



# **The Everything Guide to Being Vegetarian: The advice, nutrition information, and recipes you need to enjoy a healthy lifestyle**

*Alexandra Greeley*

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With nearly 6 million adult vegetarians in the United States, a push toward a leaner, greener, healthier lifestyle is happening everywhere. Whether their reasons are moral, economic, or health-related, people all over the country--and the world--are making the switch to vegetarianism. In this book, you discover:

- Easy ways to get essential nutrition like protein and iron
- Where to buy fresh, high-quality produce without breaking the bank
- Cooking tips and techniques for a vegetarian kitchen, such as how to prepare tofu
- Delicious vegetarian recipes for every meal of the day, including choices kids will love
- The real difference between vegetarian and vegan

A vegetarian lifestyle doesn't have to be restrictive; with the help of this book it can be liberating and satisfying! The key is the right information and recipes so you can say goodbye to meat and hello to a fresh, new life.

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