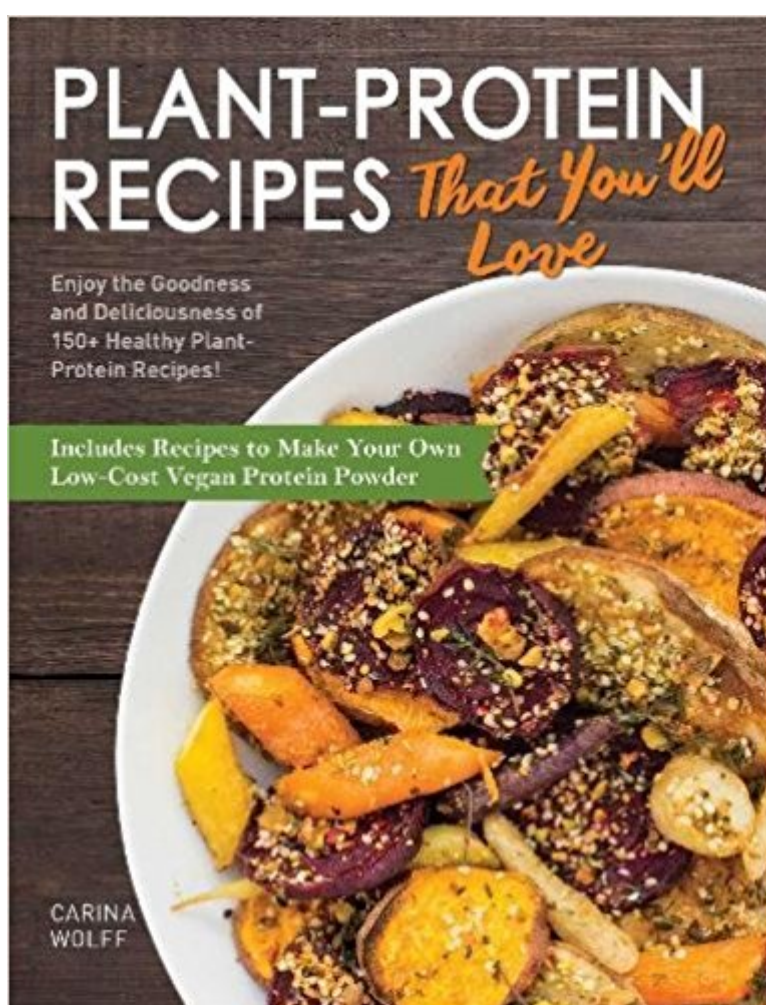


The book was found

Plant-Protein Recipes That You'll Love: Enjoy The Goodness And Deliciousness Of 150+ Healthy Plant-protein Recipes!



Synopsis

Discover affordable, all-natural plant-based protein recipes that taste good and improve your health in this unique and easy cookbook. Plant-based proteins are a healthier, more nutritious, and more environmentally friendly alternative to animal protein. But you don't have to be a vegan or dedicated vegetarian to enjoy the benefits of a plant-based diet. Whether you're going meatless full time, part time, or only occasionally, you'll easily find a recipe to power your day. From hearty breakfasts to satisfying dinners, this cookbook features 150 delicious, budget-friendly, and low-key recipes to fill up and fend off the urge to snack. Each recipe includes ingredients that are easy to find in your local grocery store and detailed nutritional information to help you meet your daily dietary needs. You'll even find recipes to make your own plant-based protein powders that are free from additives and preservatives. *Plant-Protein Recipes That You'll Love* gives you 150 new ways to make your meatless Monday the healthiest, most filling, and most satisfying day of the week!

Book Information

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Customer Reviews

Carina Wolff is a health and nutrition writer based in Los Angeles. She is the author of *The Spiralizer Recipe Book* and *Plant-Protein Recipes That You'll Love*, and is a regular contributor to *Bustle*. Carina holds a degree in journalism and psychology from New York University. When she's not writing, doing yoga, or exploring mountains and beaches, she spends her time cooking for her healthy food blog, *Kale Me Maybe*.

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