



# **The Vegetarian Cookbook: Quick and Easy Dump Dinner and Freezer Meal Recipes that are Healthy and Take Just Minutes to Make (Vegan Diet)**

*Samantha Stewart*

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The vegan diet is a great diet to follow no matter what your health reasons might be. You might be interested in doing it because you think it is unethical to eat the animals and any products from an animal. Others do it because it is a great way to lose a lot of weight or to help out with the other health issues that you are dealing with. This guidebook can help you out with all of the quick meals that you need while on the vegan diet. It is full of a lot of freezer and dump meals that are tasty and easy to make. Many people are always busy and are trying to get a million things that they are doing throughout the day. When it comes to running around to school, work, activities, and meetings, it is hard to find time to make a good meal for the whole family. But with the dump and freezer recipes found inside this recipe book, you can enjoy a vegan diet no matter how busy you are during the week. In this book you will learn everything that you need in order to get started on some easy recipes. You will learn things like: • What is the vegan diet? • The benefits of dump and freezer meals • Tasty breakfasts for the morning • Main meals to satisfy the whole family • Desserts that are to die for. Give this guidebook a chance and see how tasty being on a vegan diet can be, even when you are in a hurry.

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