



High Protein Vegetarian Recipes: Delicious And Healthy High Protein Vegetarian Recipes

Terry Smith

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Delicious And Healthy High Protein Recipes For Vegetarians! Because they don't eat meat, some vegetarians may wonder how they'll get enough protein. Although you may not realize it, the average American actually consumes more protein than they actually needs. For the lacto-ovo vegetarian, dairy products are an excellent source of protein. Vegans on the other hand, get their protein from nuts, seeds, and soy products. All the recipes in this high protein vegetarian cookbook contain high amounts of protein that will help you build muscle.

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