



How to Eat Vegetarian When You'd Really Rather Have a Hamburger: A 7-Step Master Plan for Getting Meat Out of Your Life

Jane Bosveld

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If you want to go vegetarian, but need help giving up meat, this step-by-step manual is for you. It describes the reasons why its so hard to stick to a vegetarian diet and details a 7-step plan for doing just that, including how to outfit your kitchen for vegetarian cooking and what essential spices and foods to keep in your pantry. Everything you need to go and stay veg is here, along with 40 tasty, meat-replacement recipes that will fill you up and keep you that way.

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8 Quick Snacks that Kill Meat Cravings

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