



Over 350,000 Free Food and 9,000 Drink Recipes

Vegetarian Picnic Food Ideas

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you're a vegetarian or sharing a picnic with a few, you'll need to make sure that there is plenty of vegetarian picnic food available. Here are a few options.

Veggie Burger

A veggie burger is a meatless hamburger patty. Instead of beef, a veggie burger can be made from vegetables, soy meat, dairy products, wheat or other ingredients. Veggie burgers made of soy meat can be tossed on the grill just like regular burgers. A few of the most popular versions of the veggie burger are the portabella mushroom burger and the spicy black bean burger.

Falafel

Give your picnic food some Middle Eastern flair by preparing a few falafels. This tasty vegetarian dish consists of a ball or

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

patty constructed of ground chickpeas and fava beans and usually served in a pita. It is often topped with vegetables and tahini-based sauces.

Big salad

Toss all of your favorite veggies together in a delicious salad and you have a killer picnic meal. Here's a swell recipe for a sun-dried tomato salad that will satiate any picnicker's hunger.

Tofu Dog

Want a hot dog without the meat? Then, just toss a tofu dog on the grill. A tofu dog is high in protein, low in fat and a delicious picnic food. Feel free to slather it in ketchup and mustard just like you would with a regular hot dog.

Deviled Eggs

Typically composed of hard-boiled eggs, mayonnaise, salad dressing and mustard, deviled eggs are a delectable picnic food option. Spice your deviled eggs up by by tossing a little paprika or garnish on them.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Pasta Salad

A pasta salad can be made in a variety of options, from Greek salads to anti-pasta salads to Italian pasta salads. Toss in vegetables like baby carrots, sweetcorn, snow peas and others to give your pasta salad some extra punch.

The bottom line on vegetarian picnic food

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you spend some time considering your options, you should be able to find numerous vegetarian dishes for your picnic and ensure that all of your fellow picnickers are accommodated.

John Moxly has spent more than 30 years working as a writer in various facets of the outdoors and camping industries. He is an avid camper and buys all of his picnic baskets and backpacks from Picnic World.

More [Vegetarian Recipe Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Vegan Vs Vegetarian – What's the Difference?

Most people around the world are on a diet mostly composed of meat. Why wouldn't they live off of meat? It has so much protein and all the other stuff it takes for a healthy body. However, what those people don't realise is that they are polluting the world. Manufacturing meat takes up a lot of energy from fossil fuels, causing air pollution. So what can they do in order to save the environment? Stop eating meat!

However, people have a choice on what to do next. They can either go vegan or vegetarian. Though they both start with the same three letters, people think that they are the same thing. Most people think that if you are vegetarian, you are vegan, and if you are vegan, you are vegetarian. Though it is true that a vegan dude is a vegetarian, it is not true that some one that is vegetarian is necessarily on a vegan diet.

The vegan diet consists of only fruits, vegetables, and plants. Nothing else. No milk, dairy products, or anything dealing with animal products. That also includes eggs and

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

gelatin. So if you are vegan, you can't eat jello, milk, or yogurt.

It is good thing to not ingest eggs or gelatin; they are made from killing animals. But the only thing about the vegan diet that really just makes me uncomfortable is the fact that you can't drink any milk. What's wrong with milk anyways? It doesn't require killing or torturing, a cow, a sheep, or anything else that produces milk. So it would be like saying that little newborn babies are cannibals; they eat products from their own mother.

A vegetarian diet is much more diverse and does not require any soy. You can actually drink milk, enjoy some cream cheese on your ritz, and enjoy your favorite Dannon yogurt. You are not just limited to plant products. You can eat some dairy, too.

That is the good thing about being just a vegetarian. You can actually eat milk and dairy stuff. That's how you stay alive as a non meat eater. Milk is a source of protein, lactose, and a bunch of other stuff that your body requires. It doesn't even require much to produce.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

So if you are a vegan, I have no problem with it, but it's beyond my comprehension how you all stay alive. I don't know how you stay healthy on just soybeans, but good luck with it.

Visit Gourab the Writer's Official blog at <http://www.gourabwritersofficialblog.blogspot.com> for more articles.

Being A Raw Versus Cooked Food Vegan

As with all things, being a vegan is an evolutionary process.

Many who begin as cooked food vegans evolve into raw food vegans. Then, of course, there are those who opt to remain cooked vegans, which is generally a matter of individual preference and often primarily depends on where one is in his or her journey. Some are in a place where they can stand to make more of a dietary sacrifice, while others are happy with the status quo and don't feel the need to be any more extreme, so to speak.

Either way, there are certainly pros and cons for both as well

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

as a fair share of differences. For one, maintaining a cooked vegan diet, at first glance, appears to be more convenient as it requires only that one omit all meat and meat products and eat only plant-based foods whether cooked or raw. Meanwhile, a raw vegan diet consists of the same with the exception of the state of the food. Specifically, raw vegans eat only uncooked plant-based foods. The term 'uncooked' means that the food has not been heated above 118 degrees, which is said to destroy the food's nutrients, minerals and enzymes.

Essentially, a raw food vegan diet consists of one that is at least 75 percent uncooked, unprocessed, fresh, natural fruits, vegetables, nuts, seeds, some seaweeds and juices. The remaining 25 percent of the diet generally consists of plant-based foods that have either been cooked above 118 degrees and/or are minimally processed.

For many cooked food vegans the observation of such restrictions proves to be unbearably challenging and admittedly so. However, the source of the challenge is mainly external, specifically with regards to how others perceive raw foodists. Raw vegans are often viewed as extremists. Yet, unlike cooked food vegans who are viewed this same way by non-vegans, raw vegans are viewed this way by both non-vegans and vegans alike.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Nonetheless, despite the perceptions of this group of nutrition enthusiasts, most who try it admittedly experience improved health, the need for less medications, healthy weight loss and weight management, improved vision, enhanced moods and most commonly, increased energy. Increased energy is usually due to the fact that a raw food diet enables the body to absorb more nutrients from food which translates into more energy. Also, with fewer toxins being absorbed, the body exerts less energy trying to process and digest foods and substances that it doesn't recognize, subsequently freeing up a lot of energy.

Either way you look at it there are vast benefits to both. A cooked vegan diet is more convenient and a lot healthier than most alternatives, whether meat or dairy-based. However, it is no match for a nutrient-dense raw food diet.

Amirah Bellamy is a Vegan Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans, purchase her infamous eBook "The 50¢ Book That's Hotter Than 50 Cent," or INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Vegetarianism In Fashion

There was a time when the word vegetarianism was reserved for those that opted out of eating meat dishes. In recent years, the term has spread to cover all aspects of the animal-free market, including fashion.

The term 'vegetarian leather' is now widely recognised as an alternative to faux leather, with many online stores targeting vegetarians in their marketing efforts.

Stella McCartney launched her self-titled clothing label in 2001 as a joint venture with Gucci Group, making and selling a range of animal-friendly shoes, bags, clothes, organic skin care products and much more. This was further strengthened by a partnership with Adidas in 2005, with the strapline "suitable for sporty vegetarians".

Famously following her parents' pro-vegetarian footsteps, McCartney junior made faux leather cool through her range of edgy designs and catwalk classics. Wearing fur-lined coats and parading around with the latest snakeskin accessories was no longer the way you defined who had the most kudos and money.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

The trend of offering vegetarian-approved products in the world of fashion has since gone from strength to strength. The market targets vegetarians and vegans alike and promotes products that are completely free from animal products and bi-products.

Take the online handbag retailer, Stone Bags, for example. It specialises in supplying faux leather bags and purses to the masses. Borgeois Boheme has also followed suit, offering a complete range of clothes, fragrances and fashion accessories that are made with the environment in mind.

While most people think that being a vegetarian is all about abstaining from consuming animal-based products, there are many far-reaching eco-benefits of the industry. Livestock farming actually accounts for around 18 per cent of the world's greenhouse gas emissions making it a large contributor to global warming. By cutting down on the number of animals we consume, we can actually make a real difference to the world we live in.

You can find a full list of vegetarian fashion items online through the Vegetarian Society's website – providers of the only legally-registered trademark for vegetarian

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

accreditation.

Buy women's handbags online from Stone Bags – suppliers of vegetarian leather handbags and purses.

Find More [Vegetarian Recipe Articles](#)

Vegetarian Meal Plan

Meal plans that are carefully planned out. At the beginning of your vegetarian phase, plans are always very helpful. They function as your map and as your guide on what to eat and how much you can eat. Planned out plans build the foundation of a disciplined vegetarian diet.

People wish to lose weight not only for cosmetic reasons. Being overweight can invite a host of health issues – one of the most distressing of which is sleep apnea. It has been observed that more than half of sleep apnea patients are overweight. Moreover, a mere 10% reduction in weight can result in a 14 to 26% reduction of incidences of sleep apnea!

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Tofu, teas, and beans are all allowed, too! Furthermore, most vegetarian meal plans are extremely economical. For example, you could create a 2000 calorie vegetarian meal plan for a portion of what it costs to build a non-vegetarian meal plan. Depending on the size of the crowd you are feeding, most vegetarian meals cost less than \$ 5. You can build a salad – complete with your preferred vegetables, nuts, and salad dressing – and you are set!

As funny as those quotes are, nothing could be further from the truth when it comes to the real definition of a full time veggie eater. Vegetarian stands for so much more. Not only a veggie meal lover someone who stands for something in life, it is someone who believes very strongly in a special diet.

Your first step in developing meals plans is to ensure you are going to have balanced nutrition. Now you need to get a copy of the USDA 'food pyramid'. You can easily adapt this to a vegetarian diet. The only real change to the pyramid will be in the protein category which we will discuss in a little bit. Next using the pyramid as a guide either create some meals on your own or from a collection of vegetarians recipes.

Vegetarian food excludes animal meat and fish. Usually animal

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

protein from egg and dairy sources are included in vegetarian meal planning. Everyone needs protein to stay healthy. Going vegetarian for a few meals a week is a great way to expand your meal repertoire and really get creative with fresh ingredients. Expanding your palate to include the different spices common in other countries will make each meal an adventure.

Not only will you notice a change in the way you feel, but you will also see a change in the way you look. Eating a vegetarian diet can help your skin be clearer, your hair grows faster, and you can lose inches off your waist-line. Here is a very simple vegetarian meal plan to help you get started making real changes to your lifestyle.

The vegan diet plan should include the three basic meals daily and the additional snack times in between. Not because you're into a vegan diet, you are allowed to skip meals. You just changed your meaty lifestyle into a leafy one. You're not trying to harm yourself here. The vegan diet plan should consist of breakfast, lunch and dinner. There should also be an allotted time for small meals at brunch and siesta time.

Read about mens magazine. Also read about anti aging skin care

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

and acne in men.

Find More [Vegetarian Recipe Articles](#)

Discovering Vegan Supplements For Better Health

Personal well-being and health has long been an essential issue to a number of individuals worldwide. Lots of health-conscious individuals all over the world will almost always be looking for the most effective vegan supplements that can help them shed weight and stay healthy. There will also be other people who explore proper dieting and different kinds of exercise routines, looking for the perfect mixture that can aid them in keeping fit and staying young. Generally, most of these activities that people get into while taking supplements can do. The matter, however, is the particular kinds of supplements that people end up using, as a few of these supplements aren't as effective and will not make the most out of anybody's investment.

Vegan supplements are fantastic for lots of people who're

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

looking for effective supplements to add to their daily diet and exercise. There are a variety of vegan supplements that could change lives in a person's goal of getting healthier and feeling younger. Vegan items are much better in countless ways.

One primary reason why individuals choose them over other products is they use a lot of plant based ingredients that tend to be natural and effective compared to the synthesized ingredients found in most of the supplements offered today. The greater ingredients within vegan supplements are just as effective, if not more, and will not cause one of the conditions that synthesized and chemical ingredients could possibly cause with long term use. Two brands that are presently quite popular among vegan supplement supporters are VEGA and Lorna Vanderhaeghe.

VEGA's Whole Food Health Optimizer is a great vegan product, and is also a highly effective meal replacement. The VEGA Whole Food Health Optimizer could also be used as a dietary supplement that maximizes your body's functions. This supplement contains different proteins, in addition to essential fatty acids, quality carbohydrates, and a lot of fiber, all important nourishment that people can usually

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

benefit from daily.

VEGA also provides a version of the Whole Food Health Optimizer in berry flavor. This supplement contains similar ingredients to the earlier mentioned item, but is offered in a more attractive berry flavor.

Lorna Vanderhaeghe also offers several different vegan supplements and other products that can offer positive benefits to many folks who want to live healthier lives. AdrenaSmart is one of their more popular products, and provides a great daily boost of energy and endurance. Additionally it is best for combating injuries and arthritis, because it effectively reduces inflammations.

ThyroSmart is yet another popular Lorna Vanderhaeghe product. This supplement enhances thyroid health, promotes fat loss and hormonal balance, and gives energy. ThyroSmart is beneficial against plenty of common problems, and even helps those people who are responsive to temperature changes.

There are several other great vegan supplements and health products on the market. Just remember to seek out products that are made with plant based ingredients and reap the

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

advantages of cultivating an all-natural and healthy life.

Gary A. is a medical expert who has studied vitamins Canada. For more information, go to NutrawaysCanada.com now.

Vegetarian Weight Loss Diet

The Incredible Success of a Vegetarian Weight Loss Diet.

Consuming a vegetarian weight loss diet can be one of the best ways to take extra pounds off and to keep them off for good. If you are someone who has been looking to lose weight, chances are that you have tried numerous different diet plans that simply haven't worked for you. Even if you were successful at initially losing weight, those lost pounds always seem to find their way back. You don't have to worry about these issues when you follow a vegetarian diet that's packed with nutritious foods!

There are a couple of differences in your average vegetarian diet and one that's designed to help you lose weight. This is simply because when there is extra fat to lose, keeping a

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

limit on consumed calories is necessary. But once you have lost the weight that you'd like, you can stop focusing on limiting calories and you can start focusing on living life in delicious abundance.

What Makes up a Vegetarian Weight Loss Diet?

There are four major food categories that make up a healthy vegetarian diet, and there is no exception just because you happen to be trying to get rid of some excess weight. These food groups include fruits, vegetables, grains and legumes. In order to understand what a vegetarian weight loss diet can do for you, it's important to understand what each of these categories entail.

Grains

The first thing to understand is that not all grains were created equally. In fact, all refined grains should be eliminated from your diet plan for good. They don't offer any nutritional value and they add a bunch of empty calories to your daily consumption. Instead, focus on whole grains like brown rice, quinoa, couscous, oats, millet and more. Consuming whole grains on a regular basis can help you to fight hunger,

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

to keep blood glucose levels normal and to provide you with necessary vitamins and minerals found in them.

Legumes

The legume family includes beans, nuts and seeds including lentils, sunflowers seeds and hemp seeds. These foods provide a vegetarian weight loss diet with plenty of healthy fats that are needed, protein to help keep hunger at bay, and enzymes known to help fight some cancers. Eat a wide range of legumes such as black beans, kidney beans, peas, almonds and cashews.

Fruits and Vegetables

One can never get enough fruits and vegetables, especially when following a vegetarian weight loss diet. These foods are fabulous sources of vitamins, minerals and antioxidants that can help fight diseases such as cancer, heart disease and even diabetes. Almost all fruits and vegetables are low in calories, and they're easy to incorporate into a daily routine.

Incorporating a well balanced diet of fruits, vegetables, grains and legumes can help you to fight the bulge for a final time, without ever having to worry about your waist line

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

again. Following a vegetarian weight loss diet for life can help you feel energized, healthy and ready for whatever life has to offer.

To visit the original article click here: [Vegetarian Weight Loss Diet](#)

SacredEden.com is an online health store that can fill all your health needs. Sacred Eden's mission is to restore people back to a state of perfection. Visit [SacredEden.com](#) and find out more about our herbal formulas, vitamins, minerals and much more.

More [Vegetarian Recipe Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Quick Vegetarian Weight Loss

A vegan diet can help you with your weight loss plan but first we must establish what a vegan diet is and the different types of vegans.

1. Some vegans only eat a strict diet of vegetables and stay strictly away from dairy products, eggs, meat, honey, processed foods, stimulants such as coffee, etc.
2. Some vegans eat a non-meat diet strictly because they believe the killing of animals is inhumane and their diet is consistent with their beliefs.
3. Some vegans have been put on a vegetarian diet due to certain health risks.

These are all good and acceptable reasons to be vegan. So whatever type of Vegan you subscribe to you can lose weight with a well-BALANCED vegetarian diet with healthy exercise.

When losing weight, however, the key is to make it attainable, and make it easy. With attainable weight loss and easy weight loss you will find yourself much more successful in the long

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

run. So, here are ways to make a simple vegan diet attainable and easy.

ATTAINABLE:

□ Pick a plan that you can live with. Don't restrict yourself too much at first. For example, if you are used to coffee in the morning, tackle that issue later. Go simple at first and once you are succeeding, move on to conquer other things.

□ Don't allow yourself to get discouraged. If you cheat, or slide...so what? Go back on it next meal! There is never a reason to get mad at yourself or beat yourself up. THAT is the reason people fail. They get discouraged and quit. Even if you decide to eat only raw vegetable, yet one day you are out of food, open up a can of green beans for goodness sakes, and forget about it!

□ Control your thoughts! The bible says the battlefield is in the mind. If you can conquer this, you have won your battle. If you keep your mind NOT on how and what and when you eat and what you did not eat and when can you eat next and ...so on...you are allowing yourself to focus on the wrong things which is probably what got you over weight or unhealthy in the first

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

place. Eat your food, stick with your plan, and go do something else. Make your thoughts go on a diet too. Do not think about food or eating.

EASY:

□ Buy a variety of food to have on hand. When shopping at the grocery store, ONLY buy the types of foods on your diet. Buy fresh, maybe have some canned or frozen on hand if you run into a bind, but don't buy chips, or other temptations making it hard on you. Get that stuff out of your pantry so you won't have to look at it. Only have on hand the type of food you should eat even when you are cheating. Cheat with special things that you will only eat when you feel you have to cheat. For example, cheat with fresh fruit or a smoothie if you must. It will conquer the sweet tooth and help keep you on target.

□ Pre-Plan what to order when at a restaurant. Know what you are choosing before you show up at the fast food place or a restaurant. Of course and most of the fast food restaurants offer many salads to choose from. Don't even try to be tempted. Remember...the battlefield is in the mind.

Again, keep special foods on hand when you want to cheat such

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

as special nuts, almonds, macadamia nuts, blueberries, etc. Have a special “treat” just for you keeping it within your dieting plan.

The key to a nutritionally sound vegan diet is variety so you can include fruits, vegetables, lots of different kinds of leafy greens, whole grain products, nuts, legumes and seeds. Be creative here!

A healthy vegetarian diet is not just cutting out certain foods such as meat. It’s about making sure you are getting ample amount of nutrients and all of your daily nutritional needs. Do not skimp on nutrients. Learn your diet and find out what your body will need to continue and be successful!

You do not need to count calories or mess with carb counting, or weighing your food, but it would be wise to eat organically grown fruits, plants, whole grains, and natural foods. Foods without these chemicals are better for everyone, vegan or not.

Judy Stevens writes on weight loss and weight gain with a specialty in hormonal imbalances. To read more go to <http://www.review-suite.com> or for free charts on food cravings and ideal weight go to

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

<http://www.squidoo.com/menopause-and-weight-loss>

Vegetarian Eating Out

Mexican restaurants offer hearty bean burritos, tostadas, enchiladas, and tacos— all of which provide good protein. Cheese and vegetable quesadillas are delicious. Veggie fajitas (steamed and seasoned vegetables strips served with a thin tortilla and toppings of guacamole, salsa, sour cream, and cheese) are a good choice. Most beans (pinto, black, and refried) are now made with vegetable oil, but some restaurants may use lard, so confirm with the restaurant that no lard or meat seasonings, such as chicken stock or bacon, have been used. Nachos can be prepared with beans instead of meat. Spanish restaurants, found only in certain locales, are quite distinct from Mexican eateries and frequently have several vegetarian items.

Fast food burger places will often make a cheese sandwich if asked (a bun, cheese, lettuce, tomato, pickles). French fries are a standby, and onion rings, pitas sandwiches, salads, and some bread products are very often made with all lacto-

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

vegetarian ingredients. Many better restaurant chains carry a vegetable or gluten-based burger on the menu. Most fast food restaurants have printed consumer-material that gives details on all the items on their menu.

Pizza has many non-meat combinations of toppings. Many Italian restaurants offer a range of items such as fried mozzarella sticks (although please check the ingredients of the batter unfortunately sometimes they use eggs), spaghetti with meat-free marinara or alfredo sauce, and grilled portabello mushrooms. Check to assure that the pasta is eggless.

Sandwich and subs shops often have subs, veggie pitas and “wraps” filled with a variety of veggies, black olives, and cheese, and served either hot or cold.

Greek or Middle-East restaurants generally serve falafel ground, spiced, fried chickpea (garbanzo bean) patties that are served hot, stuffed into a pita, and topped with a smooth tahini sauce. Hummus and baba ganouj are also vegetarian alternatives. Add a Greek salad with chunks of feta cheese and ripe olives.

Natural food restaurants cater to vegetarians and will have a

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

great assortment of dishes.

Chinese restaurants offer a wide variety of vegetable stir-fry dishes, and bean curd (tofu) specialties that can be made without meat or animal products. One delicious dish is fried tofu with broccoli in a scrumptious garlic sauce. It's out of this world! Other tasty Chinese dishes include vegetable lo mein and chow mein. In terms of appetizers, we can recommend vegetarian spring rolls (please check that the wrap is eggless) and scallion pancakes.

Buffets and salad bars are available at many mainstream restaurants. Many also have special dietary options which may include low-fat, heart-healthy, or vegetarian items.

Indian restaurants offer soups, side dishes, and many main courses that are strictly vegetarian. Some Indian restaurants are entirely vegetarian.

Learn more about the vegetarian diet and lifestyle including recipes. Join our VeggieFest page on Facebook. You don't have to be a vegetarian to join.

Find More [Vegetarian Recipe Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Is A Vegan Diet Healthy For Teens

A well-planned vegan diet can be a healthy dietary choice for anyone and at any stage of development. A vegan teen is no less healthy than a meat-eating teen. It's about making healthy food choices and teaching your teen how to make them.

Teens, who are expressing to their parents a desire to adopt a plant-based diet are for the most part quite proactive in educating themselves about veganism. In fact, it was probably during the course of learning about veganism that they independently made the decision to adopt such a lifestyle.

Whether it's out of concern for the environment, animal rights or health reasons more and more teens are announcing to their parents that they want to become vegans. If you are the parent of one of these teens there is no need to go into a fit. In fact, this decision could not have come at a better time. Sure you're concerned that making such a dietary change may negatively impact your teens' growth and development.

However, this couldn't be any further from the truth. A vegan teen is also a very health conscious teen. Therefore, a



Over 350,000 Free Food and 9,000 Drink Recipes

vegan teen will take greater care to adopt a well-planned diet over their meat-eating counterparts who are more likely to snack on pizza, hot dogs and sugary snacks instead of fruits and vegetables.

That said, the best way to respond to a teen who decides to become vegan is to be supportive. Educating yourself about this dietary choice may even help you become more health conscious about your own eating habits. We learn as much, if not more, from our children as they learn from us so why not let this be another opportunity to learn and bond with your teen.

Sure, as a parent you will still have some concerns such as whether your vegan teen will get the appropriate amount of vitamins and nutrients. Well whole grains, beans, lentils, tofu, nuts and veggie meats are all excellent sources of protein. Additionally, beans, cashews, raisins, spinach, tempeh and tomato juice are packed with iron. You might also be concerned about your teen getting vitamin B-12. No need to worry about that either because he or she can easily do so by eating fortified cereals, fortified soy milk or taking multivitamins. If that's not enough, numerous studies have shown that eliminating dairy products and meat, while eating

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

nuts and whole grains will improve cardiovascular health. As you can see, this dietary transition is not the end of the world. Johnny will still be Johnny and Susie will still be the same Susie, just with improved cardiovascular health and lowered risk of contracting several other deadly diseases.

An unbalanced diet whether vegetarian or non- can be unhealthy. However, a vegan or vegetarian diet can effectively provide your teens' body with all the nutrients needed and it is relatively easy to plan a balanced vegan diet.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

Recipes from The Weekend Chef (<http://theweekendchef.com>)