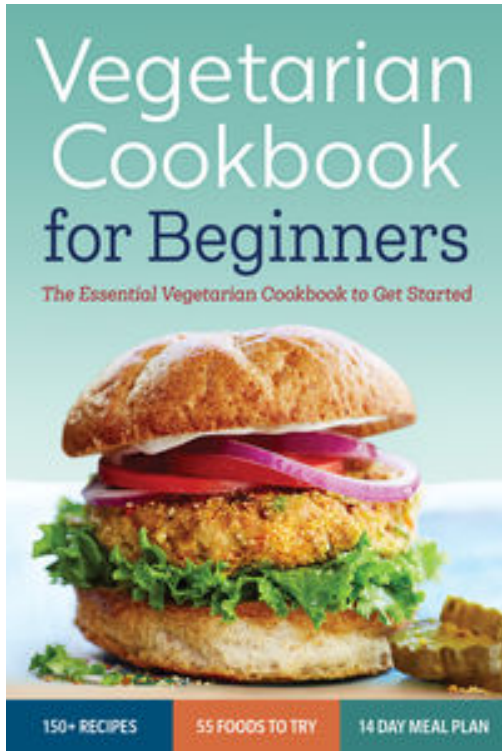


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As awareness of the health and environmental benefits of vegetarianism grows, millions of people are now switching to a vegetarian diet. ***Vegetarian Cookbook for Beginners*** will show you how to start a vegetarian diet so you can live with a clearer conscience, lose weight naturally, lower your cholesterol, and decrease your risk of chronic disease. *Vegetarian Cookbook for Beginners* will teach you how to cut out meat, without cutting out flavor and satisfaction. With more than 150 hearty, comforting meals to please the whole family, *Vegetarian Cookbook for Beginners* makes it easy to start a vegetarian diet.

Vegetarian Cookbook for Beginners will get you started on the path toward a healthy, meat-free lifestyle with:

- More than 150 simple and hearty *Vegetarian Cookbook* recipes
- 14-day *Vegetarian Cookbook* meal plan to get you started
- Overview of the lasting health benefits of going vegetarian
- Tips from *Vegetarian Cookbook* on transforming your kitchen to be vegetarian-friendly
- Detailed nutritional advice to make sure you get all your nutrients
- Practical tips for a successful transition to a vegetarian diet

Vegetarian Cookbook for Beginners is your guide to experiencing the delicious, lifelong benefits of going vegetarian.

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