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## VEGETARIAN RECIPES FOR MEAT EATERS: FLEXITARIAN DIET RECIPES FOR PEOPLE WHO CAN




#### Abstract

Createspace. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 9.0 in . x 6.0 in . x 0.3 in . So you are considering a vegetarian diet. This should not be a spur of the moment decision. You do not want to become vegetarian just for kicks. Becoming a vegetarian is a lifestyle change that will require motivation. Usually, following a vegetarian diet is a process that occurs over time, or it is something you were raised into. This cookbook series was designed...


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- Authored by Ericka Smits
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