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Product description About the Author. Katie Parker is the founder, recipe developer, writer, and photographer for the food blog Veggie and the Beast.

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Vegetarian Cookbooks - Selected by Registered Dietitians ...

Cookbook. I ' ve talked about it here and there, but now it ' s official – The High-Protein Vegetarian Cookbook: Hearty Dishes that Even Carnivores Will Love – is out! On Amazon, on shelves, and that is crazy. Over the course of 8 months, I wrote, tested, and photographed 75 high protein recipes ranging from breakfast to main dishes to desserts.

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