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Time Vegetarian

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Reasons, more and
more people are
adopting a flexitarian
diet that has less
meat and fish, and is
mostly vegetarian. In
The Part-Time
Vegetarian Nicola
Graimes presents a
collection of fresh
new recipes, all
vegetarian, but many
with a Part-Time
Option showing how

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to include meat or fish if you want. She explores a world of vegetarian flavours that will turn your expectations of meat-free eating around.

The Part-Time
Vegetarian: Flexible
Recipes to Go (Nearly

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The popularity of the
part-time vegetarian

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(flexitarian) diet – one that is largely vegetarian but occasionally includes poultry, meat and seafood – is growing. As meat and fish become more and more expensive and the health benefits of a vegetarian diet are well documented, The Part-Time Vegetarian taps into a growing

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trend of flexitarian
eating.

The Part-Time
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Despite the
minimalist cover, The
Part-Time Vegetarian
delivers maximum
recipe options! We
are all trying to eat
more veg and less

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meat, not only for our pocketbook and our health, but for the Earth as well. The Part-Time Vegetarian offers loads of fresh, intriguing vegetarian recipes with fish, egg, or meat options for each one.

The Part-Time
Vegetarian: Flexible
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The Part-Time
Vegetarian:
Flexible
Recipes to Go (Nearly)
Meat-Free by Nicola
Graimes at

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13: 9781848992658

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The Part-Time
Vegetarian: Flexible
Recipes ...

The Part-Time
Vegetarian comes just
in time for people
who are adopting a
flexitarian diet that
has less meat and
fish, and is mostly
vegetarian. In this
book, Nicola Graimes
shares her collection
of fresh, new

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vegetarian recipes
with 'part-time
options' showing you
how to include meat
or fish when you feel
like it.

The Part-Time
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The Part-Time
Vegetarian by Nicola
Graimes,

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Enter: The flexitarian
diet, which could be
likened to being a
“ part-time
vegetarian. ”

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Dietitians and other healthy-eating experts agree that you can still enjoy many of the benefits of being a vegetarian by scaling back your meat consumption and eating more plant-centric meals.

The Benefits of a
Flexitarian Diet: How
to Be a Part-Time ...

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The common link between vegetarians and part-time vegetarians (flexitarians) is that they like to base their meals on vegetables. Whether this is for health, economic or moral reasons (or a combination of all three), the fact is a flexitarian diet – one that is largely

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vegetarian but
occasionally includes
poultry, meat and
seafood – is growing
in popularity and is a
long-term trend that
cannot go ignored.

The Part-Time
Vegetarian: Flexible
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Meat-Free by Nicola
Graimes (2015,
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The Part-Time
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Part-time vegetarian
Famous vegetarians

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like Betty White, Bill
Clinton, and Diane
Keaton may be on to
something. A well-
planned, plant-based
menu is linked to
lower rates of cancer,
heart disease,...

How to Become a Part-
Time Vegetarian -
Healthy Vegetarian
Tips

◀ See all details for

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meals for friends and
family from The Part-
Time Vegetarian's
kitchen. Since The

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was published in...

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Recipes To Go (Nearly
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Part time variation:
Prawn/ shrimp and
red pepper curry •
Replace the sweet
potato and courgette/
zucchini with 400g/
14oz peeled large raw

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prawns/ jumbo
shrimp. Reduce the
quantity of stock to
200ml/ 7fl oz/ scant
1 cup and use fish
stock in place of
vegetable.

The Part-Time
Vegetarian -
cookbook review and
recipes ...
Whether for personal,
practical or planetary

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Reasons, more and
more people are
adopting a flexitarian
diet that has less
meat and fish, and is
mostly vegetarian. In
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Graimes presents a
collection of fresh
new recipes, all
vegetarian, but many
with a Part-Time
Option showing how

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to include meat or
fish if you want.

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The common link
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and part-time
vegetarians
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meals on vegetables.
Whether this is for

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Since The Part-Time
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published in 2015
the food landscape
has changed. Proving
itself more than a
passing fad, the term
“ flexitarian ” was
added to the OED in
2015; and
flexitarianism has

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been highlighted by nutritionists and environmentalists as necessary for the long-term health of both ourselves and our planet.

The Part-Time
Vegetarian's Year -
Nourishbooks
The Part-Time
Vegetarian: Flexible
Recipes to go (Nearly)

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Meat-Free, by Nicola Graimes 13 Nov. Four of Five stars. The world doesn't really need another vegetarian cookbook, and a "vegetarian" cookbook that also includes recipes with meat is needed even less. However this one is different enough that it might be an exception.

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