



The Complete Idiot's Guide to Being Vegetarian, 3rd Edition

Frankie Wolfe M.H. Ph.D.

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Time to veg out!

This updated and revised guide to the joys of vegetarianism features - for the first time - 75 delicious recipes! You will learn how to prepare and savor main dishes and sides, smoothies, breakfasts, snacks, and more. A great introduction to the vegetarian lifestyle, this edition has tips on changing eating habits as painlessly as possible and covers the health and psychological aspects of going "veg".

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