



# The Realeat Guide to Vegetarian Living

*Peter Cox*

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## **The Realeat Guide to Vegetarian Living** Peter Cox

A guide to a healthy, green way of living. It is aimed not only at vegetarians but also anyone interested in knowing how they can benefit from a meat-free lifestyle. This book offers practical advice on making the break and going meat free, and includes several case histories of celebrities who have done so - from k.d. lang and Madonna, to Paul and Linda McCartney. This vegetarian guide not only gives a scientifically-based overview of vegetarian nutritional requirements and details the very best authentic meat-free recipes the world has to offer, but also shows how variations on the meat-free diet can be used to prevent or treat a wide range of ailments.

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