



52 Simple Ways To Be Vegetarian and Cruelty-Free: Easy Tips and Recipes for Being Meat Free Every Week of the Year

Terri Paajanen

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Level up your Veggie life with 52 Simple Ways to reduce your footprint, eat organics, and maintain an animal-friendly lifestyle. As you progress through each of the five levels, you'll find tips for great recipes, shopping and cooking techniques for every mealtime. Learn surprising facts about the impact of meat and animal products on the environment and how even small do-it-yourself ideas lead to real impact. Begin with small changes, and transition all meat out of your diet. You can be meat-free every day of the year with 52 Simple Ways To Go Vegetarian.

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