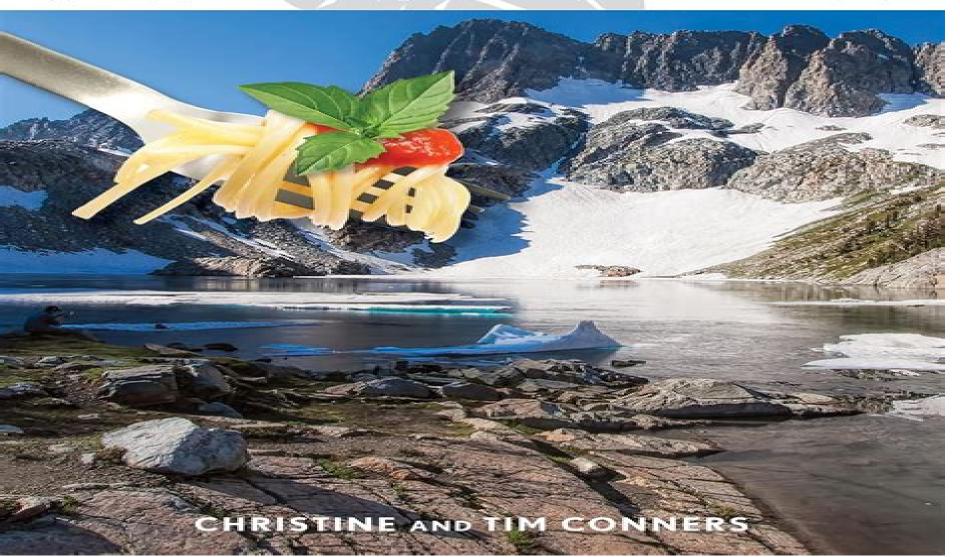
LIPSMACKIN' VEGETARIAN BACKPACKIN'

Lightweight, Trail-Tested Vegetarian Recipes for Backcountry Trips



Victoria Logue

Lipsmackin' Vegetarian Backpackin' Christine Conners, Tim Conners, 2015-10-01 Tired of power bars half cooked quick rice and endless trail recipes featuring dehydrated chicken by products Try meat free dishes like Flyin Brian s Triple Crown Curry Couscous Springer Mountain Pesto and Time Traveler s Tamales instead The sequel to the top selling Lipsmackin Backpackin this all in one backpacker s food guide has more than 150 trail tested meatless recipes that provide at home preparation directions trailside cooking instructions detailed nutritional information serving suggestions the weight of the ingredients and meal planning tips from some of the most experienced long distance hikers in the world The recipes are organized in six sections breakfast lunch dinner breads snacks and desserts and drinks There is a separate chapter on food preparation and cooking tips contact information for sources of ingredients measurement conversions and a special section of Packable Trailside Cooking Instructions short directions for each recipe so readers don t have to pack the whole book This is the most complete guide ever written to meatless eating on the trail an indispensable resource for vegetarian backpackers and a great source for recipes for anyone who wants great tasting and nutritious meals trailside

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companions reveal insights into the human spirit and refreshing perspectives on what is truly important in life Another Fork in the Trail Laurie Ann March, 2011 Packed with lightweight mouthwatering recipes for backcountry adventurers Another Fork in the Trail is focused on delicious easy to prepare recipes for those following vegetarian and vegan diets It includes more than 120 recipes all of which survived Laurie Ann March's rigorous testing both at home and in the backcountry Many of the recipes are gluten free as well and thus suitable for the growing number of those suffering from celiac disease From flavorful lunches such as roasted tomato dip to hearty dinners such as vegetable ratatouille many of the recipes are prepared and dried at home saving valuable time at camp With recipes for desserts and baked goods in addition to the staples the book covers menu planning and recipe creation and discusses other important considerations for the vegetarian and vegan outdoor adventurers The Dietitian's Resupply Box Anna Herby, Anna Herby Rd, 2017-12-09 Long distance backpackers walk thousands of miles on trails such as the Appalachian Trail Pacific Crest Trail and Continental Divide trail and thus have increased calorie needs to fuel long hiking days and overnight recovery Written by a registered dietitian and avid thru hiker The Dietitian's Resupply Box teaches easy to follow plant based meal planning for hikers looking to get the most nutrition out of their resupply boxes Readers will receive basic nutrition information sample menus and meal ideas as well as recipes and tips for dehydrating food Whether you re a vegetarian omnivore vegan or just looking to add more nutrient rich meals to your resupply box this guide will help you stay healthy and optimize your meals on a long distance trail The Complete Plant-Based Cookbook America's Test Kitchen, 2020-12 The Complete Plant-Based Cookbook America's Test Kitchen, 2021-06-02 Plant based diets can be healthier including vegan diets as long as they are balanced and nutritionally sufficient When you have got a taste for this delicious and nutritious plant based diet you have the resources to step it up to the next stage This book is an excellent choice if you want to learn how to cook whole grain plant based food like a pro If you are having troubles in making your plant based food this book is the best chance for you to learn plant based recipes and enhance your cooking skills You ll discover the following categories Understanding the Basics of Plant Based Diet Getting Started with the Diet Healthy Breakfast Recipes for Plant Based Diet Plant Based Salad Appetizers and Snacks Delicious Plant Based Lunch and Dinner Recipes Plant Based Sweets and Side Dishes You ll enjoy this one of a kind cookbook for your favorite kitchen device cooking Everything you need to get started is right here inside this cookbook

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