



The Gradual Vegetarian: The step-by-step way to start eating the right stuff today!

Lisa Tracy

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Step-by-step to a new way of life!

Do you want to cut down on meat eating or adapt a completely vegetarian diet? Whatever your goal. Lisa Tracy has written the book that takes all the trouble out of the transition. She shows you how to get started and lets you take it as far as you want to go.

Stage one - includes poultry and fish

Stage two - includes fish

Stage three - the total vegetarian diet

Let her show you how to:

analyze your diet

plan your strategy

reorganize your kitchen for great meals in minutes

shop supermarkets and health food stores

become an expert on everything from sweeteners and sprouts to seeds and seaweeds

answer the complex carbohydrate question

attack your allergies

dine out in style

live with meat eaters and bologna lovers

and much, much more

Complete with delicious recipes for every step of the way, **The Gradual Vegetarian** takes you where you want to go - toward a better way of eating and living.

From the Paperback edition.

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