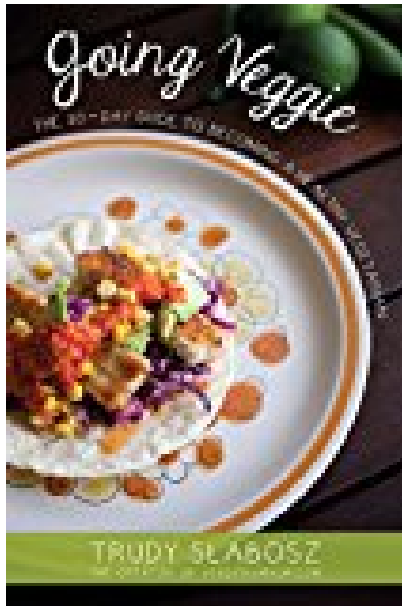


# Going Veggie The Simple 30-Day Guide to Becoming a Healthy Vegetarian

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## BOOK DETAILS

- Author :
- Pages : 224 Pages
- Publisher : Ulysses Press
- Language : English
- ISBN : 1612433952

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## BOOK SYNOPSIS

DISCOVER THE EASY AND SATISFYING WAY TO ACHIEVE A HEALTHFUL, MEAT-FREE, CRUELTY-FREE LIFE IN JUST 30 DAYS! Becoming a vegetarian is not about giving up meat, it's about adopting a healthy, cruelty-free lifestyle that will inspire and satisfy you. With *Going Veggie*, your transition is guaranteed to be easy and painless thanks to the book's step-by-step plan, including: •30-day program to wean you off a meat diet •Recipes for delicious, nutrient-packed meals •Tricks for acquiring essential proteins using plant-based options •Advice on navigating tough spots, cravings and backsliding •Tips on how to deal with group dinners and ordering at restaurants *Going Veggie* puts the fun, adventure and motivation into your path to vegetarianism.

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