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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!

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!

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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 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

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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.

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Vegetarian Weight Loss Diet

The Incredible Success of a Vegetarian Weight Loss Diet.

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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 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

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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, 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.

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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 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](#)

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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.

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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 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

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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 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.

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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 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,

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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 <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.

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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-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.

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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 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

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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.

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Becoming a Vegetarian

The diet of human body consists of many different nutrients and these varieties of nutrients are required on daily basis to keep the human body healthy and full of energy. Becoming a vegetarian is one's own personal choice and this can be due to variable factors. So, keeping in view the required essential nutrients, we need to see the type of vegetarian one wants to come.

Make sure that you have selected a right diet that will provide your body the required nourishment that will keep your system function on an optimal level.

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Becoming a vegetarian certainly involves your active contribution as what you have to eat to overcome the deficiency of required nutrients like zinc and iron that are rich in non-vegetarian diets, but some vegetables are rich in such nutrients too. It is therefore need a proper homework before planning to become a vegetarian as to what sort of diets you should include in your diet as a non-vegetarian. Your health is largely based on these nutrients and the proper amount of consumption is vital, especially for women.

The vegetarian lifestyle is nothing less than meat-based diet. It is healthy way to provide your body the required nutrition with a plant-based diet. He who succeeds in maintaining the balance between the essential nutrients on daily basis enjoys the healthy life. Either you are switching to vegetarian or to non-vegetarian; all you need to do is to make choice between what you take in and what you take out from your daily meals. For vegetarian, they meals usually include vegetables, seeds, nuts, whole grains, legumes and fruits. This diet of vegetarians is low in fat and cholesterol, but rich in fiber.

Normally you can classify vegetarians into four main classed depending on the diet they include in their daily meals.

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- Vegan – This is the strictest form of the vegetarian diet. They exclude cheese, eggs, meat, fish, poultry and milk from their diet. In most extreme cases few vegetarian exclude honey and yeast as well from their diet.
- Lacto – This group of vegetarians excludes eggs, poultry or fish and meat from their diets, but majority of them include dairy products along with plant-based products in their diet.
- Ovo-Lacto – This group of vegetarians avoids eating poultry, fish and red meat but do eat eggs, and other dairy products.
- Flexitarians – They are also called semi vegetarians as they include plant-based products as a primary diet and occasionally include small amount of fish and poultry as their secondary diet.

You need to know properly about your body system and its requirements before choosing any vegetarian diet plan. You have to keep your focus on metabolism, brain functions, digestion and your energy level and accordingly devise your diet plan, which will fulfill the requirements of your body and its functions to perform properly. Remember, only becoming vegetarian is not just enough, you have to be very careful about your body and its needs before sticking to any diet plan. Always prefer those products, which are enough to keep

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your body energy level up to the mark to perform daily house chores and keep your body fit and healthy.

You might also be interested in learning about Grow Climbers and Wall Shrubs in Small Garden and also Become a Vegetarian

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Zone Diet – Vegetarian

Dispel the notion that Zone diet is meant only for those who eat non-vegetarian foods. If you are a vegetarian you can convert your diet into a Zone diet vegetarian meal. This excellent diet is not based on being vegetarian or non-vegetarian. It is purely a diet based on carbohydrates, proteins and fat, but in a precisely fixed ratio. The ratio is 40:30:30. In simple words your meal should consist of 40% carbohydrates, 30% fat and 30% protein. What makes up the protein portion is not the question.

If you need to know more about this, pick up Dr. Barry Sears' "The Soy Zone." Dr. Barry Sears, a former research scientist

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at the Boston University School of Medicine and the Massachusetts Institute of Technology, created the Zone diet.

The Zone Vegetarian Diet

In the main, vegetarians consume carbohydrates more than they consume proteins. It is an incorrect notion that meals high in carbohydrates help in reducing weight and give you a healthy life. Diets high in carbohydrates lead to increased Insulin levels in your body which leads to gain and storage of fats. Vegetarians need to consume vegetable proteins to balance the carbohydrates they intake.

Your Zone diet needs to be in the Right Proportion and in the Right Portion. Not only should your diet be in the 40:30:30 ratio but your meal portion also needs to be precise. That is why you get to consume your diet in the number of Zone blocks. Calculation of Zone blocks depends on your weight and height in addition to other minor measurements. An average male consumes, say, 14 Zone blocks and an average female 11 blocks in a day.

Assume an average Zone diet consists of:

- Skinless chicken or turkey breast (proteins)

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- Black beans and Raw Broccoli (carbohydrates)
- Avocado and Macadamia nuts (fat)

To make this into a vegetarian Zone meal, all you need to do is replace the protein portion with Soybean based meat substitutes, such as Soybean hot dogs or hamburgers. Tofu, Soy-based products, Cheese, Nuts, and meat substitutes, such as seitan and tempah make for great protein substitutes for vegetarians. However, you need to be careful when selecting vegetables. Green beans, for example, have high protein and carbohydrate contents. If you opt for these, you may upset the carbohydrate to protein ratio. This is where you need to juggle your contents.

The Bottom Line

Make sure you use favorable carbohydrates and fats in your Zone diet vegetarian meals. Opt for fruits and vegetables that contain low starch, and avoid bananas and prunes due to their high sugar content. Use monounsaturated fat only. You can consume avocado, macadamia nuts, peanuts, almonds and shun butter, vegetable shortenings and creams. Use olive oil and peanut butter, instead.

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It is worth repeating that Zone diets should be consumed in the Right Proportion and in the Right Portion. This is a wellness diet that will help reduce your weight and keep you healthy. It is never too late to make that lifestyle change.

The author has written thousands of website content articles on various topics.

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Vegetarian Cheese

The term vegetarian cheese might sound redundant to you; after all, cheese is made with milk, which clearly can be obtained without killing an animal. What most people mean when they use the term vegetarian cheese is that the cheese was made with vegetarian rennet.

Some vegetarians are OK eating cheeses made with animal rennet, but many will seek out ones made with vegetarian rennet, especially since the latter are quite prevalent nowadays. So, in a sense, cheese can never be vegetarian

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because it leads to the indirect slaughter of animals for their meat.

Vegetarians can still eat great cheese these chives from. Animal product milk is the basis of all cheese, but you don't take an animal's life when you milk it. True enough, but there is another component of cheese, one most people don't usually consider, that may render your beloved cheese a non-vegetarian product.

This coagulation, which separates the milk into curds and whey, is an important initial step in cheese making. Most commercial cheeses add an enzyme-based substance called rennet to help this process along. The enzymes in rennet are chymosin and rennin, but those two words are often used interchangeably, and many people, even cheese makers, just use the term rennet or rennin to describe any enzyme in cheese making that assists in milk coagulation. Historically, all cheese has not been made with rennet. Commercial cheese makers need to be able to replicate their products consistently and reliably, and it would be extremely difficult to reproduce the precise composition and strength of any given lot of stinging nettle solution or to know what quantity of dried sunflower powder to use per batch of milk.

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First of all, some cheeses do not require rennet for production. These enzymes are important because they are the ingredients that cause milk to coagulate and eventually become cheese. Many cheese products produced in the United States do contain a coagulating enzyme derived from either beef or swine.

A few pure vegetarian vegan cheeses do exist, but are less similar to regular cheese in texture, and they do not melt quite the same. The first question one might ask is; what makes a cheese suitable or unsuitable for vegetarians? Cheeses can be made with any type of milk, and in the case of vegan substitutes, soya or rice milk, for example. The following simplified description for making cheddar cheese goes some way towards explaining the procedure. Many people may be surprised to learn that not all cheese is vegetarian.

What most people mean when they use the term vegetarian cheese is that the cheese was made with vegetarian rennet.

Thankfully, vege rennet is becoming increasingly popular and recent developments in the production of vegetarian rennet from non meat sources means that this trend is likely to continue. Vegetarian cheese melts well and can be used hot as

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well as cold. Cheeses that contain 'vegetarian rennet' or 'microbial enzymes' will be suitable for vegetarians. These are typically soft cheeses such as cottage and some cream cheeses. I have tried vegetarian cheeses before and I have been always been disappointed with the flavor and texture, so I wasn't expecting a cheese alternative that actually tastes delicious and feels right in the mouth.

Vege rennet can be made in a few different ways, but never involves killing an animal directly. There are vegetarian rennets derived from fungi, plants, as well as lab-created genetically engineered rennet that otherwise mimics the real thing. Cypress Grove are made with vegetarian rennet. Thankfully, vege rennet is becoming increasingly popular and recent developments in the production of vegetarian rennet from non meat sources means that this trend is likely to continue. Vege rennet is known as synthetic rennet, and one of the reasons this is popular with cheese makers is because the quality is consistent and the cost is low. In fact, the look, taste and consistency of cheese produced with vegetarian rennet is identical to that of cheese from non vegetarian sources. It is useful to make a note of different kinds of vegetarian rennet before shopping as this will help to make the identification of vegetarians safe cheese easier.

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<http://www.vegetarianconcepts.com/>

Why Choose Vegetarian And Vegan Shoes

Vegetarian or vegan shoes are made using materials that are not derived from any animal products. This will include leather and even the glue that is often used to fix shoes together and is made from animal bones.

People wear vegan and vegetarian shoes for a number of reasons. For some it is part of a lifestyle choice which is combined with a preference for not eating meat either due for ethical or animal welfare reasons. For others it is more about the environmental impacts that are associated with the rearing of animals whose skins are used to make the leather and the tanning of the leather which uses a cocktail of damaging chemicals. For some people the choice of vegan shoes is about the choice to live a more healthy and chemical free life.

If you choose to wear vegan and vegetarian shoes you can be sure that animal will have suffered in any way in order to

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produce your shoes.

But aren't synthetic alternatives to leather damaging to the environment?

Yes many synthetic alternatives to leather have a significant environmental impact which includes the use of non-renewable resources (oil) to make them, the pollution caused by their manufacture and their inability to biodegrade at the end of their useful life. Whilst these alternatives may be acceptable for those who don't wear leather shoes purely because of animal welfare, it is difficult to say whether the different aspects of their environmental impact add up to more or less than that of leather. If you want to ensure that you are choosing the most eco-friendly vegan shoes you should look for the completely natural alternatives to leather. Specialist manufacturers of ethical shoes like Po-Zu Ecological Footwear make natural and biodegradable vegan shoes in a variety of materials including cork, natural latex, coconut husk and organic hemp.

So are vegan and vegetarian shoes as long-lasting as leather shoes?

It depends on the type and style of shoe and the material that it is made from. It will also depend on how you look after the

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shoes. Hemp is incredibly strong and a good alternative to leather for casual shoes. It is also breathable and can be dyed many different colours. If the shoes are manufactured well and looked after they should last well.

Do vegan and vegetarian shoes look as good as leather shoes? This is all about individual taste. Many people like the look of leather and there are some leather alternatives that look almost identical to leather. However these are usually synthetic and so not great for the environment. Other alternatives to leather include wool, hemp and cork can be made into beautiful, stylish and fashionable shoes. There are plenty of styles available so you should be able to find some that you like the look of.

Vegan and vegetarian shoes are a great way to minimise your impact on the environment provided that you choose natural alternatives. You should shop around for great styles that are good to look at, hard wearing and long lasting.

This article was written by Ceri Heathcote.

Ceri is a fashion writer with a particular interest in ethical and eco fashion. She enjoys writing about a variety of topics

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from vegan shoes and natural footwear to sustainable accessories.

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Live Longer And Healthier With Vegetarian Recipes

Vegetables are believed to be the healthiest foods that a person can eat. And especially with the tendency of meat and other meat-products tending to be processed artificially these days, the health risks posed are rising at an alarming rate. More people are therefore drastically changing their dietary habits by switching from the normal meat and junk based foods to meals with strictly vegetarian recipes.

While there are literally hundreds of vegetarian recipes prepared by peoples from all over the world, below is an easy to make, yet very delicious, one that has its roots in the Middle East, Lebanon to be precise.

Kidney Bean Stew

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Makes 5 large servings.

The ingredients:

1. 4 to 6 cloves of garlic (for a better taste): crushed
2. 1 large yellow onion : chopped
3. 1 large green pepper: chopped
4. 2 cups of sliced mushrooms
5. 1/2 cup of vegan cooking wine
6. 16 oz can of dark red kidney beans
7. 2 large potatoes: sliced and diced
8. 20 oz can of whole tomatoes
9. A cup of Spanish olives
10. Assorted spices as required: salt, pepper and oregano, or any other spices, for decoration
11. 3 cups of cooked brown rice

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Preparation

First sauté the garlic, onions, peppers, and mushrooms in the vegan wine until the onions start to become clear.

Add the tomatoes and kidney beans. You do not need to drain them ...throw it all in there

Next add the potatoes and if you love the taste of olives throw in the Spanish olives, and if you don't it will still be fine without it. Let it all simmer on low heat for about an hour while you make sure that you stir often and taste as you add the spices and oregano.

Finally serve the kidney bean stew over rice with some whole wheat pitas for dunking.

If there is any, add leftover rice to the stew and refrigerate it, the taste is even better the next day.

S&W Beans

What makes vegetarian recipes tasty, like anything that is a collection of elements, is the quality of the individual

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ingredients. And in the recipe above the main ingredient is the kidney bean. Therefore, it is imperative that the beans be of the best quality: fresh and organic. And for over 100 years, a San Francisco company has been producing and serving only the best in not only kidney but a dozen more varieties of beans. This company is S&W Beans.

If you need to buy beans for the ingredients of your vegetarian recipes then make sure you go to the best in the business: S&W Beans. Visit us at: <http://www.swbeans.com/>

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Make Your Heart Happy With Vegetarian Recipes

If you are a vegetarian, most likely you are already familiar with the advantages of following a vegan diet. Sometimes vegetarians are looked upon as animal rights extremists, and this may be the case with some, but there are many health benefits that come with being a vegan, which result in prevention of some of the major diseases among people in North

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America. If you are considering becoming a vegetarian for personal reasons or being advised to change your lifestyle by a doctor, here are some advantages of following the diet:

Reduced Saturated Fat. Dairy and meat contain high amounts of saturated fat so you will be greatly improving your cardiovascular health by limiting this.

Antioxidants. They will help protect the body and it is a good way in helping to fight some forms of cancer.

Better Quality Protein. Yes, meat holds tons of protein but many Americans get too much protein in the form of red meat, which is not a healthy way of meeting your protein needs.

Beans, nuts and soy are all great ways to get the right amount of protein in your diet.

Lower Cholesterol. When you eliminate any product that comes from an animal you are automatically lowering your cholesterol.

Lower Blood Pressure. Eating a vegan diet rich in whole grains with will lower your blood pressure.

Eliminate your chance of getting E Coli. E Coli comes from eating contaminated red meat and you can eliminate that concern when you become a vegetarian.

There are many more health benefits that go along with

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veganism if you choose the correct diet. If you are not familiar with the vegetarian diet, you may have trouble coming up with healthy, tasteful vegetarian recipes. At <http://www.swbeans.com/> there are vegetarian recipes that the whole family will love. White beans with asparagus or sweet and smoky barbeque beans are just some that they list. The three bean salad with vinaigrette, which includes 3 types of S&W Beans, parsley, lettuce leaves and finely chopped red onions is a beautiful vegetarian recipe to make when you have company. The hearty meals and snacks that they offer come with easy step by step instructions. Also included is the nutritional information per serving for each of their recipes so you know exactly what you are eating. You don't need to spend a lot of money or time to follow a healthy vegan diet. Everything included in the recipes are easily accessible and affordable. Try a new delicious vegetarian dish today and your body will thank you!

Find nutritious and heart healthy vegetarian recipes from <http://www.swbeans.com/>

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