



# **Vegetarian Diet for Beginners: What Everyone Needs to Know About Vegetarian Diet and How to Get More In One Week With Vegetarian Diet Plan!**

*Pamela Stevens*

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Time without number ...you must have heard the expression many times, "You are what you eat." Well, have you ever really thought about what that means? And before you answer, may I also ask..., do you think about it when you're making your food choices? Well, the truth is that many of us don't. And so, in many ways, we do become what we eat, literally without thinking! Now, seriously, have you ever seen an example of your blood plasma after eating a fast food hamburger? However, if you have ...you would have seen, what was previously a clear liquid becomes cloudy with the fat and cholesterol that's absorbed from eating a high-fat hamburger! Now, come to think about it, if only you will give it a small thought, you will realize that it is truth, that we also become what we don't eat. Yes, when we switch from eating meat to a vegetarian-based diet, we turn out to be less fat, less prone to many types of cancers and all the related disease that plagues those that consume otherwise. We have heard of many having cholesterol issue, arising from heavy fat intake, but the truth is that our cholesterol level can improve, when we're leaner and eating fewer animal products, and in fact, many other health and fitness issues will be reduced and be a thing of the past! Get this book today for more information on how to switch to a Vegetarian diet and stay healthy, fit and enjoy all the nutritious goodness that is associated with a vegetarian lifestyle.

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