and blogger behind VeganInTheFreezer.com. She is the author of The Make Ahead Vegan Cookbook and The High-Protein Vegan Cookbook and has been featured by Huffington Post, Shape, MSN, Yahoo, BuzzFeed, Healthline, MindBodyGreen, Healthy Magazine, and many more.

The High-Protein Vegan Cookbook 125+ Hearty Plant-Based ...

The High-Protein Vegan Cookbook highlights

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the ins- and- outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more than 125 protein-rich, plant-based recipes, McMeans proves that vegans don't have to skimp on this important nutrient.

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Cookbook - Veggie and the Beast - A food blog with hearty ...

The High-Protein Vegan Cookbook book. Read 5 reviews from the world's largest community for readers. Nuts, grains, vegetables,

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fruits, and seeds all prov...

The High-Protein Vegetarian Cookbook: Hearty Dishes that ...

As a vegetarian living with a meat-eating guy, the author has developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Hearty Vegetarian Chili, and Dark Chocolate Black Bean Brownies, the results are outrageously tasty--and completely ...

Vegetarian Cookbooks - Selected by Registered Dietitians ...

Cookbook. I've talked about it here and there, but now it's official - The High-Protein Vegetarian Cookbook: Hearty Dishes that Even Carnivores Will Love - is out! On Amazon, on shelves, and that is crazy. Over the course of 8 months, I wrote, tested, and photographed 75 high protein recipes ranging from breakfast to main dishes to desserts.

The High-Protein Vegan Cookbook - 125 Hearty Plant-Based ...

The High Protein Vegetarian Cookbook: Hearty Dishes That Even Carnivores Will Love Hardcover - Jan. 6 2015 by Katie Parker (Author) 4.3 out of 5 stars 119 ratings. See all formats and editions Hide other formats and editions. Amazon Price New from Used from

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The High-Protein Vegetarian Cookbook: Hearty Dishes that ...

Start your review of The High-Protein Vegetarian Cookbook: Hearty Dishes that Even Carnivores Will Love. Write a review. Dec 12, 2019 Katie rated it it was amazing. I have been checking out a lot of vegetarian cookbooks from the library trying to cut down on my meat consumption.

The High-Protein Vegetarian Cookbook - Hearty Dishes That ...

Beautiful cookbook, disappointing recipes
Being a vegetarian for many years, I know that it's not difficult to get plenty of protein from plant-based foods, the difficulty lies in being creative so that meals are interesting and varied and I had hoped that this cookbook would provide some creativity. I was hugely disappointed. It's true that the recipes presented are "high protein" as ...

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The High-Protein Vegetarian Cookbook : Hearty Dishes that ...

As a vegetarian living with a meat-eating guy, the author has developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Hearty Vegetarian Chili, and Dark Chocolate Black Bean Brownies, the results are outrageously tasty—and completely ...

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Vegetarians get their protein from delicious plant-based foods, including beans, nuts, quinoa and even raw cocoa. These ingredients are used to their best advantage in this new cookbook. As a vegetarian living with a meat-eating partner, the author has developed recipes that are deliciously satisfying and high in protein.

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