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This is NOT a low-carb book, it is a high protein book. This will not serve as a guide to doing some type of vegetarian Atkin's. What this will do, however, is ensure that you can have vegetarian meals that are satiating and high in protein. This is NOT a low-calorie cookbook. The recipes in this book range from being lighter to being rather rich.

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Product description

About the Author. Katie
Parker is the founder,
recipe developer,
writer, and

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photographer for the
food blog Veggie and
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Beautiful cookbook,
disappointing recipes
Being a vegetarian for
many years, I know
that it's not difficult to
get plenty of protein
from plant-based
foods, the difficulty lies
in being creative so

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that meals are interesting and varied and I had hoped that this cookbook would provide some creativity. I was hugely disappointed. It's true that the recipes presented are "high protein" as ...

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The High-Protein Vegan
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developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Hearty Vegetarian Chili, and Dark Chocolate Black Bean Brownies, the results are outrageously tasty--and completely

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This vegetarian and gluten-free recipe is loaded with protein from the red lentils, as well as cauliflower, chopped tomatoes, and red peppers. Get the recipe: Cauliflower and lentil stew 4.

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