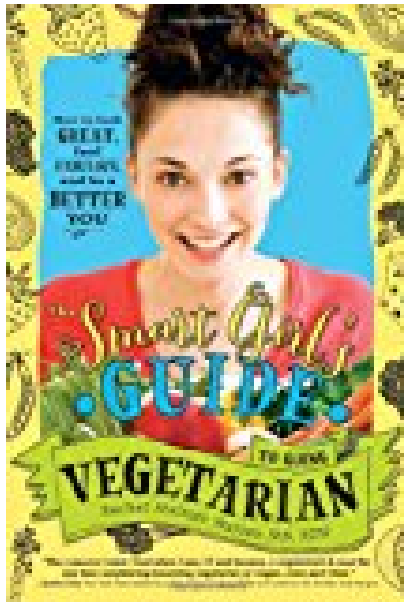


The Smart Girls Guide to Going Vegetarian How to Look Great Feel Fabulous and Be a Better You



BOOK DETAILS

- Author : Rachel Meltzer Warren MS RDN
- Pages : 240 Pages
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BOOK SYNOPSIS

What would you love. Love what you eat. No labels. No fuss. Its not about what you call yourself--its about how you feel. Whether youre going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandmas famous pigs-in-a-blanket, this book is your new best friend. Eating less meat can boost your energy, help you lose weight, and its better for the environment. If youre looking to cut down on meat or cut it out completely, here youll 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 isnt just a fad or a phase •Finding good food when youre 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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