

# Two Vegetarian OAMC Master Cooking Plans for Cold Weather



Contains two once a month cooking vegetarian plans all organized and spelled out with recipes, shopping list, tips and steps. Recipes are basic vegetarian (no meat) recipes. This is practical, tasty food - nothing weird or exotic that even non-vegetarians will love. The plans can be vegan, gluten and dairy free as well (very few modifications - change the type of cheese, use gluten free wraps, and eliminate barley by substituting rice). Food is stored in the freezer and recipes are designed to be tasty and good quality after reheating (tried and true!). GREAT for the single health conscious person. Budget friendly with simple ingredients found in any store (no weird trips to odd ball stores or special orders). Recipes used in the plans include: vegan chili, lentil soup, baked beans, cauliflower leek soup, butternut squash soup, red lentil soup, curried cauliflower soup, bean wrap sandwiches, portabella mushroom soup, chickpea curry, lentil curry, Spanish rice, split pea soup, quinoa with squash, black bean soup, red pepper soup, and mushroom barley soup.

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