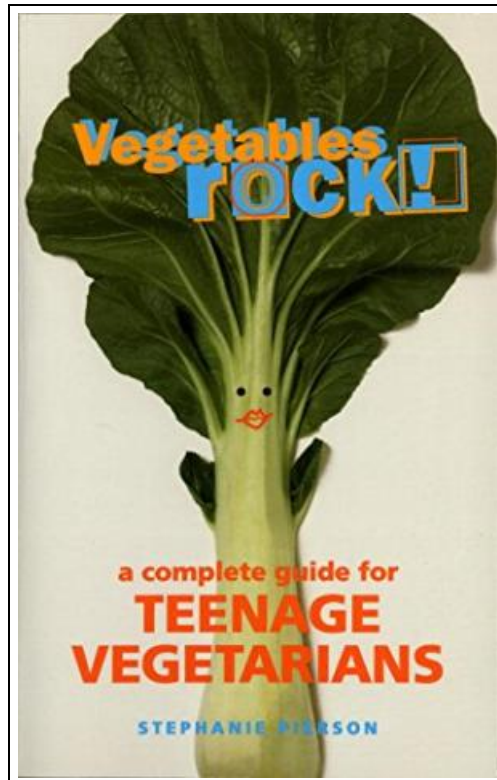


Vegetables Rock: A Complete Guide for Teenage Vegetarians



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Reviews

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VEGETABLES ROCK: A COMPLETE GUIDE FOR TEENAGE VEGETARIANS

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Bantam. Paperback. Condition: New. 240 pages. Dimensions: 8.2in. x 5.2in. x 0.6in. If you're confused about going veggie, here is the perfect resource for basic nutrition information, great tips, a helpful Q and A, and recipes for vegetarian meals even nonvegetarians will love! Vegetarianism can help the environment, raise your consciousness, and make a cow very happy. But for teenage vegetarians--and perplexed parents--there seem to be more questions than answers: What can I eat? How do I know I'm getting enough protein and vitamins? What's a lacto-ovo? Does all veggie food taste like cardboard? Vegetables Rock! answers these questions and more on what going vegetarian is really all about, including-- How vegetarians help save the planet A primer on the history and values of vegetarianism, from veganism to macrobiotics The lowdown on foods containing hidden animal products Tips for braving the perils of cafeteria dining What to say to meat eaters who give you a hard time Survival strategies from successful vegetarian teens What to eat in restaurants, diners, and fast-food places Lists of veggie-friendly colleges, restaurants, websites, and mail-order sources 60 delicious recipes--all made with ingredients from your local supermarket! Choosing vegetarianism is the first big step. Vegetables Rock! is the next. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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