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~~**New Book VEG** ☐☐☐☐ ☐☐ ☐☐ | **Jamie Oliver** Favorite Go-To Vegan Cookbooks Tips to go Vegan in a NON-Vegan Household (Parents, Roommates, etc)~~

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## **BEGINNER'S GUIDE TO VEGANISM » how to go vegan**

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### Family Friendly Meals

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Taste test! Meg Unprocessed samples 'The Friendly Vegan Cookbook'*Vegan For Everyone* cookbook with Chef Laura Theodore ~~Beginner's Guide to Going~~

~~VEGAN~~ ☐☐☐ **GOING VEGAN: TIPS FOR BEGINNERS - HIDDEN INGREDIENTS? IS IT HEALTHY? EATING OUT?** | One-Pot Vegetarian

Meals *Vegetarian Cookbook 101 Family Friendly Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking): Grey, Alissa Noel, Fat Loss Almanac: 9781520424446: Amazon.com: Books. Flip to back Flip to front.*

*Vegetarian Cookbook: 101 Family-Friendly Vegetarian ...*

*Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking Book 1) - Kindle edition by Grey, Alissa Noel, Fat Loss Almanac. Download it once and read it on your Kindle device, PC, phones or tablets.*

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*Vegetarian Cookbook: 101 Family-Friendly...*  
Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking Book 1) by Alissa Noel Grey

*Amazon.com: Customer reviews: Vegetarian Cookbook: 101 ...*  
The Vegetarian Family Cookbook: Featuring More than 275 Recipes for Quick Breakfasts, Healthy Snacks and Lunches, Classic Comfort Foods, Hearty Main Dishes, Wholesome Baked Goods, and More [Atlas, Nava] on Amazon.com. \*FREE\* shipping on qualifying offers. The Vegetarian Family Cookbook: Featuring More than 275 Recipes for Quick Breakfasts, Healthy Snacks and Lunches

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Kids Can Cook: Vegetarian Recipes Kitchen-Tested by Kids for Kids [Bates, Dorothy R, Havala M.S. R.D. F.A.D.A., Suzanne] on Amazon.com. \*FREE\* shipping on qualifying offers. Kids Can Cook: Vegetarian

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*Kids Can Cook: Vegetarian Recipes Kitchen-Tested by  
Kids ...*

America's Test Kitchen does it again—providing a comprehensive (700 recipes), trusted resource for those seeking vegetarian recipes. And, to sweeten the deal and appeal to a very wide audience, 300 of those recipes require 45 minutes or less, 500 are gluten-free, and 250 are vegan-friendly, all clearly labeled within the book. Packed full of photos, these recipes not only look delicious but ...

*The 8 Best Vegetarian Cookbooks of 2020*

In Veg, Jamie makes vegetarian cooking easy, sharing over 100 fun-to-make recipes full of flavour and all family-friendly. You've got stews, pastas, curries, pies and traybakes, each designed to make vegetarian cooking accessible and most importantly, delicious.

*The best vegetarian cookbooks - BBC Good Food*

The Everyday Vegetarian: 101 Family-Friendly Low Cholesterol Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss is an invaluable and delicious collection of easy homemade vegetarian recipes that will provide enough protein, vitamins, minerals and antioxidants to keep you and your family strong and feeling better all-round.

*Vegetarian Cookbook: 101 Family-Friendly Vegetarian*

...

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Vegetarian Recipes Inspired by The Mediterranean  
Diet for Better Health and Natural Weight Loss:

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Mediterranean Diet for Beginners (Healthy Cooking)

by Grey, Alissa Noel, Fat Loss Almanac (ISBN: 9781520424446) from Amazon's Book Store.

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## *Vegetarian Cookbook: 101 Family-Friendly Vegetarian*

...

All of the recipes on 101 Cookbooks are vegetarian, but (!) this section highlights some favorites, along with many ideas for mains and side dishes to build a meal around. See my recommended Vegetarian Cookbooks. 1. Sparkling Cranberries. Around the holidays these pretty, sugared, sparkling cranberries are perfect.

## *100+ Vegetarian Recipes - The Best I've Cooked | 101 Cookbooks*

Vegetarian cookbook prices. A vegetarian cookbook with a short overview and a small selection of simple recipes won't cost you more than \$20. You'll pay a premium for new releases, cookbooks written by famous chefs, and books that include high-quality photography.

## *5 Best Vegetarian Cookbooks - Dec. 2020 - BestReviews*

Nearly five years later, it's still a major hit. The recipes are vegan, and many are allergy-friendly. You can also take the word of the more than 1,500 Amazon reviewers who've given the book five ...

## *17 Best Vegetarian Cookbooks to Buy 2020 - Top Cookbooks ...*

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"Supermarket-friendly recipes that use quick-cooking techniques." Best Healthy: Forks Over Knives at Amazon "A favorite of vegans, vegetarians, and anyone else looking to eat healthier." Best Instant Pot: The Ultimate Vegan Cookbook for Your Instant Pot at Amazon "Gives you 80 great vegan recipe ideas to put this appliance to work."

### *The 8 Best Vegan Cookbooks of 2020 - The Spruce Eats*

"Modern, vibrant, fuss-free food made from easy-to-find ingredients." So begins the description of Meera Sodha's newest cookbook, *East*, and we're already completely on board. Sodha's collection of vegetarian and vegan dishes feature techniques and ingredients drawn from East and Southeast Asia—curries, noodle bowls, rice dishes, salads, and sweets, all bursting with color and flavor.

### *2020 Home Cook's Holiday Gift Guide: Giftworthy Cookbooks ...*

Whether your kids are adventurous eaters or are going through a picky phase, you'll find plenty of vegetarian recipes (most of them quick and easy!) to please everyone at your table. Try a new macaroni and cheese or baked ziti recipe, construct some mini pizzas, whip up homemade veggie burgers, or roll up some burritos tonight.

### *Kid-Friendly Vegetarian Recipes | Martha Stewart*

117 Kid-Friendly Vegetarian Recipes Loaded sweet potatoes, veggie-packed pizza and pasta, and plenty of protein-rich beans—these totally meatless recipes are easy to make and will keep your ...

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## 117 Kid-Friendly Vegetarian Recipes | Epicurious

Lucy Watson started her vegan journey in 2015 having been a vegetarian since the age of five. Feed Me Vegan is plant-based comfort food at its best, showcasing satisfyingly solid recipes for creating the ultimate vegan brunch and veggie burgers packed with lentils, chickpea and smoked chicory. Available from: Amazon (£12.71) Waterstones (£18.99)

### *The best vegan cookbooks - BBC Good Food*

Maggie Chow or Chef Maggie Chow as she likes to be called. Is the author and creator of your favorite Easy Cookbooks and The Effortless Chef Series. Maggie is a lover all things related to food. Interestingly she is a vegetarian and prefers to avoid meat. So rest assured that her veggie based recipes will be delicious!

A treasury of more than 275 vegetarian recipes offers tips on making wholesome food more attractive to children, cooking with soy, and rendering a vegetarian dish vegan in a collection that includes such options as Quick Black Bean and Sweet Potato Chili and Vegetable Upside Down Casserole. Original.

**INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING!** From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey comes a great new collection of healthy recipes. This time she offers us her everyday vegetarian family recipes, a collection of some of the best meat-free, protein packed, breakfast, soup, salad and main dish



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recipes that can be prepared on a daily basis. The Everyday Vegetarian: 101 Family-Friendly Low Cholesterol Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss is an invaluable and delicious collection of easy homemade vegetarian recipes that will provide enough protein, vitamins, minerals and antioxidants to keep you and your family strong and feeling better all-round. If you're looking for an easy and natural way to lose weight and stay healthy, this cookbook is for you.

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Creamy Brussels Sprouts Soup

Creamy Potato Soup

Leek, Brown Rice and Potato Soup

Mediterranean Chickpea Soup

Carrot, Sweet

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Potato and Chickpea Soup Creamy Tomato and Roasted Peppers Soup Fresh Asparagus Soup Fast Red Lentil Soup Mediterranean Lentil Soup Celery, Apple and Carrot Soup Pea, Dill and Rice Soup Minted Pea and Nettle Soup Bean and Pasta Soup Tuscan Bean Soup Lima Beans Soup Italian Vegetable Soup French Vegetable Soup Spiced Beet and Carrot Soup Creamy Cauliflower Soup Pumpkin and Bell Pepper Soup Mushroom Soup Brown Lentil Soup Slow Cooked Lentil, Barley and Mushroom Soup Red Lentil and Quinoa Soup Spinach and Quinoa Soup Vegetable Quinoa Soup Vegetarian Main Dish Recipes Feta Cheese Baked in Foil Creamy Avocado Spaghetti Avocado, Roasted Mushroom and Feta Spaghetti Tomato, Arugula and Feta Spaghetti Vegetable Quinoa Stew Eggplant and Quinoa Stew Comforting Quinoa Shepherd's Stew Easy Moroccan Vegetable Stew with Quinoa Zucchini and Buckwheat Stew Power Buckwheat Stew Curried Buckwheat with Raisins and Apples Quick Buckwheat Chilli Ratatouille Spicy Chickpea and Spinach Stew Moroccan Chickpea Stew Zucchini Fritters Baked Falafels Chickpea, Rice and Mushroom Stew Chickpeas, Leek and Olive Stew Easy Homemade Baked Beans Baked Bean and Rice Casserole Green Pea and Rice Casserole Easy Green Beans Stew Green Beans and Potatoes Cabbage and Rice Stew Pumpkin, Spinach and Ricotta Gratin Potato, Pea and Cauliflower Curry Baked Cauliflower Potato and Zucchini Bake Okra and Tomato Casserole Vegetarian Breakfast and Dessert Recipes Slow Cooker Omelette with Spinach, Roasted Pepper and Feta Avocado and Feta Toast with Poached Eggs Avocado and Olive Paste on Toasted Rye Bread Avocado and Chickpea Sandwiches Delicious

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Muffins Easy Lemon Cake Caramelized Pear and  
Quinoa Slow Cooker Breakfast About th

"Her first cookbook, *Silk Road Vegetarian*, ...is a thoughtful and delicious collection of gluten-free, vegetarian and vegan recipes celebrating the foods of the Silk Road" —The Food Network Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries. This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmer's market or CSA share! Delicious vegetarian and vegan recipes include: Bengali Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinagrette Turkish Baked Eggplant with Mint Curried Lentil Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more... Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable. Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her own family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world—a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating

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diversity—discovering foods with contrasting tastes and textures that are simple and easy to prepare, yet totally exciting and different. Silk Road Vegetarian delves into the cultural and spiritual traditions of the Silk Road to show how cultural traditions have influenced the cuisine. Each dish has a rich history—linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet interesting diet with locally-sourced, earth-friendly ingredients. The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are: Vegetarian Vegan Gluten-free Try one of these recipes, and you'll agree that peoples living along the Silk Road created a unique culinary tradition that we have much to learn from today.

"Her first cookbook, Silk Road Vegetarian, ...is a thoughtful and delicious collection of gluten-free, vegetarian and vegan recipes celebrating the foods of the Silk Road" —The Food Network Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries. This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmer's market or CSA share! Delicious vegetarian and vegan recipes include: Bengali Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinaigrette Turkish Baked Eggplant with Mint Curried Lentil

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Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more... Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable. Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world—a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity—discovering foods with contrasting tastes and textures that are simple and easy to prepare, yet exciting and different. Silk Road Vegetarian delves into the cultural and spiritual traditions of the Silk Road to show how local customs have influenced the cuisine. Each dish has a rich history—linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet exciting diet with locally-sourced, earth-friendly ingredients. The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are: Vegetarian Vegan Gluten-free Try one of these recipes, and you'll agree that peoples living along the Silk Road created a unique culinary tradition that we have much to learn from today.

Be good to your body, animals, and the planet--vegetarian cooking for teens Whatever your reason for exploring vegetarian cooking--your love of

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animals, reducing your carbon footprint, or the variety of health benefits--the Vegetarian Cookbook for Teens will show you that meatless cooking goes way beyond a life of sprouts and salads. In fact, vegetarian cooking can be fun, easy, flavorful, and lead to a lifetime of wellness. This cookbook for teens is filled with delicious recipes like Sweet Walnut Apple Salad and Avocado Chickpea Pasta Bowl that will help teens gain confidence in the kitchen, regardless of experience, with step-by-step guidance. From how to create a savory breakfast burrito in five minutes flat, to how to simmer up a hearty vegetarian chili with your own creative twist, these delicious creations may even encourage your parents, siblings, and friends to move to more of a vegetarian lifestyle. Inside the Vegetarian Cookbook for Teens you'll find: New chefs welcome--Do you know the difference between boiling and simmering or what tools you'll need?--You will now. Naturally yummy--Discover 100 recipes that are made up of wholesome and natural ingredients yet never sacrifice taste. Earth-healthy--This cookbook for teens includes interesting facts about vegetarian nutrition, including how a plant-based diet helps the environment. Take control of what's going into your growing body with the Vegetarian Cookbook for Teens.

Nothing is more Special than Bonding with our Loved Ones over a HOME-COOKED MEAL. ☆ Read this book for FREE on the Kindle Unlimited NOW! ☆ In this age of fast-paced lifestyles, though, people are always on the go, and so, preparing a decent home-cooked meal on a hectic day seems next to impossible. This book "Top 101 Yummy Potluck Vegetarian Recipes" is a

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collection of my best family recipes for every meal (with inspiration from my mom), featuring simple, readily available ingredients and an array of cooking methods. Let's discover right now! 101 Awesome Potluck Vegetarian Recipes Although these recipes in "Top 101 Yummy Potluck Vegetarian Recipes" are different, they share some things in common that is they're family-friendly, nutritious, and easily prepared even by beginners. Home cooking is an opportunity to achieve a healthy balance of nutrients in your meals (including carbs, fat, protein, vitamins, and minerals) based on your family's nutritional needs. No complicated cooking techniques here-only simple recipes for your family who don't like to compromise the quality and nutritional value of their meals. Not to mention that they all taste great! I believe making healthy meals for the family is one of the ways to show how much you love them. The recipes here will delight the whole family, the crowd even the picky eaters! You also see more different types of recipes such as: Cream Cheese Cookbook Macaroni And Cheese Recipe Easy Potluck Recipes Dutch Oven Recipes Vegetarian Mexican Vegetarian Cookbook Cottage Cheese Cookbook Make Ahead Vegetarian Cookbook ☆ DOWNLOAD FREE eBook (PDF) included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion ☆ I really hope that each book in the series will be always your best friend in your little kitchen. Let's live happily and cook yourself every day! Enjoy the book,

"Not only are the dishes in Vegan 101: A Vegan Cookbook so impressive that they rock the kitchen, they are easy-peasy to prepare--even for a big eater

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but cooking dunce like me!" --Ingrid Newkirk, President of PETA Now more than ever people are choosing to make vegan meals part of their regular rotation. But with so many vegan cookbooks and blogs available, knowing exactly how to start can be challenging. Vegan 101: A Vegan Cookbook is your crash-course in creating vegan meals that get an A+ in nutrition and taste. Here's what's on this vegan cookbooks syllabus: 100 totally plant-based recipes to make delicious vegan dishes like Apple Coffee Cake Muffins, Tortilla Soup with Ancho Green Topping, and Quick and Easy Red Bean Veggie Burgers Expert guidance from vegan culinary instructors Jenny Engel and Heather Bell, owners of the popular LA-based vegan cooking school Spork Foods "Take It From Us" testimonials offering valuable information from Jenny and Heather's students, vegan and non-vegan alike Chapters beginning with "Go-To Recipes" highlighting a popular vegan dish and three variations on it No matter your skill level or regular diet, you'll be at the top of your class with this standout among vegan cookbooks. "Now THIS is veganism! Vegan 101: A Vegan Cookbook is for anyone who is looking to eat healthier and more consciously but who may be slightly intimidated by the term 'vegan.' THIS BOOK WILL SAVE YOU!"--Katie, Amazon Customer

One Dutch Oven, 8 Ingredients or less = Delicious Family-Friendly One-Pot Meals! Keeping it simple in the kitchen! The Dutch Oven, without a doubt, the Most Versatile Pot in your Kitchen!The Dutch oven is a real workhorse. It's been around since the 1700s, and it's endured so long because you can make so many culinary wonders using just this sturdy, heavy pot.



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That's right-you need to use only one pot for the entire cooking process! That simplifies cooking and saves precious time, so it's no wonder that this centuries-old device is now a star of smart 21st-century cooking. The Dutch oven is versatile, too: you can use it for stove-top cooking or you can pop it in the oven. It can make soups, stews, pasta, fried foods, baked goods, and desserts in very little time! Once you start using a Dutch oven, it will become a permanent fixture in your kitchen. Why would you want to put it away when it allows you to cook almost anything, anytime, in mere minutes?Keep it simple with just a few ingredients!Cooking with fewer ingredients is nothing new, but it's a smart choice that allows you to recreate the magic of complex and time-consuming cuisines with less effort by tossing the right mix of ingredients into your Dutch oven. When you have only a few ingredients to use, you can plan and stuff your pantry in advance with those essential ingredients. When most of your ingredients are just sitting on the shelf waiting to be added, it makes cooking super smooth and easy.This collection of quick and easy Dutch oven meals use fresh, nutritious, and flavorful ingredients. Each recipe has 8 or fewer ingredients, making the meal preparation, a breeze without compromising on flavors!Inside, you'll find: Everything you need to know about Dutch Oven cooking including its history, the different types of Dutch ovens, how to season your pot, maintenance, cooking tips, and more Over 101 Homestyle Family-friendly meal recipes from breakfast to desserts  
Breakfast Sausage Casserole Baked Oatmeal Mushroom Frittata Biscuits and Gravy Soups Tomato Cream Soup with Basil Bacon and Potato Soup

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Beef and Cabbage Soup Chicken Bean and Barley Soup Chicken and Turkey Recipes Turkey Meatballs in Tomato Sauce One-Pot Chicken Parmesan Spaghetti Chicken Pot Pie Lemony Chicken in Garlic Butter Sauce Meat Recipes Beef and Broccoli Sunday Pork Roast Braised Short Ribs Pork Chops and Potatoes Fish and Seafood Recipes Seafood Risotto Baked Salmon with Herbs Calamari Fra Diavolo Tilapia Nuggets Vegetarian and Side Recipes All-Time Favorite Mac and Cheese Dutch Oven Vegetarian Lasagna Vegetarian Jambalaya Braised Leeks Desserts Cherry Clafouti Peach Cobbler Apple Crisp Dutch Oven Brownies All recipes come with a detailed list of ingredients, number of servings, prep, and cooking times, easy to follow step-by-step instructions, and nutritional facts. Let's get started! Scroll back up and click the BUY NOW button at the top right side of this page to order your copy now!

Going meatless one day a week is a great way to improve your overall health, help the planet—and make weeknight cooking fun for the whole family! The Meatless Monday Family Cookbook features more than 100 delicious, plant-based, kid-approved recipes perfect for busy weeknights, or whenever you feel like trying out a meat-free meal. From filling Lentil Bolognese with Spaghetti to Tex-Mex Stuffed Peppers and Smoky BBQ Burgers, these meals will satisfy even the pickiest of palates. And most can be made in 30 minutes or less! Chapters cover all types of meals, from Bountiful Bowls (perfect for lunch or dinner), to One-Pot Wonders, to everyone's favorite—Breakfast for Dinner. You'll also find great tips for getting the kids involved ... which has a funny way of making

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them enjoy the meal even more. Find something for everyone with recipes like: Creamy Tomato Soup with Orzo Sloppy Lentil Sandwiches BBQ Chickpea and Veggie Bowls Butternut Squash Mac and Cheese Quick Peanut Noodles Black Bean and Zucchini Enchiladas Thai Sweet Potato Curry Cheesy Broccoli Stuffed Baked Potatoes Banana Walnut Baked Oatmeal Kickstart your week in a healthy and fun way with The Meatless Monday Family Cookbook.

Going meatless one day a week is a great way to improve your overall health, help the planet—and make weeknight cooking fun for the whole family! The Meatless Monday Family Cookbook features more than 100 delicious, plant-based, kid-approved recipes perfect for busy weeknights, or whenever you feel like trying out a meat-free meal. From filling Lentil Bolognese with Spaghetti to Tex-Mex Stuffed Peppers and Smoky BBQ Burgers, these meals will satisfy even the pickiest of palates. And most can be made in 30 minutes or less! Chapters cover all types of meals, from Bountiful Bowls (perfect for lunch or dinner), to One-Pot Wonders, to everyone's favorite—Breakfast for Dinner. You'll also find great tips for getting the kids involved ... which has a funny way of making them enjoy the meal even more. Find something for everyone with recipes like: Creamy Tomato Soup with Orzo Sloppy Lentil Sandwiches BBQ Chickpea and Veggie Bowls Butternut Squash Mac and Cheese Quick Peanut Noodles Black Bean and Zucchini Enchiladas Thai Sweet Potato Curry Cheesy Broccoli Stuffed Baked Potatoes Banana Walnut Baked Oatmeal Kickstart your week in a healthy and fun way with The Meatless Monday Family Cookbook.

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