



Going Veggie: The Simple 30-Day Guide to Becoming a Healthy Vegetarian

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DISCOVER THE EASY AND SATISFYING WAY TO ACHIEVE A HEALTHFUL, MEAT-FREE, CRUELTY-FREE LIFE IN JUST 30 DAYS!

Becoming a vegetarian is not about giving up meat, it's about adopting a healthy, cruelty-free lifestyle that will inspire and satisfy you. With *Going Veggie*, your transition is guaranteed to be easy and painless thanks to the book's step-by-step plan, including:

- **A 30-day program to wean you off a meat diet**
- **Recipes for delicious, nutrient-packed meals**
- **Tricks for acquiring essential proteins using plant-based options**
- **Advice on navigating tough spots, cravings and backsliding**
- **Tips on how to deal with group dinners and ordering at restaurants**

Going Veggie puts the fun, adventure and motivation into your path to vegetarianism.

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