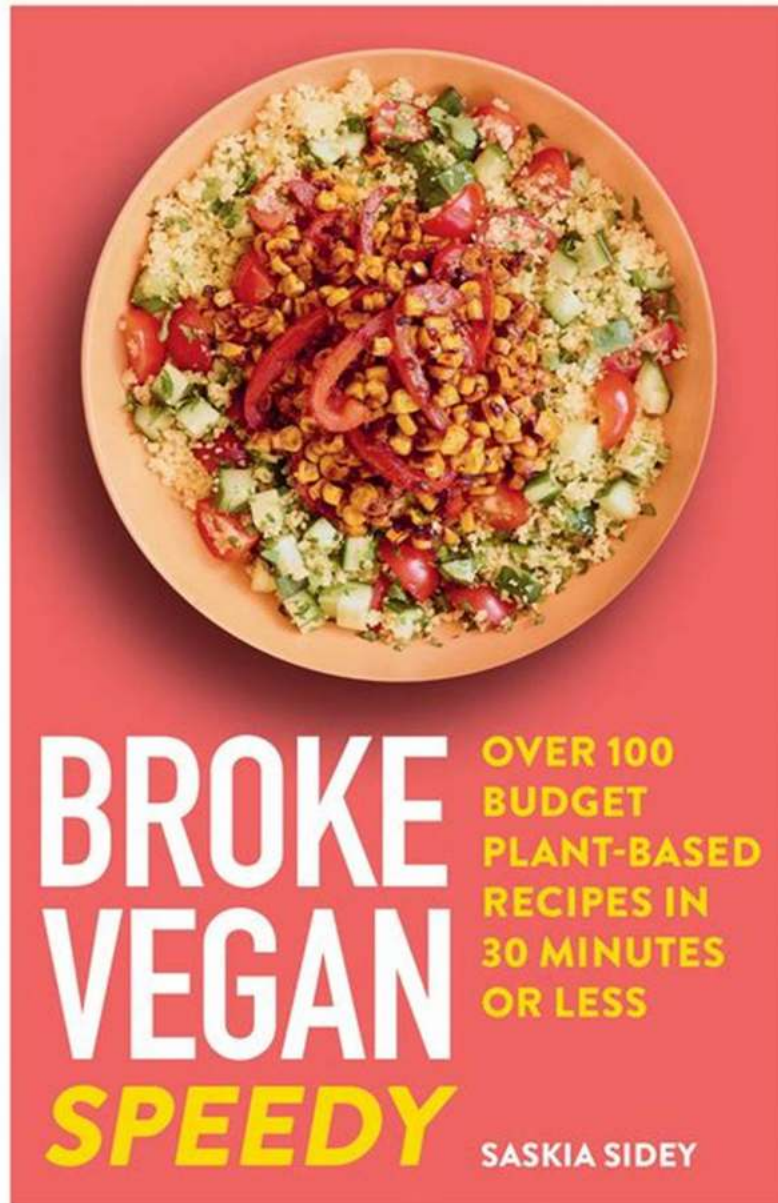


Discover Over 100 Budget Plant Based Recipes You Can Make In 30 Minutes Or Less

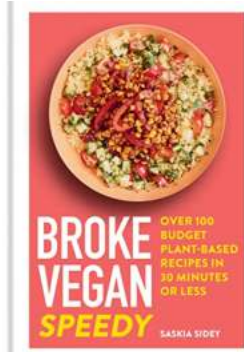


Following a plant-based diet doesn't mean you have to spend hours in the kitchen or break the bank. In fact, with the right recipes, you can enjoy a variety of delicious and budget-friendly plant-based meals in just 30 minutes or less. Whether you're a busy professional, a student on a tight schedule, or simply want

to reduce your cooking time, these recipes will make your life easier without compromising on taste or health.

Why Choose a Plant-Based Diet?

Plant-based diets have gained significant popularity in recent years, and for good reason. Beyond the environmental benefits, these diets offer a range of health advantages. Plant-based meals, rich in vegetables, fruits, whole grains, and legumes, are packed with essential nutrients, vitamins, and minerals. They are low in saturated fat and cholesterol, which can help reduce the risk of heart disease, obesity, and certain types of cancer.



Broke Vegan: Speedy: Over 100 budget plant-based recipes in 30 minutes or less

by Saskia Sidey (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

File size : 14300 KB

Screen Reader : Supported

Print length : 144 pages



Additionally, a plant-based diet can save you money. By focusing on affordable ingredients like beans, lentils, whole grains, and seasonal produce, you can create nutritious and satisfying meals without breaking the bank. It may surprise you to learn that plant-based diets are not only good for your well-being but also for your wallet!

Over 100 Budget Plant Based Recipes

Now, let's dive into the exciting part - the recipes! Below, you'll find a curated selection of over 100 budget-friendly plant-based recipes that you can whip up in 30 minutes or less. From savory dishes to sweet treats, this comprehensive collection will keep your tastebuds satisfied and your pocket happy.

Breakfast Recipes

1. **Quick and Easy Vegan Pancakes:** Fluffy and delicious pancakes made with simple pantry staples like flour, baking powder, and almond milk. Top them with your favorite fruits and a drizzle of maple syrup.
2. **Overnight Chia Pudding:** Prepare this the night before for a quick and nutritious grab-and-go breakfast. Combine chia seeds, plant-based milk, and your choice of sweeteners and flavorings. Wake up to a creamy and filling pudding.
3. **Avocado Toast:** A classic breakfast that never disappoints. Toast your choice of bread, top it with smashed avocado, and sprinkle some salt and pepper. Get creative with additional toppings like sliced tomato or vegan cream cheese.

Lunch Recipes

1. **Chickpea Salad Wraps:** A protein-packed and satisfying lunch option. Mash chickpeas with fresh veggies, vegan mayo, and spices. Spread the mixture on a whole-grain wrap and add crunchy lettuce and sliced cucumber. Roll it up and enjoy!
2. **Quinoa Tabbouleh:** A refreshing and colorful salad bursting with flavors. Mix cooked quinoa with chopped tomatoes, cucumbers, parsley, lemon juice, and olive oil. Serve it as a side or as a light lunch on its own.

3. Vegan BLT Sandwich: A vegan twist on a classic. Use tempeh or smoked tofu as a bacon substitute, layer it with juicy tomato slices, crispy lettuce, and vegan mayo on toasted bread. Perfect for a quick and satisfying lunch.

Dinner Recipes

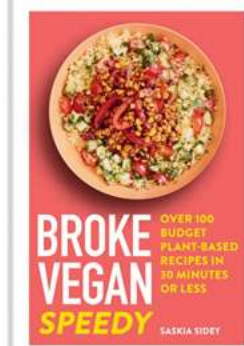
1. Spaghetti Aglio e Olio: A simple yet delicious pasta dish. Cook whole wheat spaghetti according to package instructions. In a separate pan, heat olive oil, minced garlic, and red pepper flakes. Toss the cooked pasta with the garlic-infused oil. Top with chopped parsley and a squeeze of lemon juice.

2. Sweet Potato Black Bean Enchiladas: A Tex-Mex-inspired dish bursting with flavors. Fill tortillas with mashed sweet potatoes, black beans, corn, and your choice of spices. Roll them up, place in a baking dish, and top with enchilada sauce. Bake until golden and bubbly.

3. Teriyaki Tofu Stir-Fry: A quick and healthy stir-fry recipe. Sauté tofu, bell peppers, broccoli, and snow peas in a pan. Pour homemade or store-bought teriyaki sauce over the mixture and cook until the veggies are tender. Serve over brown rice or quinoa.

Eating a plant-based diet on a budget and with limited time is absolutely achievable. These over 100 budget plant-based recipes are designed to make your life easier, tastier, and more affordable. Whether you're a seasoned vegan or just starting to explore plant-based options, these recipes will help you create mouth-watering meals in 30 minutes or less.

Embrace the benefits of a plant-based lifestyle and start cooking your way to a healthier and more cost-effective future. Say goodbye to long and expensive grocery lists, and say hello to delicious and budget-friendly plant-based meals that will nourish your body and satisfy your cravings.



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MAKE VEGANUARY EASY WITH SIMPLE PLANT BASED MEALS READY IN 30 MINUTES OR LESS

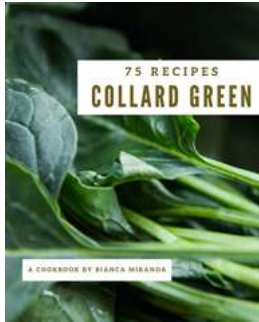
With over 100 quick & easy plant-based recipes using supermarket staples along with hints and tips for making vegan meals in no time at all, Broke Vegan: Speedy will have you cooking delicious dishes time after time that save money and save the planet. From easy weeknight meals to meals you can rustle up in 15 minutes or saving bags of time and money by batch cooking, Broke Vegan: Speedy has got you covered.

Whether you're taking part in Veganuary for the first time, making the move from veggie to vegan or just trying to make your money go further, Broke Vegan: Speedy will bring variety and flavour to your meals without having to spend a fortune.

Contents include:

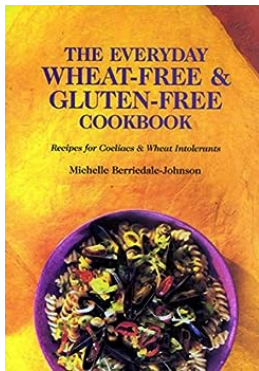
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READY IN FIFTEEN
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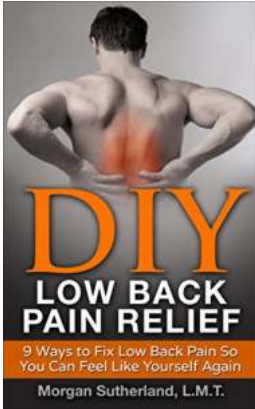
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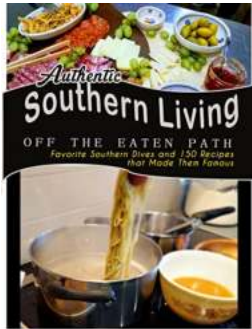
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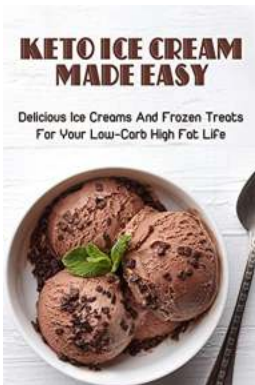
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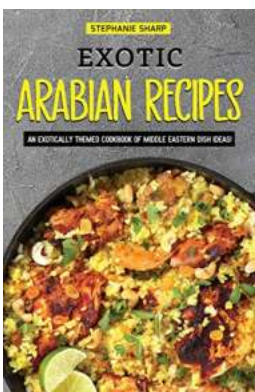
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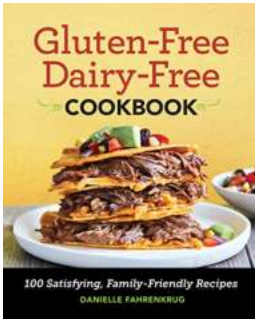
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