

The Everything Guide To Being Vegetarian - Alexandra Greeley

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With nearly 6 million adult vegetarians in the United States, a push toward a leaner, greener, healthier lifestyle is happening everywhere. Whether their reasons are moral, economic, or health-related, people all over the country--and the world--are making the switch to vegetarianism. In this book, you discover: Easy ways to get essential nutrition like protein and iron; Where to buy fresh, high-quality produce without breaking the bank; Cooking tips and techniques for a vegetarian kitchen, such as how to prepare tofu; Delicious vegetarian recipes for every meal of the day, including choices kids will love; The real difference between vegetarian and vegan. A vegetarian lifestyle doesn't have to be restrictive; with the help of this book it can be liberating and satisfying! The key is the right information and recipes so you can say goodbye to meat and hello to a fresh, new life. Author: Greeley, Alexandra Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Guide to Being Vegetarian Pages: 00304 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781605500515 Category: Cooking : Vegetarian & Vegan

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