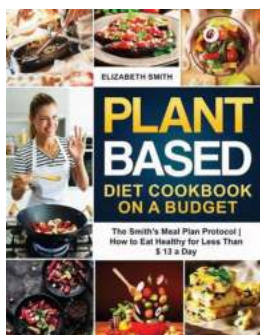


200 Money Saving Plant Based Vegan Diet Recipes For Just 10 Days

Are you interested in saving money while enjoying delicious and healthy meals? Look no further! In this article, we will share 200 simple and easy plant-based vegan diet recipes that will not only help you save money but also make your taste buds dance with joy for the entire 10-day period!

Transitioning to a plant-based vegan diet does not mean spending a fortune on exotic ingredients or a chef. On the contrary, plant-based vegan diets can be cost-effective and full of variety when planned smartly.

The following 200 recipes are designed to fulfill your nutritional needs while incorporating affordable and readily available ingredients. So, let's dive in and explore the world of money-saving plant-based vegan recipes!



The Plant Based On A Budget Cookbook: 200 Money Saving, Simple, & Easy Plant Based Vegan Diet Recipes For Just \$10 A Day (The Plant-Based Vegan Lifestyle Series Book 3)

by Paul Green ([Print Replica] Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 85809 KB

Screen Reader : Supported

Print length : 88 pages



Breakfast Recipes

1. Avocado Toast with Tomato and Sprouts



Your breakfast can be both delicious and economical! Start your day with this simple yet satisfying avocado toast. All you need is an avocado, some tomatoes, and sprouts. Spread mashed avocado on whole-grain toast, top it with sliced tomatoes and sprouts, and enjoy your protein-packed breakfast!

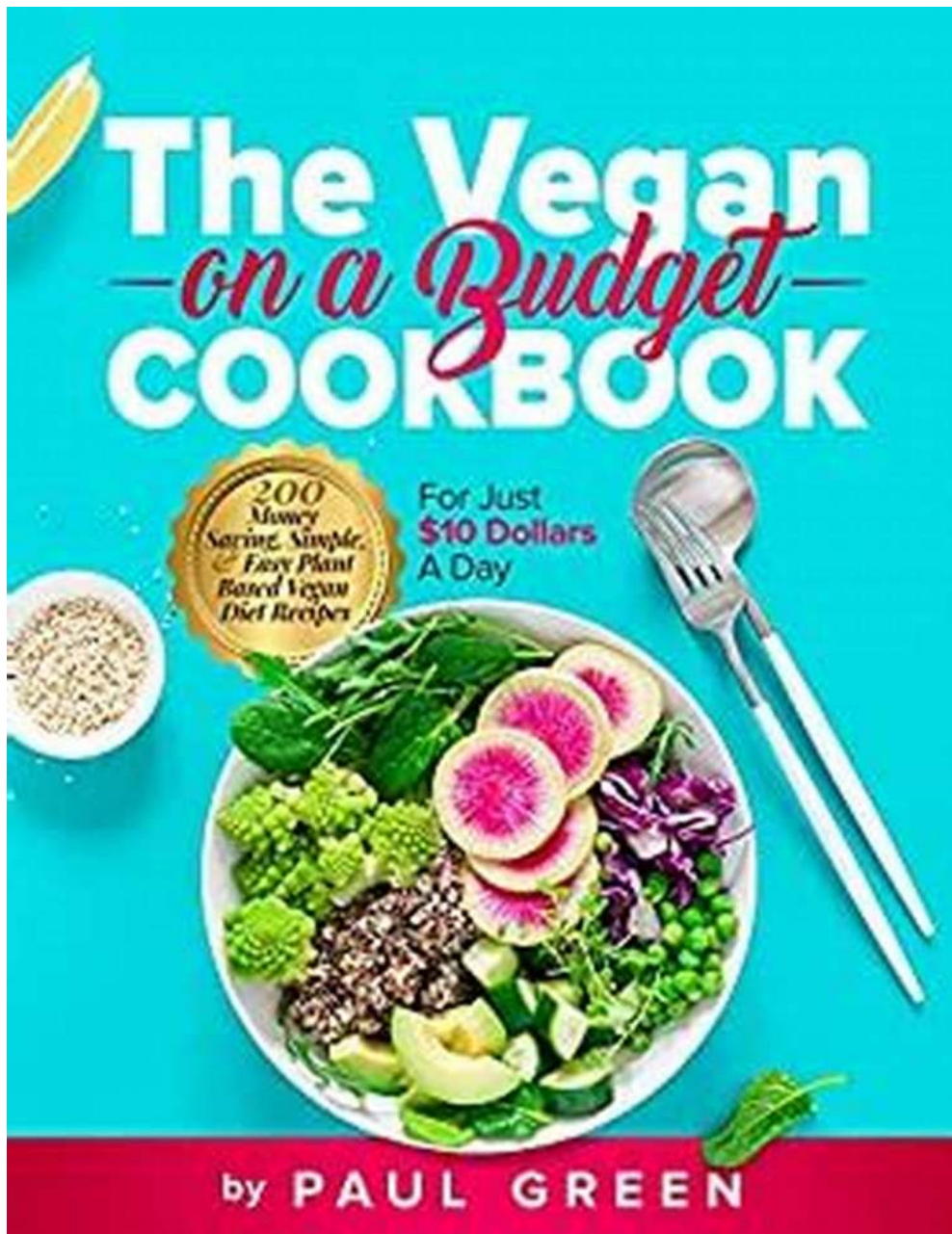
2. Oatmeal with Mixed Berries and Almonds



Oatmeal is a nutritious and budget-friendly option to kickstart your day. Cook oats with your choice of plant-based milk, then add a handful of mixed berries and some crushed almonds on top. This breakfast recipe will keep you fueled until lunchtime!

Lunch Recipes

3. Chickpea Salad



This chickpea salad is not only a pocket-friendly recipe but also a protein powerhouse. Toss together cooked chickpeas, diced cucumber, cherry tomatoes, red onion, and a flavorful dressing. This refreshing and satisfying salad will keep you full and energized throughout the day.

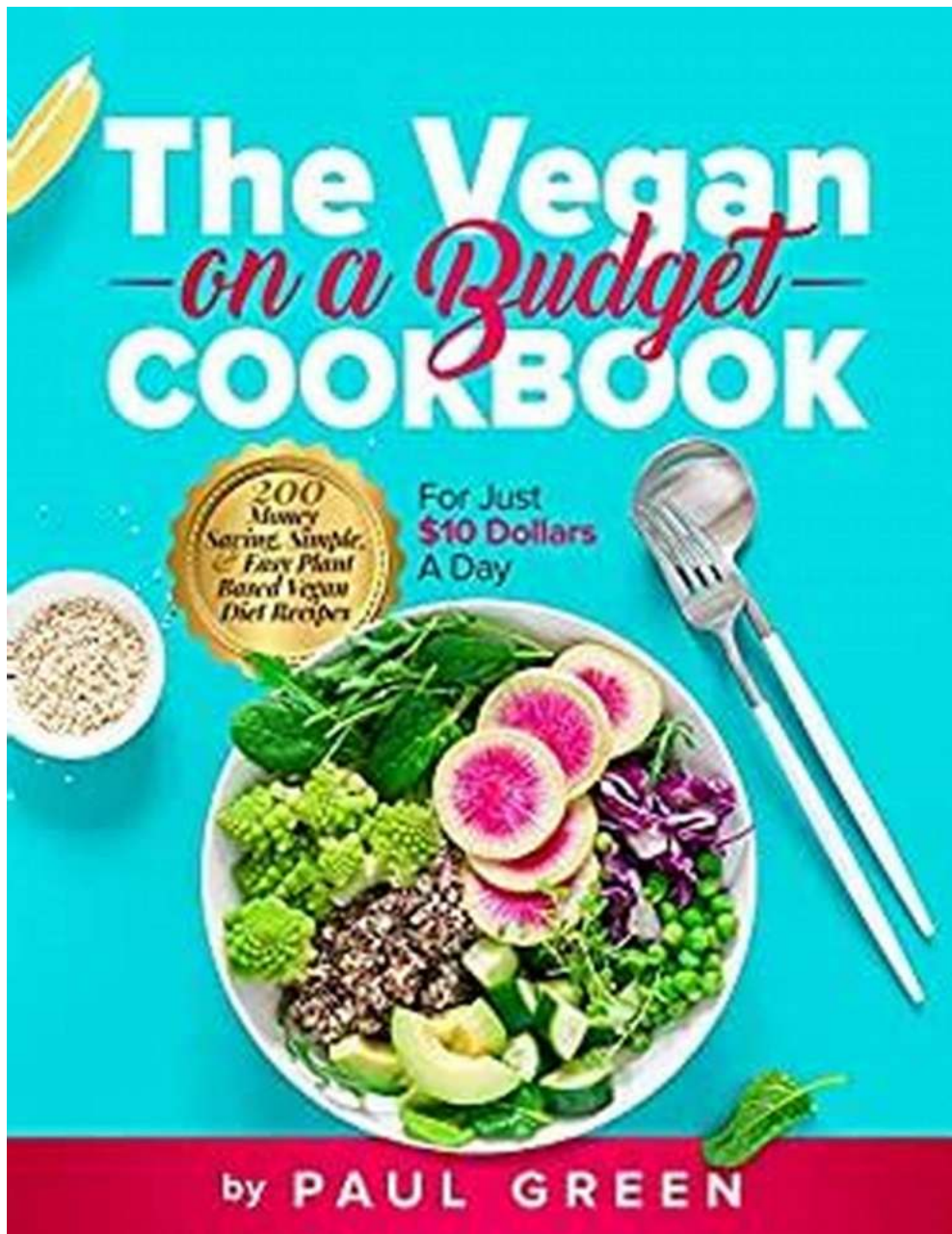
4. Lentil Curry



Lentils are a nutritious and affordable staple in a plant-based vegan diet. Cook red lentils with onions, garlic, ginger, and spices to create a flavorful curry. Serve it with brown rice or whole-grain bread for a well-balanced and delicious lunch.

Dinner Recipes

5. Roasted Vegetable Medley



You don't need expensive cuts of meat to enjoy a satisfying dinner. Roast a mixture of your favorite vegetables, such as carrots, bell peppers, zucchini, and potatoes. Drizzle some olive oil, sprinkle herbs and spices, and bake until golden brown. This colorful and nutritious dish will save you money and impress your taste buds!

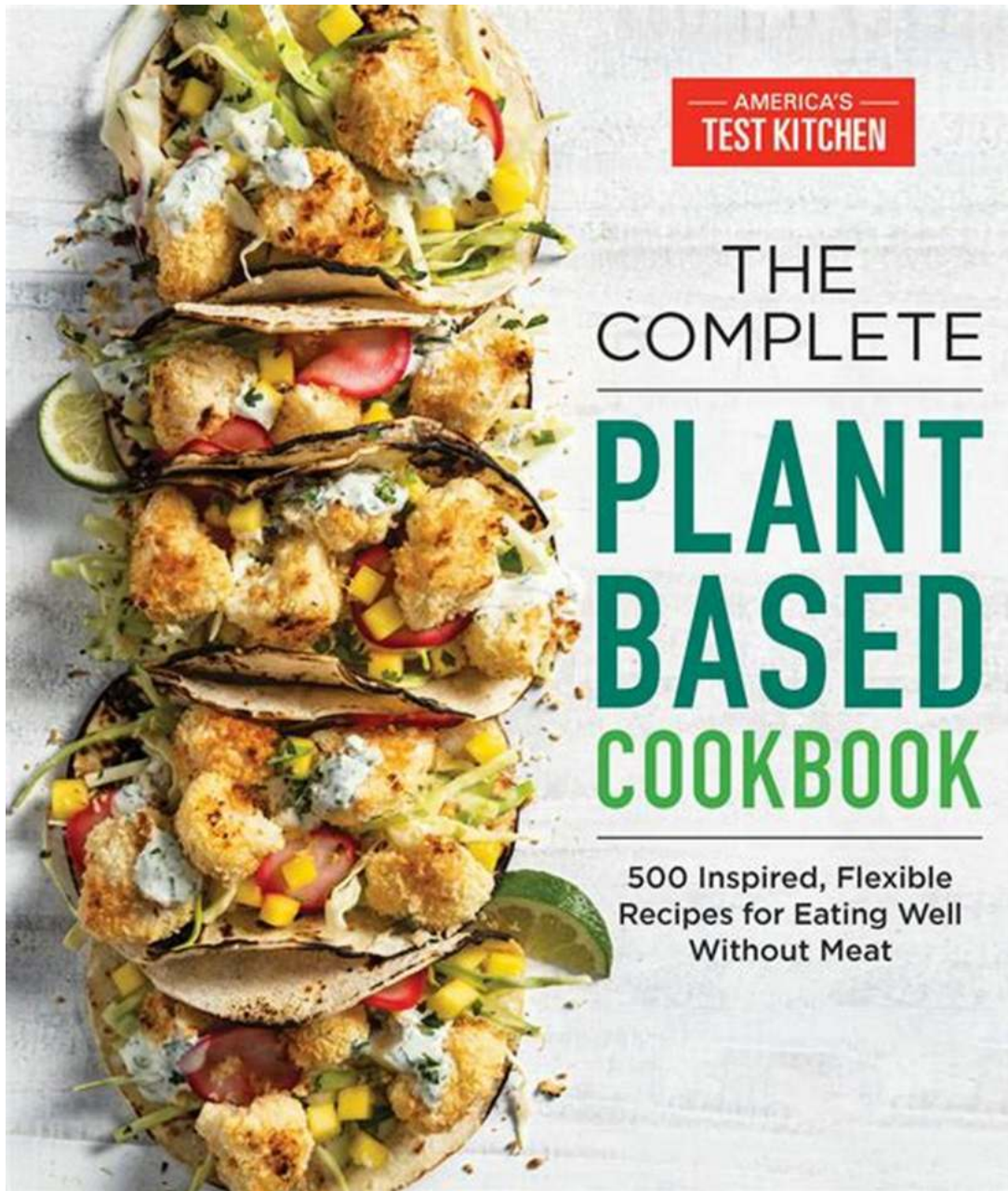
6. Spaghetti Aglio e Olio



Sometimes, simplicity is the key to a delicious meal. Cook spaghetti al dente, then toss it in garlic-infused olive oil and red pepper flakes. Serve it with a side of steamed vegetables for a quick, affordable, and incredibly tasty dinner.

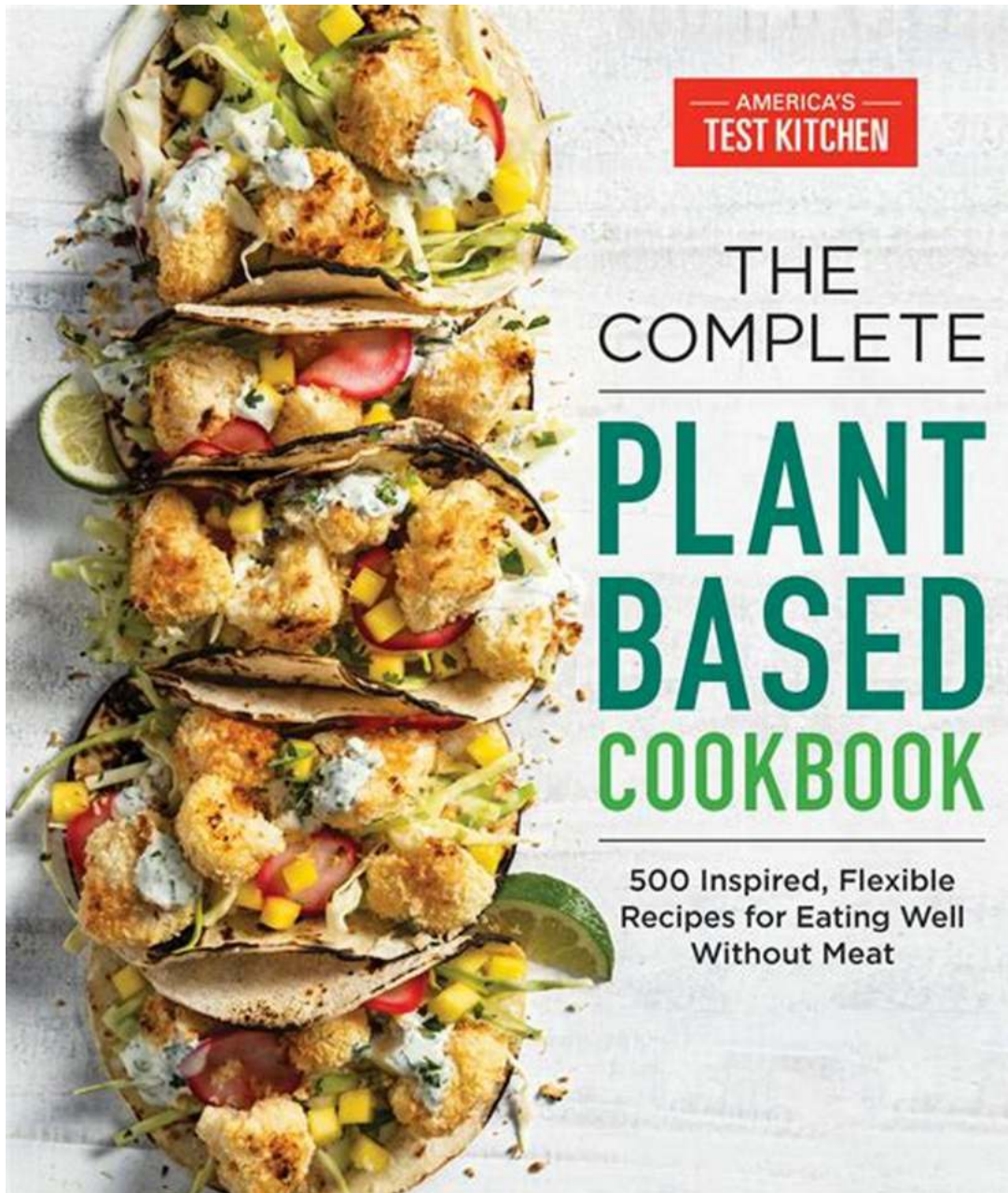
Snack Recipes

7. Baked Kale Chips



Craving something crunchy? Make your own kale chips! Remove the tough stems from kale leaves, tear them into bite-sized pieces, and toss them in olive oil and spices. Bake until crispy, and you have a healthy snack that won't break the bank.

8. Energy Balls

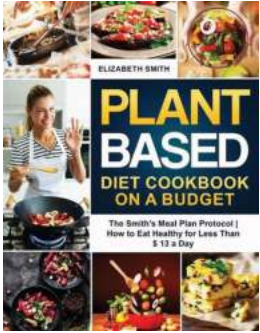


When you need a quick pick-me-up, energy balls are perfect. Simply combine dates, nuts, seeds, and your favorite flavorings in a food processor, roll the mixture into balls, and refrigerate. These nutrient-packed snacks will keep you satiated and focused throughout the day.

With these 200 money-saving plant-based vegan diet recipes, you can enjoy delicious meals without breaking the bank. Whether it's breakfast, lunch, dinner,

or snacks, these recipes will cater to all your taste cravings and nutritional needs while saving you money.

So, why wait? Start exploring the world of plant-based vegan cooking and see how it can transform your life for the better, both in terms of your health and your wallet!



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For people who want to eat, look, and feel healthier — here's the secret to a sustainable plant-based diet.

Thinking of going vegan, but anxious about the price tag?

Or are you already eating a plant-based diet and simply feeling a bit “uninspired”?

How would you like to have delicious and healthy food at every single meal, without breaking the bank?

If you'd like to keep a healthy weight with a plant-based diet that's affordable, then what you're about to read may surprise you:

You don't need to buy organic foods.

In fact, in some cases, you shouldn't buy organic.

Just like you shouldn't feel like you're starving yourself... or struggling with what to make... or stuck eating the same tasteless greens day in, day out.

But so many people who switch to plant-based diets do those exact things. This is probably why over 70% of new vegans and vegetarians end up going back to eating meat and other animal products, according to the Humane Research Council.

Now, if you've already made the transition to plant-based, chances are you know all too well why it's so hard to stay on track.

The trouble is nobody wants to have to "deprive" themselves of their favorite foods. After all, you can't spend the rest of your life on a restrictive meal plan.

And even if you do manage to conquer your cravings... you still have to worry about the grocery bill. Simply put, going plant-based isn't just tough on the mind (and stomach) – it can also be hard on your wallet.

But this doesn't mean you should just give up completely on eating healthy... or try to "trick" yourself into liking the taste of raw broccoli.

All you need is a sustainable eating plan that makes it easy to cook up restaurant-quality plant-based meals for as little as \$25 a week — no specialty items needed.

In *The Plant Based Cookbook on a Budget*, you will discover:

- A straightforward 7-day meal plan template to simplify your switch to plant-based eating
- 11 tips for living on a plant-based diet without going broke
- The 5 basic food groups that every dietary vegan should stick to
- How plant-based diets can contribute to weight loss
- 50 delightful breakfast recipes to help you kick off your day
- The “unspoken” truth about organic foods — are they really better for you?
- How to fool yourself into eating less
- 30+ tasty dessert ideas that’ll satisfy your sweet tooth, without the guilt
- 7 benefits of going plant-based — #3 might just blow your mind
- FREE bonus 30-Day Plant-Based Challenge and Nutrient Cheat Sheet to jumpstart your plant-based lifestyle with confidence

And much more.

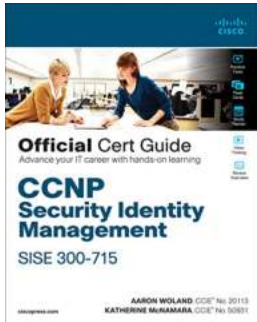
Eating plant-based is not a gimmick, and it’s not just “any other diet” – it’s a way of living that not only keeps you healthier but can also end up saving you money in the long run, too.

But only if you do it the right way.

So it’s up to you.

You can continue fighting with yourself over what you should and should not eat... OR you can finally make plant-based eating a natural part of your everyday life.

If you're ready to feel good about eating plant-based without restricting your food (or your wallet), then scroll up and click the "Add to Cart" button right now.



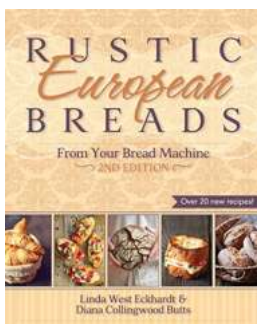
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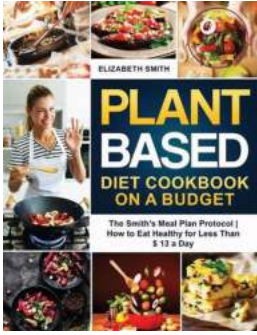
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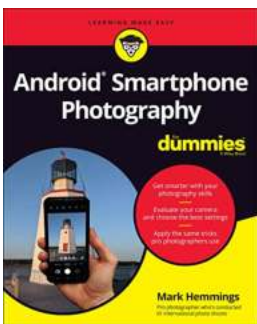
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