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Living Vegetarian For Dummies covers everything from converting your kitchen to a meat-free space to following basic vegetarian etiquette. Defining vegetarianism the how and why of vegetarian living, benefits for you and the planet, proper nutritional guidance, and ways to make the transition

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Made from soybeans, tofu is popular in vegetarian recipes because it is high in protein and calcium, and it easily absorbs flavors in a recipe. It comes in a white block that can be fried, saut ed, steamed, or used in smoothies. Check recipes to see whether you should use a firm Easy Vegan Recipes

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