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# Choose Vegetarian Tasty Recipes: Live Much Better Because Of It

Whether or not you might be a seasoned chef or someone who has by no means place with each other an edible meal, look at expanding your know-how of cooking by adding vegetarian tasty recipes. Chefs of great restaurants and moms of hungry households will get pleasure from getting more meals to cook, and also the clients and children who consume the food will likely be pleased too.

Exploring vegetarian quality recipes is fantastic simply to spice up the kitchen with something new. No cook dinner likes to get bored by preparing the exact same foods over and over. It's usually fun to attempt new components or methods of generating the foods you love and it may be just as fun to experiment with vegetarian excellent recipes you've got never attempted before.

Fantastic vegetarian excellent recipes could be discovered in numerous areas. Search on the net, in cookbooks, or at local wellbeing food stores for strategies. If you have pals that happen to be cooking great dishes attempt swapping vegetarian

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recipes with them. Occasionally restaurants will even share vegetarian recipes with their customers for small or no charge.

Stopping into a nearby health foods store is really a good way to obtain all with the substances and spices you will need to start cooking vegetarian excellent recipes to perfection. Staff at these shops are typically knowledgeable resources that you could make use of and learn from.

Incorporating vegetarian excellent recipes into any eating plan will deliver range and give balanced eating options. A lot of studies recommend that switching a minimum of some of your weekly diet plan to vegetarian tested recipes can be beneficial to your health. Let your tastebuds take pleasure in new factors that are very good for your entire body. Vegetarian quality recipes will typically include many from the vitamins, minerals, and sources of nutrition that each entire body needs. Rather than meat, vegetarian tested recipes are stuffed with healthy protein substitutes so that you just don't miss out on items you need.

Acquire a take a look at your overall health and on the foods you've been eating. Including a couple of vegetarian recipes into your diet can quickly strengthen how you feel and may be part of an total well being prepare that will increase your lifestyle. Because couple of points are as crucial as main a

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nutritious lifestyle, consider your time in studying new ways to eat greater. Vegetarian recipes are just 1 of many points that you can contemplate. And opposite to common belief, vegetarian tested recipes are full in the style and enjoyment of a lot of other foods you eat. The biggest difference is always that they're much much better for you personally.

For more information on health food recipes visit the author's website today.

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## 2 Yummy Vegetarian Slow Cooker Recipes, Plus Hot Tips

Here are a few lip-smacking vegetarian slow cooker recipes that not only save your time, but also serve your entire family for a lovely family dinner.

The Chilli Beans Recipe

YOU NEED:

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black bean soup can (19oz), rinsed and drained garbanzo beans can and kidney beans can (both 15 oz), baked beans can (16oz), can of tomato puree (14 1/2 oz), a can of drained whole kernel corn (15oz), one onion, one green bell pepper, 2 garlic cloves, 2 celery stalks all these should be chopped, one tablespoon each of dried parsley, basil, and oregano, and chilli powder.

DO THIS:

Take your crockpot. Put the black bean soup, garbanzo beans, kidney beans, baked beans, tomato puree, onion, corn, celery stalks, and bell pepper in the pot. Season the mixture with parsley, garlic, oregano, basil, and chilli powder. Let it cook for a couple of hours on high heat.

Slow Cooking Apple Delight

Here is another one of the series of healthy slow cooker recipes that will tickle your tastebuds and make you a fan of crockpots.

YOU NEED:

5 apples (half pound each), peel, core, and chop them finely; ground cinnamom and cloves, 2 tsps and tsps, respectively; tsp salt; white sugar, 4 cups.



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#### DO THIS:

Put the apples in the crockpot. Take a bowl and mix cinnamom, cloves, sugar, and salt. Add this mixture in the crockpot containing apples. Mix everything well. Cover the crockpot and let it cook on high heat for 60 minutes. After that, bring the heat to low and let it cook for 9-11 hours. Stir the mixture once in a while. You will find the mixture turning dark brown and thick.

Remove the lid of the crockpot and continue to cook on low heat for another hour. If you wish to make the mixture smoother, use a whisk for stirring.

Take small containers and fill the mixture in them. Cover and refrigerate. You can also freeze.

#### Hot Tip On Easy Slow Cooker Recipes:

Prepare all the ingredients of your recipe as well as the crockpot the night before. Refrigerate the ingredients. When you wake up the next morning, simply toss the ingredients into your ready crockpot and plug it in. Your recipe will cook the whole day. When you return home after a hard day, you get a savory and piping hot meal to relish.

#### More Tips On Vegetarian Slow Cooker Recipes



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You must allow 8 hours cooking time when on low heat and 4 hours when on high heat in a slow cooking pot.

When not sure about the cooking time of a recipe, leave the pot on low the whole day or overnight.

A good adjustment for slow cooker demands that you cut the quantity of all liquids to half.

Its time to try one of the above vegetarian slow cooker recipes. You can make a great dish even if you have never cooked before.

For more vegetarian slow cooker recipes, visit [www.yeahtips.com](http://www.yeahtips.com). The site has a collection of healthy slow cooker recipes that are simple to prepare and quite nutritious. Of course, they are 100% vegetarian with yummy ingredients put together!

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## Vegetarian Diets Benefits

Vegetarian diets can help protect your heart. Many vegetarians eat nuts as a form of protein, and these nuts contain healthy fats called omega fats. Omega-3 and omega-6 both help the body reduce cholesterol, and work to unclog arteries. You know that

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weight loss is an industry. A money-making industry with many claims to make: Claims of weight loss pills, herbs and juices. Claims of exercise machines and exercise programmes. Claims of high-fat, no fat or lean diets. Diets high in fibre are associated with lower rates of colon cancer and coronary artery disease than diets low in fiber. If you have diabetes, you can better control your blood sugar by eating a diet that's high in fiber, too.

Today, most people complain of high blood pressure and elevated cholesterol levels. A diet rich in seeds, legume, whole grains and nuts can easily bring these down to a great extent. Plus being a vegetarian can not only improve your digestive system, but also makes it function more efficiently. Ensure a properly balanced diet by having all four main food groups within a vegetarian diet, namely beans, nuts and seeds; grains; dairy products; and fruits and vegetables. Include something from each group in your daily vegetarian diet to get all the nutrients you need.

The advantage that vegetarians have over non vegetarian dieters is the way that we study food labels carefully. By reading labels to ensure there are no animal products, we are more able to notice added sugar, salt and hidden fats, and can therefore avoid them. You may find that a vegetarian diet is the key to weight loss in your specific case. Vegetarian raw



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foods are nutrient and enzyme rich. They are often lower in calories than traditional non-vegetarian diets.

Some interesting facts about this diet has been found after investigation. Exceptionally studies, is a researcher on the flesh of animals has adverse effects on our systems that have pushed up vegetarians. However, the greatest benefits of a plant-based diet are spiritual. To concentrate in meditation, we need to be calm and collected. If we eat animals, our own consciousness will be affected. A healthful vegetarian diet based on whole grains, pulses, nuts, fruits, and vegetables will also be good for your heart as it is low in fat. The fats you use in vegetarian cooking should be vegetable fats and oils such as olive oil, coconut oil or groundnut oil.

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## Vegetarian Restaurants in Barcelona

Barcelona is a great place to find food with the eclectic mix of kitchens from around the world inviting you to try anything from Cebiche to Kow Neow, as well as the fantastic local specialties too numerous to name. The Spanish have an obsession with meat, and Pork in particular (they sell the brains in the supermarket, right alongside the trotters, ears and tails for God's sake!) and most restaurants will offer you cured hams, roasted or grilled meats or at least have a very meat orientated menu – which is not much fun if you're a Vegetarian or a Vegan.

I'm going to give you the lowdown on Vegetarian and (mainly) Vegan options if you're visiting Barcelona. If you don't know the city well, it's of pure co-incidence that these restaurants are all fairly close together, considering the size of Barcelona, and the scope it has for restaurants.

First up is Juicy Jones. Juicy Jones has a couple of establishments – both in the old town. The one just off Las Ramblas, on Carrer Cardenal Casañas behind the PC City computer store is more of a Juice Bar, whereas the one located on Carrer Hospital is a little bigger. Juicy Jones offers the

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freshest ingredients for some fantastic concoctions and always a varied menu. Well worth a try.

Just two streets up from Carrer Hospital is Carrer Pintor Fortuny, and this is the location for two of the restaurants on the list. First is Organic, which is on the corner of Xuclá and as the name suggests, serves all organic produce and is very central, just a minute's walk from Las Ramblas. Organic has another establishment on Carrer Hospital, at Plaça Sant Agusti – just a minute's walk from Juicy Jones above.

Walk a little further into the Raval neighbourhood, following Pintor Fortuny, and on the opposite side of the road is BioCenter – another great spot for Vegan and Vegetarian munchies. The shop bearing the same name on the opposite side of the road also offers produce and goods if you're renting a self-catering apartment, for example – along with other main supermarkets like nearby Carrefour and el Corte Inglés at Plaça Catalunya.

Finally we have Sesamo, which is located on Carrer Sant Antoni Abat, at the end, right next to Sant Antoni Market. This is a small, but popular place and serves "comida sin bestias" or "food without beasts"!

One last place worth a mention is "Fresco" which is an all you can eat buffet with various locations around the city centre,

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and although it's not strictly Vegetarian/Vegan, there's a huge salad bar for starters (go back as many times as you like), and there is almost always some vegetarian alternatives, such as pasta with pesto and cheese sauces, etc. I thought it's worth a mention as it's very good value for money – and healthy to boot.

David Brydon has been living in Barcelona for 9 years and writes about Apartment for rent Barcelona and regularly contributes to this great Barcelona Guide.

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## Cancer and a Vegetarian Diet

Cancer has been declining over the years in the United States. Even so, it remains the number 2 ranked cause of death, according to the Center for Disease Control. Certain diets have long been associated with cancer. Actually many links have been made in association with some cancers and a person's diet. A vegetarian diet is quite possibly in lowest risk group when it comes to cancer. Whether you are looking out for your future and you have never had cancer or you are recovering from cancer, a vegetarian diet may be a wise choice for you.

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Meat on the other hand has a possible risk for developing cancer, especially red meat. One theory as to why red meat is associated with cancer lies in the preparation of the meat. The thought is that most red meat is grilled, and grilling leaves a quasi- charcoal like substance on and in the meat. The connection is that charcoal is on the list for being a suspected carcinogen. So the meat is often grilled or broiled such that it is blackened on the outside. When you eat the blackened surface of your hamburger or steak, you are actually eating charcoal. My own personal belief has to do with the cows themselves. The other theory is that the cows are occasionally fed hormones which stimulate their tissue growth. It could be that those hormones continue to work after the cow is dead. Instead of stimulating healthy muscle growth though, they start to mutate and affect healthy cells negatively. The problem is that pigs and chickens are also given the same supplements. If this were true then chicken and pork would have the same cancer risks as red meat, which they do not. By eliminating all meat, the chances of developing cancer are statistically reduced.

Vegetarian diets contain foods that are rich in antioxidants. Antioxidants work with your body's natural defenses to combat diseases, as well as to produce healthy tissue growth. Antioxidants fight cancer. Spinach and blueberries are two foods that are rich in antioxidants. Green tea is another

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great source.

Avoiding red meat and eating a vegetarian diet rich in antioxidants, you can improve your odds of getting cancer. Now that's some odds I can live with!

John A. Hrivnak

It's always better to have options. Having the option to change your diet to decrease the chances of cancer is a true blessing and a choice that is easy to make. For information on all aspects of health; go to my site at <http://informationinstantly.com>

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## Vegetarian Lifestyle – Values Driven Vegetarian

Values Driven Vegetarian – What does that mean? Some values have to do with telling the truth. Other values determine our work ethic. Most people think of values as related to character. What does that have to do with food? Warning! You might find this article provocative – but not because I'm

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trying to tell you what to eat.

Instead I'm going to ask you what the term vegetarian means to you personally. For you carnivores reading this article, it may be difficult to understand why anyone would give up hamburgers or pepperoni pizza. You may believe that God put animals here on the planet to be eaten. Or God may not come into your consideration of food choices. I've had people tell me they can't imagine giving up eating meat for any reason. Perhaps you'll have a different understanding of dietary choices after you finish reading.

We Americans do tend to want what we want. Often we want what we want now. Our decisions don't always make sense to other people. I'll tell you a true story. Much of my life I've owned and ridden horses. The pleasure of time with my horses always has overridden the cost. I've never understood the question when non-horse people asked why I had such an expensive hobby. Why would I not spend time and money on something I found so enjoyable? I figured they just didn't understand horse people.

On the other hand, one thing I've never been able to understand is how some people can drive vehicles, e.g., hummer-type, with its large size and low gas mileage. With our planetary resources being as they are, why would any one choose such an inefficient means of transportation. Who needs a hummer in the US?

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Then driving down the road one day as a hummer passed me, I got it. Just as I have always wanted horses, that person wanted a hummer. That was it. Our values were different. I would feel uncomfortable driving a gas guzzler. Perhaps the hummer driver would see my horses as a wasteful use of money. We each made our choices according to what we wanted. Pretty simple. If I want it and can pay for it, I can have it. It's my right as an American.

My horses had value to me and and were an expression of my values. The hummer had value that were expressed by the driver of that particular vehicle. Each of us believed we could have what we want – and had the right to have what we wanted. My value was horses bring me joy. I can only speculate on why the driver wanted the hummer, but I do know that it was a value connected to a belief that determined his choice. Big equals power? Different is fun?

Similar want/value variations of thinking are common among both vegetarians and carnivores/omnivores. We may not understand the position of the other because we believe differently. Our values are not same in this area. However, our beliefs, values and behaviors are all connected whether we're omnivore, vegetarian, or vegan.

Some will say if, " I want a hamburger or a steak or bacon or chicken wings, I can have any or all of them. The choice to



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eat meat and animal products is my right. I can eat what I want as much as I want whenever I want." Those same people might say that it made little difference to them that dolphins were caught in the tuna nets. Too bad. So what? Their values expressed as behaviors don't include respect for animal life. Values regarding food as providing nutrients to support body processes may not be the the stronger value either. No body, vegetarian or not, ever needs french fries and soda. Yet, most young people drink soda...and as they mature, their taste may change to martinis – which offer little if any nutritional value.

As a culture, we do value our rights. And our rights are a direct expression of our values. Have you ever thought of rights and choices in that way?

What I'm saying is while I may agree with our right to eat what we want, have as many kids as we want, drive the vehicles we want, smoke the cigarettes we want, and have all the horses we want, there are consequences to those choices. What we want and demand the right to have may not be wise in the long term.

Our values determine what is important to us. Our values determine our decisions re the choices we make. Is our value placed on immediate gratification or determined by future consequences of what we say and do? Do we value our right to eat a hamburger today more than the preservation of the





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environment for our children and grandchildren? How many burger eaters consider the crops, water and other resources required to raise that steer? More than eight billion animals are slaughtered each year. Could there possibly be a less efficient use of our natural resources?

We chop down oxygen providing rain forests to create more beef for the government subsidized meat industry. We factory farm the animals and send pollution uninhibited onto the land and into the air and water.

Vegetarians and environmentalists have been much maligned during most of my life time because they've seen the big picture. They tried to educate the American public of consequences to a meat based diet. The issue is much larger than the bacon and eggs you had for breakfast or the hamburger you had for lunch. The larger view is of the consequences of raising and eating animals, of use of land and water, of starvation and pollution.

Do you know that the methane gas from the cattle we raise for slaughter cause more harm to the environment than vehicle emissions from all the cars on the planet? There is far more untreated animal waste than treated human waste. Run off from factory hog farms ends up in the river. Perhaps the same river you enjoy boating on...or swimming in. We have dead zones in the ocean where no sea life can exist. They are increasing in size

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every day as a result of pollution.

Do you value your right to eat that hamburger more than the right of future generations to live on a markedly less polluted planet? Do you believe that the choices you make are significant? Do you think what you eat has no impact on either your body or the planet? Do you value living for today because you may not be here tomorrow?

Of course you have the right to eat meat.

But what do you do when you can't stand to think that your hamburger was once an animal? You have to block those thoughts or they'd bother you. You might not even be able to eat a hamburger ever again. What would people say?!?! When you make your choices because of what other people say, that's also a value. You believe what they have to say is more important than your own experience of truth.

On the other hand, you might want to ask yourself what would it feel like to honor your feelings about eating that hamburger. Allow yourself to think of the animal that died to provide this meal for you. Try it. You may still decide to eat the burger, but you may appreciate it in a different way. You might have no sadness or angst, but instead gratitude for the availability of this food you enjoy thoroughly as nourishment for your body. Or, you may choose not to eat the burger.

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Either way, you would be living your life and making your decisions in a manner congruent with your beliefs and values.

When we live our lives in accordance with our conscious values, we experience significantly less internal conflict. When we are aware of our values in each area of our lives, we make choices that support our beliefs and so our actions are congruent with our words. Life becomes less stressful.

This article is on the topic of values and vegetarianism. Beliefs and values, behaviors and consequences, priorities and conflicts are all a normal part of life in every aspect of our lives. We make choices, hundreds of choices, every day. Many are unconscious. We may not even realize we're choosing.

We all make choices about food. With every bite we put in our mouths we make a statement. What we eat or don't eat tells others who we are and something about what we believe and value. Choices are different for omnivores, flexitarians, vegetarians and vegans. Which values determine your choices? Do you know? Are you curious? Can you see the consequences of your choices? Do you believe what you choose to eat makes a difference – to your health and to the health of the planet?

Ask yourself. See what answers you get. Then consider whether your actions are consistent with what you say you believe.



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To read more about the vegetarian lifestyle go to Gayle's informative, friendly website <http://www.vegetariannook.com> A nurse educator and vegetarian for almost 30 years, Gayle offers information to help interested people understand vegetarian basics and ways to transition to a plant-based diet. Her specialty is dealing with social issues and concerns.

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## 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 a few options.

### Veggie Burger

A veggie burger is s meatless hamburger patty. Instead of

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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 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.



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## 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.

## 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.



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## 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



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plants. Nothing else. No milk, dairy products, or anything dealing with animal products. That also includes eggs and 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.

So if you are a vegan, I have no problem with it, but it's

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beyond my comprehension how you all stay alive. I don't know how you stay healthy on just soybeans, but good luck with it.

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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

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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 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

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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.

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# 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 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



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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, 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**

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



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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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