

Whole Food Plant-Based 30 Day Whole Food Challenge - Meatless Dairy Free Recipes



BOOK DETAILS

- Author : James Smith
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BOOK SYNOPSIS

30 day Plant Based Challenge-Whole Food Diet -Budget Friendly Dive into a collection of meatless meals offering daily recommended vegetable servings not only for a healthier lifestyle but a more energetic life. James Smith offers an array of recipes that are easily adaptable for anyone,whether on a budget or looking for something simple and flavorful to throw in the crock pot. Inside you are shown the ropes of a herbivore cuisine ranging from heart healthy vegetable mains, appetizing side dishes, and vegetable friendly snacks that will tame your sweet tooth. All recipes are gluten -dairy free leaving you with a long list of plant-based meals that will have you embracing your personal repertoire of whole food recipes.

Vegans, Vegetarians, and omnivores are all welcomed. Sample of the recipes: butternut squash mac/cheese chipotle black bean & quinoa stew italian orzo salad moroccan coconut & chick pea soup black bean chili & quinoa garlic cauliflower alfredo sauce melty stretchy gooey vegan mozzarella spicy kale and quinoa black bean salad vegan basil cornbread baked polenta fries / chips mexican pumpkin soup

WHOLE FOOD PLANT-BASED 30 DAY WHOLE FOOD CHALLENGE -

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