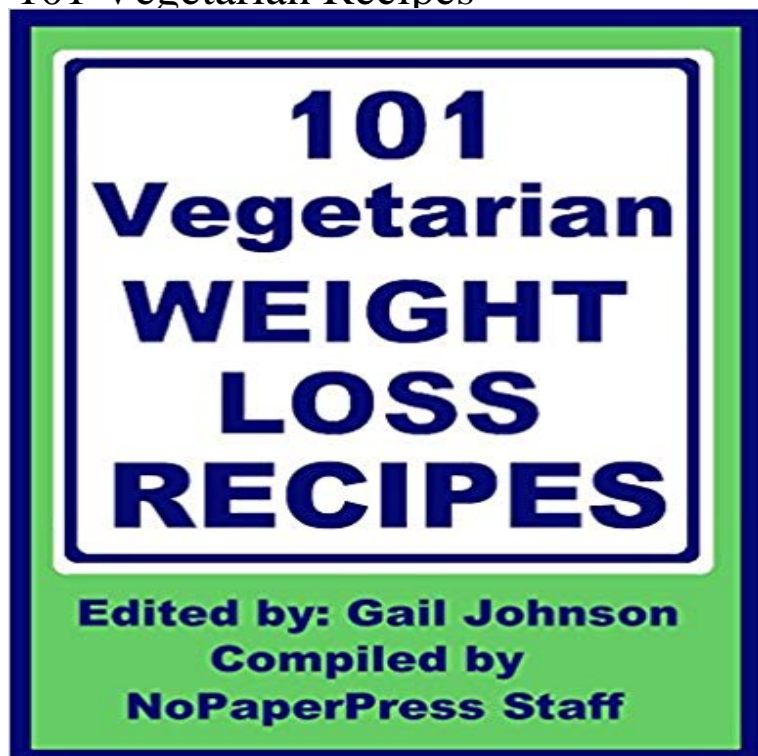


101 Vegetarian Recipes



Our objective at NoPaperPress is to publish fitness, weight control and nutrition eBooks for sensible adults. 101 Vegetarian Weight Loss Recipes is a continuation of that mission. This eBook is a compilation of the best low-calorie recipes from four of our published vegetarian diet eBooks. Most of the 101 low-calorie vegetarian recipes are intended for the evening meal. And most, but not all, the recipes serve four. All the recipes specify the calorie value per serving. All the recipes are between 250 and 550 Calories - and all are delicious. The recipes are organized as follows: Low-Calorie Vegetarian-based Recipes Low-Calorie Tofu Recipes Low-Calorie Soup Recipes Low-Calorie Vegetarian Seafood Recipes Low-Calorie Vegetarian Pasta & Pizza Recipes Low-Calorie Salad Recipes Note that the recipes in this eBook are a popular vegetarian variant called Pesceterian, because the diet includes seafood, eggs and dairy products. Of course Pesceterians do not eat meat or poultry. The inclusion of seafood and eggs assures that your intake of protein will be more than adequate. People often adopt a Pescetarian diet for health reasons, or as a stepping stone to a fully vegetarian diet. CONTENTS Introduction 1 Wild Rice & Quinoa Mix with Veggies 2 Vegetable Chili 3 Hearty Lentil Stew 4 Black-eyed Peas over Rice 5 Polenta-Stuffed Peppers 6 Mexican Rice & Beans 7 Spaghetti Squash & Cheese 8 Vegetarian Hash 9 Portobello Mushroom Burger 10 Hearty Vegetable Soup 11 Risotto Primavera 12 Vegetables with Couscous 13 Curried Eggplant & Tomato 14 Indian Shahi Paneer 15 Soba Noodles & Broccoli Rabe 16 Tinas Frittata 17 Middle East Koshari 18 Veggie & Egg Fried Rice 19 Sweet & Sour Lentils over Rice 20 Tofu Steak with Veggies 21 Tofu, Bok Choy & Mushroom Stir Fry 22 Tofu & Broccoli in Garlic Sauce 23 - Tofu Szechuan Style 24 - Asian Tofu with

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