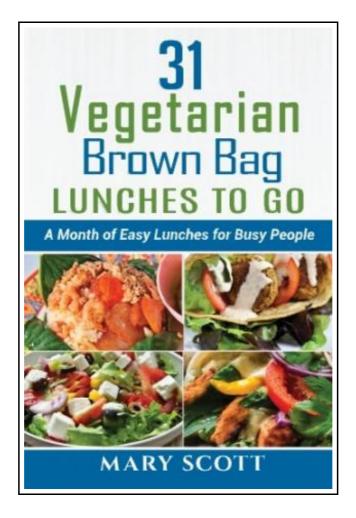
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Lunch is one of the hardest meals for busy people to prepare. We hurry about our lives and when it comes time to eat lunch, we often grab the first thing we see. If you are vegetarian, the choices are even more limited. The fact that you eat this way says that you are conscious of your health. So why would you grab junk out of a machine or eat the same boring lunch every day? The delicious and nutritious recipes in this book will give new meaning to lunch! Now you can prepare easy meals to fit your lifestyle and have the pleasure of enjoying lunch. This book is part of the 31 Days of Vegetarian series. Be sure to check out the other books in the series as well as several meat free books in my 31 Days of Paleo Series. Bon Appetit!.

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