



The Do's And Don'ts Of The Vegetarian Diet: Weight Loss Tips For Vegetarians: Weight Loss Tips For Vegetarians

Mindy Cohen

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"The Do's And Don'ts Of The Vegetarian Diet" is a great book for any person that has an interest in finding out as much as they can about the vegetarian diet with a mindset to switch to the diet or simply just to learn a bit more than the basics about it. A lot of people often struggle with the thought of eliminating the consumption of animal products from the diet as they are not fully aware of the various types of vegetarians that exist or even that they can make a gradual transition to vegetarian diet by eliminating the meats one at a time. Making the transition to a vegetarian diet is made easy in this straightforward book by Mindy Cohen.

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