



What's the Easiest way to... become a Vegetarian

Susan Baxter

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Why on earth would anyone want to be a vegetarian? Susan Baxter gives an overview of the why, how and 'what for' of going vegetarian. She explains how vegetarians differ, discusses nutritional value and protein rich, calcium rich and vitamin rich foods. Ms. Baxter also shares a motivational 'trick', which could easily be used in many facets of ones life, and gives guidelines for the easiest way to become a vegetarian. Recipes for main course meals. Links to various resources are included.

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