



The Smart Girl's Guide to Going Vegetarian: How to Look Great, Feel Fabulous, and Be a Better You

Rachel Meltzer Warren

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What would you love. Love what you eat.

No labels. No fuss. It's not about what you call yourself--it's about how you feel. Whether you're going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandma's famous pigs-in-a-blanket, this book is your new best friend.

Eating less meat can boost your energy, help you lose weight, and it's better for the environment. If you're looking to cut down on meat or cut it out completely, here you'll find awesome advice and the answers you need to make it work for you.

Get the Scoop On:

- Daily meal ideas and easy recipes even your non-veggie friends will want to try
- How to convince your family this isn't just a fad or a phase
- Finding good food when you're away from home: veggie-friendly restaurants, colleges, and travel spots
- Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice cream and pasta)
- Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians

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Mark Johnson:

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Catherine Estey:

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