



Plant Based Lunch Recipes (Plant Based Series Book 2)

Bindi Wetzel

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FORMATTED COOKBOOK WITH A CLICKABLE INDEX! This alone is worth the price of the book.

A

clickable index means you can scan the index for an ingredient you have on hand that you might want to use, click on the recipe title listed under the ingredient, and then be taken directly to the recipe. It's a real time saver!

What does a plant based diet look like? Basically, it means living on a diet consisting of grains, nuts, seeds, meat and cheese substitutes, fruits and vegetables that are seasonal and of the highest quality you can afford.

Plant Based Lunch Recipes is Book 2 in Bindi Wetzel's plant based cookbook series and was written for all types of plant based dieters. It brings together 4 weeks of lunch recipes that are not only scrumptious and easy and incorporates the principles of the plant based diet as well.

Some of these delicious plant based lunch recipes you should look out for are:

- Summer Salad
- Black and Yellow Quesadillas
- Colorful Paninis
- Pasta Primavera
- Light Eggplant Parmesan

The author also provides:

- An introduction to plant based eating
- A plant based grocery list you can print out and take to the store
- An index listing the main ingredients used in all the recipes
- A clickable index of some of the main ingredients used in each recipe

Check out the book now and you will have a bunch of new ideas for lunch menus.

NOTE: If you like this cookbook, you can buy Bindi Wetzel's compilation cookbook consisting of ALL the plant based breakfasts, lunches, and dinners cookbooks, PLUS appetizers and desserts **for only \$3.99!** It is called *Plant Based Diet Cookbook Collection* and can be found right here on Amazon.

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