



# **The Eat-Clean Diet Vegetarian Cookbook: Lose weight - get healthy - one mouthwatering meal at a time!**

*Tosca Reno*

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## **The Eat-Clean Diet Vegetarian Cookbook: Lose weight - get healthy - one mouthwatering meal at a time! Tosca Reno**

With The Eat-Clean Diet® Vegetarian Cookbook, New York Times best-selling author and health and fitness authority Tosca Reno shows us that it is possible to make meatless meals that are fresh, flavorful and most of all – Clean!

Whether you follow a strict plant-based diet or you've just started participating in the "Meatless Mondays" movement, this collection has got you covered with:

- 150 brand-new, delicious and doable recipes that will keep you looking and feeling your best
- Protein-rich meatless meals for all tastes and occasions – including family-friendly classics, globally inspired delights and irresistible desserts
- Helpful icons to make it easy to get the exact recipe you want – gluten free, vegan, kid friendly and more
- Plenty of tips, techniques and advice for everyone from seasoned vegetarians to those who are new to the lifestyle



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