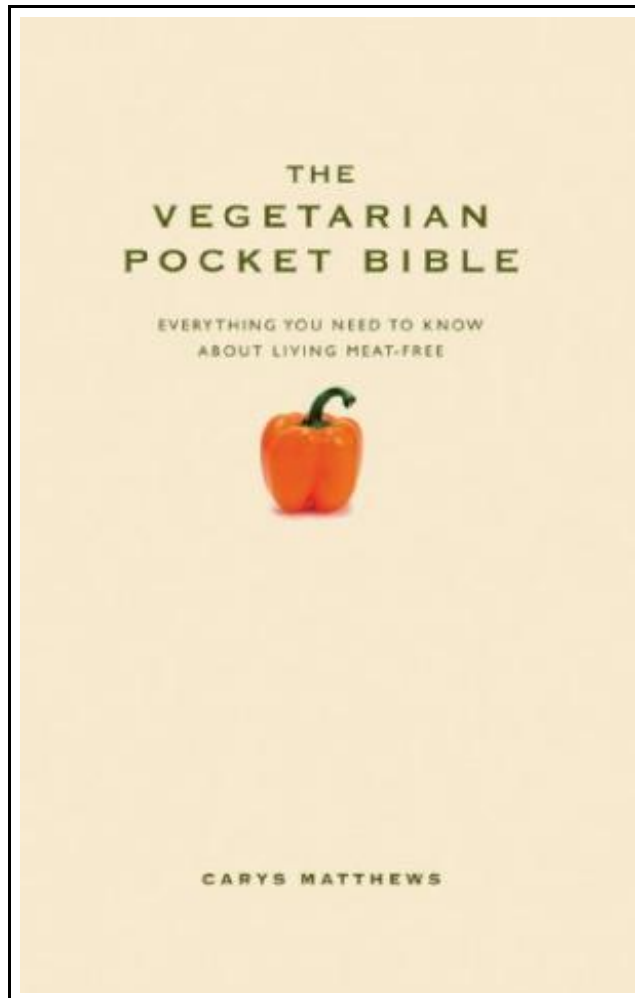


## The Vegetarian Pocket Bible: Everything You Need to Know About Vegetarianism



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## THE VEGETARIAN POCKET BIBLE: EVERYTHING YOU NEED TO KNOW ABOUT VEGETARIANISM



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Crimson Publishing. Hardback. Book Condition: new. BRAND NEW, The Vegetarian Pocket Bible: Everything You Need to Know About Vegetarianism, Carys Matthews, Whether you are a life-long vegetarian or a new convert this essential guide gives you practical information on how to live a healthy vegetarian lifestyle: \* Dip in and out for delicious vegetarian recipes and vegetarian cooking advice \* Dazzle your friends with a home-made vegetarian lasagne or treat your other half to a meat free casserole \* Take a look at the practical tips for eating out meat-free if you don't fancy doing the dishes tonight \* The Vegetarian Pocket Bible makes sure you have the right nutritional information at your fingertips \* Get your five-a-day using interesting and creative meal ideas \* Helpful and friendly, The Vegetarian Pocket Bible is robust enough to be used in the kitchen as you cook \* Guides you to healthy substitutes so you eat meat-free with all the nutritional benefit A must-have guide for meat-free cooking, The Vegetarian Pocket Bible includes: \* Essential tips for vegetarians in the kitchen \* Varied ways and alternatives to eating meat-free and enjoying vegetarian cooking \* The differences between types of vegetarianism, from pescatarian to lacto-vegetarian \* A quick guide for vegan eating - all you need to know \* Advice for the whole family, from children, to the elderly \* A vegetable glossary - discover the nutritional and health fighting benefits \* The advantages of beans and pulses to the different meat-free options covering tofu and quorn The Vegetarian Pocket Bible unearths the facts, essential tips, insightful trivia and quirky know-how for vegetarians of all ages, answering those all important questions: why do carrots make us see in the dark? And why is a potato a vegetable? Full of tips and trivia this handy...



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