



**Vegetarian Recipes: Quick and Easy Breakfast,  
Lunch, and Dinner, High Protein, Low Carb,  
Weight Loss, High Energy, and Earth Friendly  
(Vegetarian Cookbook: ... Meals, Quick, Easy, and  
Cheap Meals))**

*Laura Wells*

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# **Vegetarian Recipes: Quick and Easy Breakfast, Lunch, and Dinner, High Protein, Low Carb, Weight Loss, High Energy, and Earth Friendly (Vegetarian Cookbook: ... Meals, Quick, Easy, and Cheap Meals))**

*Laura Wells*

**Vegetarian Recipes: Quick and Easy Breakfast, Lunch, and Dinner, High Protein, Low Carb, Weight Loss, High Energy, and Earth Friendly (Vegetarian Cookbook: ... Meals, Quick, Easy, and Cheap Meals))** Laura Wells

**This book has quick and easy breakfast, lunch, and dinner recipes that have helped many increase energy and heal themselves all while losing body fat and increasing alertness and stamina.**

This book contains proven steps and strategies on how to make quick and easy meals that sustain your body and your world with vibrant life.

I have been a vegetarian since 1983. Over the years, I have created a few favorite recipes that are quick and easy to prepare but still provide great energy and life force. I hope you enjoy them.

I still make more elaborate dishes from time to time, such as during holidays and special occasions. However, in a more typical day, I prefer to whip something together in around 30 minutes that is healthy, delicious, and satisfying.

## **Here are some sample recipes from the book:**

### **Dinner**

Sun-Dried Tomato Walnut Penne

Healthy Fettuccine Alfredo

Spinach and Shrooms Pasta

Spinach-Sauced 3-Bean Pasta

Orange-Carrot-Glazed Tempeh

Green Curry Cashew Stir Fry

Chili-Glazed Tofu

Spicy Chili

Stir Fry Lentil, Pea and Bean Shoots

Lentil Curry

The Classic 3-Bean Salad

Spicy Tabbouleh Salad w/ Feta Cheese

Healthy Mexicana

Mexican Casserole  
Spicy Green Bean Shitake Gravy Tempeh

### **Lunch**


Faux Ham Sandwich  
Grilled Apple-Cheddar Sandwich  
Curry Split Pea Soup  
Lentil Soup  
Vegetable Soup with Pistou  
Hot and Sour Soup  
Thai Sandwich or Wraps  
Cucumber Sandwich

### **Breakfast**

Breakfast Sandwich & Coffee  
Healthy Blueberry-Coconut Pancake  
Faux Sausage & Egg Sandwich with Orange Juice  
Breakfast Quinoa w/ Peanut Butter & Chocolate  
California Egg and Sausage Burrito  
Egg Casserole  
Tofu Spinach Curry Scramble  
Pecan Cinnamon 'Sausage' & Cheddar Quiche  
Breakfast Potato-Garlic-Tempeh Hash

### **Snacks**

Greek Yogurt with Apricot & Almond  
Hummus, Edamame & Cracker Snack  
Roasted Garbanzo Beans  
Feta-Kalamata Olives Treats  
Spicy Sweet Potato Fries  
Baba Ganoush  
Greek Yogurt with Blackberries  
Spicy Baked Potato

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