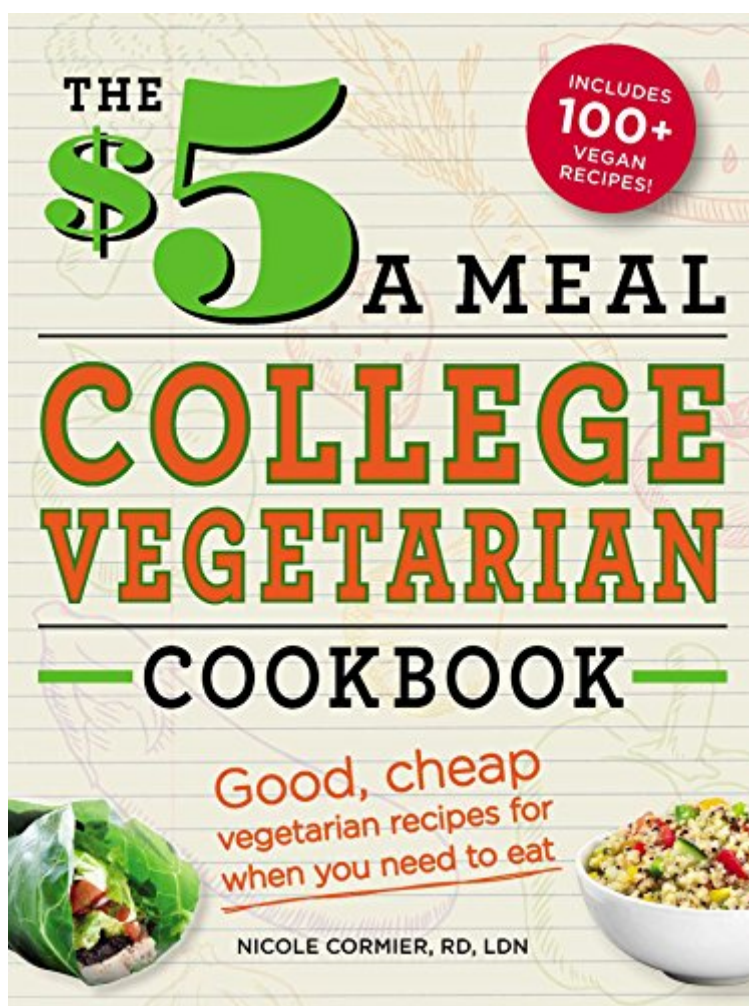


The book was found

The \$5 A Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes For When You Need To Eat (Everything Books)



Synopsis

300+ meat-free dishes for \$5 or less! Tired of your dining hall's sorry excuse for a vegetarian meal? Can't afford to spend all your money on mediocre takeout? Well, now you can enjoy hundreds of delicious, meat-free dishes that will not only satisfy your cravings but your wallet, too! The \$5 a Meal College Vegetarian Cookbook makes it easy to create satisfying vegetarian dishes you'll actually want to eat. Featuring simple instructions and more than 300 tasty recipes, this book provides you with a variety of meat-free meals that will keep you full throughout the day. Best of all, each dish will only cost you no more than \$5, so you'll never have to worry about breaking the bank when you create soon-to-be favorites, such as: Potato poblano breakfast burritos Avocado and shiitake pot stickers Hearty mexican taco salad Quinoa and hummus sandwich wrap Easy eggplant parmigiana Chocolate mocha ice cream Whether you need an energy-boosting breakfast, a cram-session snack, or a date-night entree, you will get the most out of your meals--and budget--with The \$5 a Meal College Vegetarian Cookbook.

Book Information

File Size: 3526 KB

Print Length: 226 pages

Page Numbers Source ISBN: 1440552673

Publisher: Adams Media (March 18, 2013)

Publication Date: March 18, 2013

Sold by: Amazon.com, Inc. or its affiliates

Language: English

ASIN: B00CMVFW4O

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #103,334 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #71

in Kindle Store > Books > Cookbooks, Food & Wine > Cooking Methods > Budget #149 in Kindle Store >

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Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

Totally saved my TVP (as opposed to "bacon") when I moved out! So many great ideas that really expanded my recipe repertoire. They were easily adaptable for vegan and gluten free versions. I love how each dish is priced. I also love the variety of simple and complex meals, original ideas, and room to explore. I'm not a huge fan of how many tofu recipes there are (to be fair, they only compromise about 1/4 or less of the recipes)- but I just substitute or omit and its no big deal.

SO many recipes!! The prices may be off, but they are not too expensive! The first day I got it I made the vegetable risotto and Brussel sprouts with apples. Both were delicious! Excited to cook more recipes from this book!

Bought this for my vegan friend who is living in a dorm with no meal plan. There are many vegan recipes, although the vegetarian recipes are easily converted to vegan. Unlike most cookbooks, there aren't really any pictures and the whole book seems to be black and white. That said, the recipes seem good! Almost all of them are actually considerably under 5\$.

Portabello and bell-pepper fajitas, spinach and feta pie, black bean and butternut squash chili: these are just a few of the fantastic recipes in this cookbook. I purchased this book after watching Forks Over Knives while attending university. I still prepare these meals for my wife and myself years later. The recipes are great for the single and easily double for more. While I don't use all of the recipes in this book, I would heartily recommend it to everyone.

20 year old son (newly vegetarian) loves it!

another great book for kids, college, adults etc who are consuming less and less meat of all kinds. the meals are easy, tells how much each meal costs. this is great for students on a budget. tells what you need in the cooking area, how to stock your pantry. again never know where you will get good information and meals.

Very good purchase. The recipes in the book are easy to make and sound yummy. It breaks down how to become a vegetarian and stay on track! Definitely fits in my budget

Only downside is no pictures.

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Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) \$5 a Meal College Cookbook: Good Cheap Food for When You Need to Eat Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Meal Prep: 65+ Meal Prep Recipes Cookbook - Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Meal Prep: Delicious, Healthy Recipes & Tips (Meal Prep Cookbook, Vegetarian Meals, Breakfast, Chicken, Beef, Pork & Seafood, Meal Prep Tips) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals,

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