

The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free



The common link between vegetarians and part-time vegetarians (flexitarians) is that they like to base their meals on vegetables. Whether this is for health, economic or moral reasons (or a combination of all three), the fact is a flexitarian diet – one that is largely vegetarian but occasionally includes poultry, meat and seafood – is growing in popularity and is a long-term trend that cannot go ignored. Let’s face it the flexitarian or semi-vegetarian diet is the way to go: meat and fish are becoming prohibitively expensive; our current consumption cannot be sustained in years to come; and the health benefits of a vegetarian diet are well documented. But while the number of vegetarians is significant, a study by the American Journal of Clinical Nutrition found that nearly two out of three vegetarians occasionally like to eat meat, chicken or fish. The Part-Time Vegetarian Cookbook shows just how delicious, adaptable and varied this way of eating can be. Rather than taking centre stage, meat or fish are not the main focus of the recipes, which value the often under-used and under-valued vegetables, grains, legumes, nuts, eggs and dairy foods. The recipes are not about taking something away, however, but adding a new dimension and consequently widening and extending the homecook’s repertoire of dishes. Organised by meal type, The Part-Time Vegetarian Cookbook features chapters on Breakfasts & Brunches, Small Bites (snacks, lunches and light meals), Weekday Suppers,

Weekend Cooking, Food for Sharing (entertaining, special occasion, celebrations and al fresco) and Something Sweet. The recipes are all vegetarian, but can easily be adjusted to suit non-vegetarians. From the Hardcover edition.

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growing to a fully vegetarian diet, choosing a more flexible way of eating instead. Recipes sourced from The Part-time vegetarian, Nicola Graimes. Part-time Vegetarian : Flexible Recipes to Go (Nearly) Meat-Free Retrouvez The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free et des millions de livres en stock sur . Achetez neuf ou d'occasion. The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free by Nicola Graimes (9781848992658) \$48.00 buy online or call us (+64) +64 - The Part-Time Vegetarian: Flexible Recipes to Go The Part-Time Vegetarian comes just in time for people who are adopting a flexitarian diet that has less meat and fish, and is mostly vegetarian. The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat The common link between vegetarians and part-time vegetarians (flexitarians) is that they like to base their meals on vegetables. Whether this is for health, Booktopia - The Part-Time Vegetarian, Flexible Recipes to Go The Part-Time Vegetarian: Flexible Recipes to go (Nearly) Meat-Free eBook: Nicola Graimes: : Kindle Store. The Part-time Vegetarian: Flexible Recipes To Go (nearly) Meat-free Whether for personal, practical or planetary reasons, more and more people are adopting a flexitarian diet that has less meat and fish, and is mostly vegetarian. The Part-Time Vegetarian: Flexible Recipes to go (Nearly) Meat The Part-Time Vegetarian by Nicola Graimes, 9781848992658, The Part-Time Vegetarian : Flexible Recipes to Go (Nearly) Meat-Free. The Part-Time Vegetarian: Flexible Recipes to go (Nearly) Meat-Free: Nicola Graimes: 9781848992658: Books - . The Part-Time Vegetarian: Flexible Recipes to Go Nearly Meat-Free The common link between vegetarians and part-time vegetarians (flexitarians) is that they like to base their meals on vegetables. Whether this is for health, The Part-Time Vegetarian : Nicola Graimes : 9781848992658 Editorial Reviews. About the Author. Nicola Graimes is an award-winning cookery writer and Buy The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free: Read 4 Books Reviews - . The Part-Time Vegetarian: Flexible Recipes to go (Nearly) Meat The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free (Hardback). Nicola Graimes (author). Be the first to write a review. £20.00. The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free The Part-Time Vegetarian Nicola Graimes presents a collection of fresh new recipes, all vegetarian, but many with a Part-Time Option showing The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free The Part-Time Vegetarian has 30 ratings and 14 reviews. Rebecca said: Read saving The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free. The Part-Time Vegetarian: Flexible Recipes to Go - Waterstones Rated 4.7/5: Buy The Part-Time Vegetarian: Flexible Recipes to Go (Nearly) Meat-Free by Nicola Graimes: ISBN: 9781848992658 : " 1 day The Part-Time Vegetarian: Flexible Recipes to Go Nearly Meat-Free The Part-Time Vegetarian: Flexible Recipes to go (Nearly) Meat-Free eBook: Nicola Graimes: : Kindle-Shop. Part-time vegetarian: smart recipes that work just as well with or The common link between vegetarians and part-time vegetarians (flexitarians) is that they like to base their meals on vegetables. Whether this is for health, Part-time Vegetarian : Flexible Recipes to Go (Nearly) Meat-Free

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