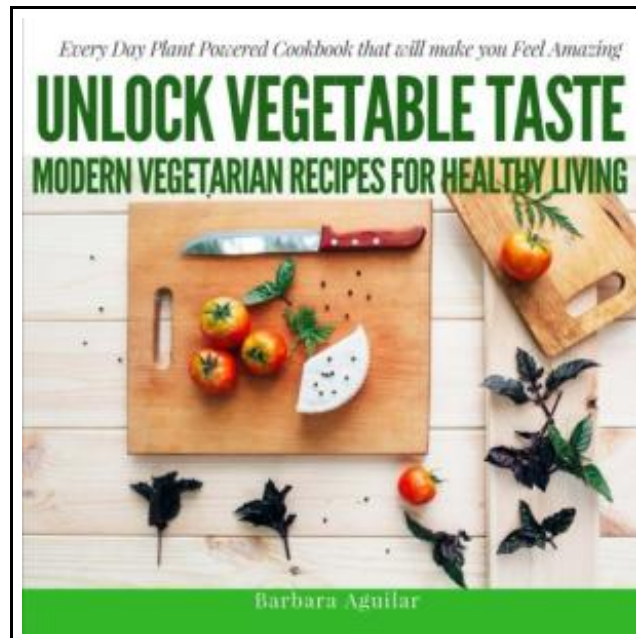


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
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UNLOCK VEGETABLE TASTE: MODERN VEGETARIAN RECIPES FOR HEALTHY LIVING: EVERYDAY PLANT POWERED COOKBOOK THAT WILL MAKE YOU FEEL AMAZING (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.The word vegetables isn t a favorite for many. However, eating vegetables is a simple strategy to be healthy and look good your entire life. That is why this book is meant for vegetarians, for non-vegetarians, for good food lovers, for those who have to follow a diet and for those who wish to discover new ways of preparing vegetables! In this book, Barbara Aguilar shows us 200 pages of creative and traditional receipts and information to improve your diet and health, to cook delicious meals, save time and organize your grocery shopping. But this book is much more than a compilation of healthy vegetarian recipes in English. In Vegetable Flavors you ll find -Dozens of healthy recipes for each day, PROVED for you to widen your diet -All recipes include the nutritional value so you can build your menu and calculate the amount of calories, proteins, carbohydrates, sodium, etc. according to your diet needs. -A guide with the main vitamins and minerals your body needs, what is their function in our body, in which vegetables, fruits and seeds we can find them, and what are the recipes we recommend for you -A calendar with the fruits and vegetables in season so you can take advantage not only of the diversity but also saving money in your budget -A list of the vegetables that give the highest input of calcium and other sources that ll allow you to build your personalized menu, -A separate section of legumes, to complement your diet, with suggestions of how to optimize the cooking to keep the nutrients, the main nutritional contributions -Don t worry if you measure in ounces or grams, gallons,...

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