

Join the Meatless Meat Revolution 2023

Create No Meat Meals on a Budget & Slim Down



So Yummy

Cheap, Easy & Delicious

57 NO MEAT NO WORRY RECIPES

Beginners Wanted

Crystal Jones



Toronto, Ontario Jan 3, 2023 ([Issuewire.com](https://www.issuewire.com)) - Crystal Jones has created timely recipes that are 'SO YUMMY' to trim down on food expenses and drop a few pounds

This all-new plant-based diet cookbook offers 50+ easy, cheap, tasty no-meat recipes

'[So Yummy' Cheap, Easy & Delicious 50 Recipes NO MEAT Beginners Wanted](#)' has officially launched on Amazon. This brand-new plant-based diet cookbook is designed for vegetarian beginners seeking a simple, straightforward recipe compilation for tasty, cheap, no-meat meals. Jones specifically chose each recipe in the new cookbook to help people save money in the face of skyrocketing food prices.

Crystal Jones, wellness and nutritional coach, and cookbook author, is the author of the new low-carb, plant-based cookbook. Not only are these recipes vegetarian, but they are also ideal for anyone looking for a gluten-free, low-carb, low-calorie, heart-healthy cookbook for the entire family.

"People mistakenly believe that having no meat is about saying 'NO', but actually, it's about saying 'YES' to better-eating choices in food and living," says Jones.

Jones is a wellness and nutritional coach who is committed to helping people eat healthier for cheaper. She has an entertaining, lively personality and has been a featured guest on several radios and TV shows. Jones also offers fun and exciting sample demonstrations.

'So Yummy Cheap, Easy & Delicious 57 Recipes NO MEAT Beginners Wanted' offers a quick startup guide for meatless beginners, information on the benefits of a meatless diet, suggestions, and reminders for handling and prepping with no meat ingredients, grocery recommendations, and recipes such as 'Homemade Vanilla Granola', 'Delicious Pancakes Sugar-Free & Gluten Free', 'Egg Like Scrambler', 'Vegetable Sushi Roll', and 'Cauliflower Steaks with Herbs & Spices'.

In addition, readers can find recipes for delicious snacks and sides such as 'No Meat Meatballs', 'Fresh Exotic Fruit Salad', 'Quick Easy Creamy Miso Soup with Mushrooms', and 'Mediterranean Salad'.

All in all, this beginner's vegetarian cookbook offers 57 recipes that include fresh, gourmet ingredients sure to please anyone setting out on a clean eating journey. Each recipe has been chosen for its amazing flavor and its simplicity in preparation. Jones aims to show people how easy it truly can be to enjoy a meatless diet.

With the rising cost of groceries, especially meat, more and more people are replacing some of their usual meals with inexpensive meatless dishes. A meatless diet lends itself to meal planning, which is another wonderful way to save on food costs. 'So Yummy' Cheap, Easy & Delicious 57 Recipes NO MEAT Beginners Wanted' is the ideal solution for anyone looking for recipes that lead to a cheaper diet and a more wholesome, nutritional one.

"People who eat less meat generally eat fewer calories and less fat, weigh less, and have a lower risk of serious disease," said Jones. "Now that's awesome!"

'SO YUMMY' Cheap, Easy & Delicious 57 Recipes NO MEAT NO WORRY - Beginners Wanted' is

now [available on Amazon](#).

About Crystal Jones

Crystal Jones was inspired to get into bodybuilding and competing, as a way to build self-confidence. Little did she know that it would lead to a lifelong path of discovery in helping others to attain a better level of fitness, nutrition, natural beauty, self-awareness, and appreciation. And the list goes on. Reinventing herself again as an author, she has self-published 8 books to help others through difficult times to feel better, look great, and become slender naturally. She hopes that you will benefit from these books to attain a higher level of eating and personal luxury!

Her motto: It is not what you know but what you do with what you know.

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