



# THE VEGETARIAN ROUTE TO WEIGHT LOSS: OVER 50 DELICIOUS RECIPES

*Megan Thomas*

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**THE VEGETARIAN ROUTE TO WEIGHT LOSS: OVER 50 DELICIOUS RECIPES** Megan Thomas  
**Vegetarianism can help you achieve sustained weight-loss; increase longevity and improve cardio health.**

Over 50 delicious, creative and easy to prepare recipes to help you embark on a new vegetarian lifestyle or to add zest to your current vegetarian regime.

Soups, starters, dips, kebabs, salads, pasta and main courses packed with varied vegetables and pulses.

Being a vegetarian can: lower blood pressure, reduce cholesterol, reduce susceptibility to cancer and heart disease and promote a thinner, slimmer, more energetic you.

Forget boring vegetarian meals and try these nutritious, inspiring and exciting vegetarian recipes; which incorporate flavours of the world.

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