

## [RECIPES FOR MEATLESS MONDAYS](#)



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Vegetarian Slow Cooker Lentil Sloppy Joes with Spaghetti Squash. Sweet Potato and Lentil Mason Jar Salad. Red Cabbage with Orange & Apple

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### **Top Ten Meatless Monday Recipes Skinny Ms**

At SkinnyMs. we are big fans of Meatless Mondays. Not only is the history behind it so interesting, but we love the idea of adding more clean, meatless based meals into our week for variety.

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### **35 Weeknight Vegetarian Recipes to Embrace Meatless Monday**

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In addition to the environmental benefits, research shows cutting back on meat may have a host of health benefits. Join the Meatless Monday movement and enjoy these healthy vegetarian recipes including vegetarian pizza recipes, tofu recipes, vegetarian pasta recipes and more meatless meals.

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### **Five Vegan Recipes for Meatless Mondays Heart and Soul Blog**

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Whether you are a full-time vegetarian or just looking for a healthy meal idea, The Daily Meal has rounded up 50 vegetarian recipes for breakfast, lunch, and dinner to try.

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### **Meatless Recipes Cooking Light**

Broaden your culinary horizons and experiment with new foods by trying more vegetarian meals. Here, find healthy meatless recipes from appetizers to entrées. Broaden your culinary horizons and experiment with new foods by trying more vegetarian meals. Here, find healthy meatless recipes from

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