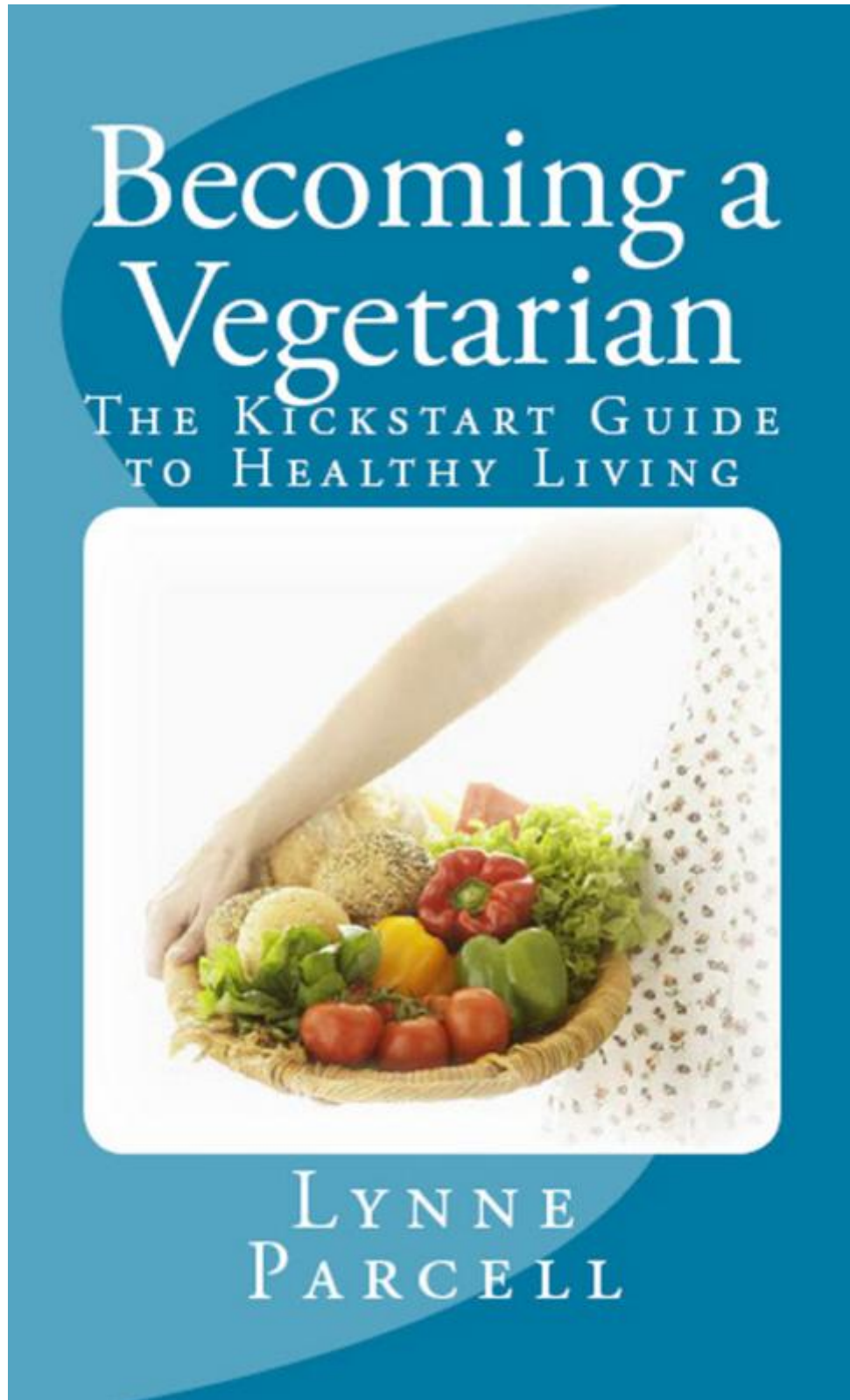


Becoming A Vegetarian: The Kickstart Guide To Healthy Living



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A vegetarian is someone who does not eat meat, fish, poultry or any slaughterhouse by-product such as gelatin. Vegetarians live on a diet of grains, nuts, seeds, vegetables and fruit, with or without free-range eggs, milk and milk products. If you have decided that living as a vegetarian might be for you, youve found this book! Inside these pages, well address many of these issues that might have you concerned. Well guide you toward successfully becoming a vegetarian and show you ways that you can live a healthy lifestyle without eating meat. Its not as difficult as you might think. Discover: Different types of vegetarian Benefits of being a vegetarian Vegetarian yummy recipes And more

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