



# **How to Eat like a Vegetarian Even If You Never Want to Be One: More than 250 Shortcuts, Strategies, and Simple Solutions**

*Patti Breitman, Carol J. Adams*

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## **How to Eat like a Vegetarian Even If You Never Want to Be One: More than 250 Shortcuts, Strategies, and Simple Solutions** Patti Breitman, Carol J. Adams

Don't have time to cook? Don't like to follow recipes? Cutting back on meat but don't know what to serve? Want an easy way to eat healthfully? This is the book for you. The lists, charts, and hints in this book will reward you with meals, snacks, and surprises that are as easy to make as they are delicious.

Contents include:

- Two Hundred (and More!) Ways to Eat Like A Vegetarian
- How to Cook Like a Vegetarian
- Vegetarian Cooking without Recipes
- Everything In Its Season
- Thinking and Feeling Like a Vegetarian, If You Want To...
- Appendix I: Resources for Eating, Thinking, and Feeling Like a Vegetarian
- Appendix II: Guide to Ingredients

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