



# **Vegetarian Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet! (Family Health and Fitness Series Book 2)**

*Vesela Tabakova*

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# **Vegetarian Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet! (Family Health and Fitness Series Book 2)**

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## **Top 70 No-Stress, No-Mess Vegetarian Dinners – Quick Recipes You Can Make On The GO!**

For anyone trying to follow a vegetarian diet - and flexitarians who adopt plans like Meatless Mondays - as well as committed vegetarians and fans of Clean Eating, here is a delicious collection of ridiculously easy, meat-free mains for everyday.

Inspiring and practical **Vegetarian Recipes in 30 Minutes or Less** features some of the tastiest and easiest vegetarian recipes on the planet! They can be served on their own or as side dishes with some meat.

If you want to get dinner on the table fast and are looking for healthy and nutritious meat-free meal ideas for you and your family, this book is for you!

About The Author: Vesela Tabakova lives in Bulgaria with her family of five, a crazy Jack Russell Terrier and three adopted dogs.

Reading is her passion and coffee is her drug of choice. She loves cooking and preparing natural, homemade beauty products for family and friends. Her inspiration comes from many tried and tested recipes which circulate within her extended family, but she also experiments all the time in order to create new and varied recipes, better suited to modern tastes.

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People live in this new time of lifestyle always aim to and must have the extra time or they will get great deal of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read is actually Vegetarian Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet! (Family Health and Fitness Series Book 2).

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