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Createspace, United States, 2012. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Vegetarian cooking and vegetarian cookbooks are not just for strict vegetarians. Even meat-eaters need to eat their veggies. No matter what diet protocol you typically or intermittently follow, you should always be striving for at least 50 of your food intake to come from wholesome vegetables, and this 4 volume, easy vegetarian recipe cookbook collection will help you...

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- Authored by Gina The Veggie Goddess Matthews
- Released at 2012



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