



Vegetarian Slimming

Rose Elliot

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Vegetarian Slimming

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Vegetarian Slimming works. Easy to follow and fun to do, slimming the vegetarian way allows you to choose from a vast range of delicious recipes and shows you how to think healthy. Rose Elliot's Vegetarian Slimming includes over 100 imaginative and mouthwatering recipes for starters, main courses, snacks, puddings dinner parties and choices for vegans, and is packed with advise on nutrition, exercise, meditation and relaxation - everything you need for a healthy life- style. You will be slimmer and healthier-and stay that way.

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