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From Living Vegetarian For Dummies, 2nd Edition. By Suzanne Havala Hobbs . Switching to a vegetarian lifestyle offers benefits to your health, animals, and the environment.

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Vegetarian Cooking For Dummies Cheat Sheet dummies

Vegetarian cooking means using just vegetable and fruits and their products and avoiding meat and animal products. A list of ingredients you can use to substitute for animal-based products in recipes is a must-have along with a list of animal-based ingredients to be aware of as you shop for food.

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Living Vegetarian For Dummies English Edition eBook

Living Vegetarian For Dummies covers everything from converting your kitchen to a meat-free space to following basic vegetarian etiquette. * Defining vegetarianism - the how and why of vegetarian living, benefits for you and the planet, proper nutritional guidance, and ways to make the transition

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Living Vegetarian Learn to The Eye

Vegetarian For Dummies (Wiley). It is such a privilege and joy to be part of a team of so many outstanding professionals. Many of my colleagues in the U.S., in Canada, and around the world have dedicated their lives and careers to advancing knowledge in nutrition science, the links between diet and health, and the practice of diet and health policymaking. My work builds on theirs, and I salute

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How to be a Healthy Vegetarian for Beginners

Learn how to create your own vegetarian starter kit and find out the essential vitamins and minerals you need to keep on your radar. For more information on how to make a healthy transition into

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