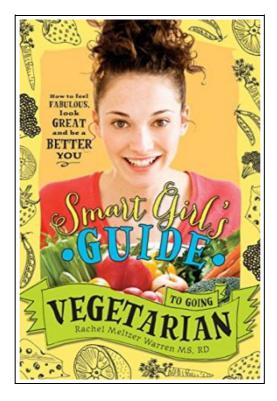
# Smart Girl s Guide to Going Vegetarian (Paperback)



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## Reviews

Complete guide! Its this sort of good read. It is rally exciting throgh studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.

(Adele Rosenbaum)

# SMART GIRL S GUIDE TO GOING VEGETARIAN (PAPERBACK)



Sourcebooks, Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. What would you love. Love what you eat. No labels. No fuss. It s not about what you call yourself--it s about how you feel. Whether you re going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandma s famous pigs-in-a-blanket, this book is your new best friend. Eating less meat can boost your energy, help you lose weight, and it s better for the environment. If you re looking to cut down on meat or cut it out completely, here you ll find awesome advice and the answers you need to make it work for you. Get the Scoop On: -Daily meal ideas and easy recipes even your non-veggie friends will want to try -How to convince your family this isn t just a fad or a phase -Finding good food when you re away from home: veggie-friendly restaurants, colleges, and travel spots -Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice cream and pasta) -Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians.



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