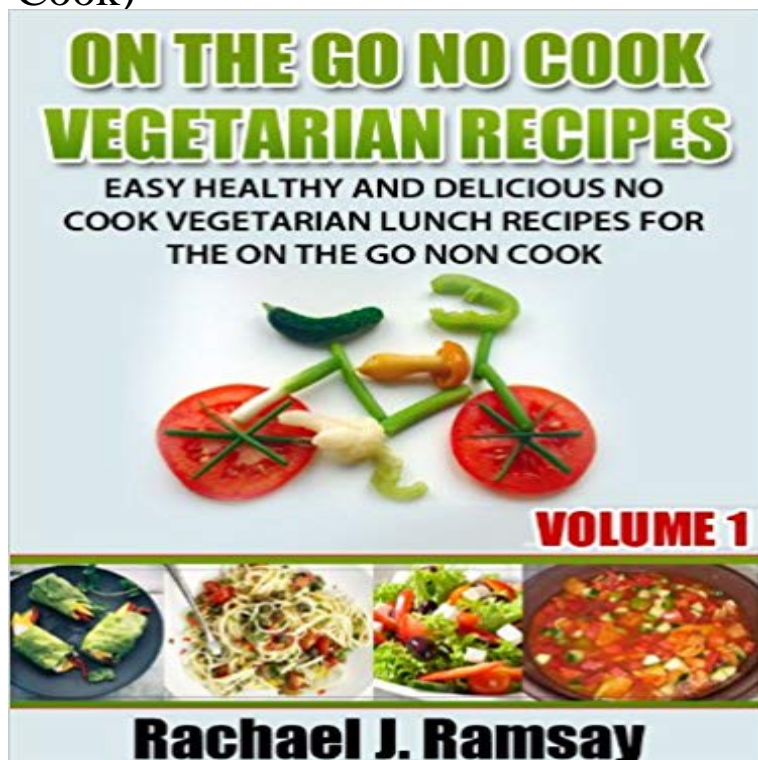


# On The Go No Cook Vegetarian Recipes (Volume 1) (Easy Healthy and Delicious No Cook Vegetarian Lunch Recipes for the On the Go Non Cook)



This is the first volume of the On-The-Go No Cook Vegetarian Recipes Series from best-selling author Rachael J Ramsay. The recipes contained in this book are a collection of 30 very simple, easy and healthy no-cook vegetarian\* lunches. The majority of these recipes can be prepared in minutes (most less than 20 minutes) and are also low in calories and delicious! Whether you're looking for a time-effective healthy solution for your On-The-Go lifestyle or you're looking for a quick and easy alternative to cooking, you'll definitely find simple recipes in this book that will suit your needs.\*Book contains one Pesco-vegetarian recipe (Ceviche Spring Rolls) which has cod as an optional ingredient. Please disregard this ingredient if you are a strict vegetarian\*~ Scroll up and click Buy now as this introductory price offer will only last for a Limited time! Get your copy of Easy Healthy and Delicious No Cook Vegetarian Lunch Recipes for the On-The-Go Non-Cook today!

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