



Feeding Your Vegetarian Child (Even If You re Not One) (Paperback)

By Cheryl Newman Symmes

Createspace, United States, 2012. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. This book is perfect for anyone looking for a more healthy diet, whether the goal is less fat, higher fiber, lower blood pressure, etc. These recipes are affordable, convenient, easy and delicious. Every year, more than 100,000 children decide on their own to become vegetarian. Did your 1st, 5th, or 10th grader come home today and announce that they are no longer going to eat meat? Are you a long-time vegetarian and want to raise your kids vegetarian, but have found that they don t like what you like, and that typical Vegetarian cookbooks don t have recipes with less than 12 ingredients, and most of those ingredients are things kids don t want to eat? Has your doctor recommended a meatless diet for your health, but your heart s not in it? Would you like to save animals and the planet? Are you busy raising the kids and don t have a lot of time to cook but want to make healthy, homemade foods for the family? Do you know that vegetarians live longer, healthier, thinner, more energetic lives?...



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