

The book was found

# Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow Cooker,crockpot,Cast Iron)



## Synopsis

High Protein Vegan Cookbook-Cooking For Two Or More-Budget Friendly All recipes are Vegan Dairy Free Whole Food Plant Based High Protein Here's a glimpse of the recipes:  
pistachio-crust ed tofu chili-quinoa white & black bean quinoa salad tofu with coconut peanut sauce  
lentil coconut curry & cauliflower buckwheat salad & toasted almonds grilled vegetables on bean  
mash tomato quinoa spinach scramble & vegan tofu cilantro pesto & red pepper coulis with tofu  
easy/quick gluten free /vegan protein bars mexican chickpea salad & much more

## Book Information

Paperback: 56 pages

Publisher: CreateSpace Independent Publishing Platform (March 28, 2016)

Language: English

ISBN-10: 1530770505

ISBN-13: 978-1530770502

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 13 customer reviews

Best Sellers Rank: #990,558 in Books (See Top 100 in Books) #118 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #246 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #1149 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

## Customer Reviews

Not what I expected...very pricey for what you get. No pictures or nutrition facts for any of the recipes. It is more a pamphlet than a book. I lost my money's worth on this purchase.

There are a lot of recipes in this book! Everything seems pretty simple to follow and most of it sounds pretty good.

Poor quality book with boring recipes mainly tofu-based & other processed yuck. Maybe worth 25 cents, definitely not \$15.

Thank you. It arrived in good condition

LOVE IT! Bought it for a friend who is not vegan but an athlete dealing with health issues.

most cookbooks have usually one recipe that you like, and if it can be leading you to a healthy path, hey I think it deserves good credit!

Great cookbook.

This looks really good - can't wait to try these!

[Download to continue reading...](#)

Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb)  
Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes)  
Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan

Recipes, Cast Iron, Easy 123 Diet Book 1) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) CROCK POT: 500 Best Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)