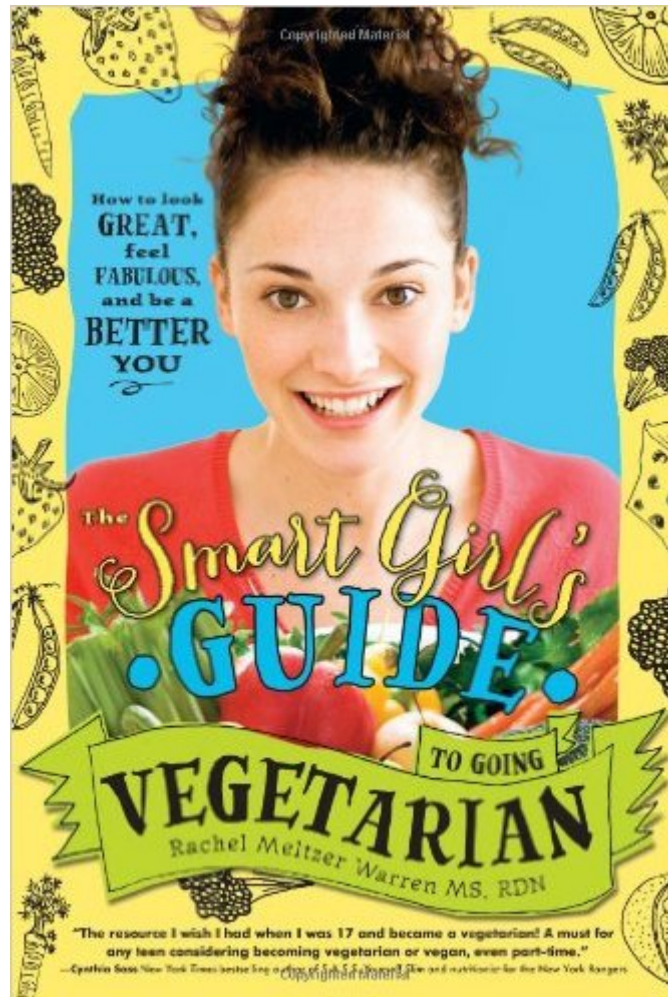


The book was found

The Smart Girl's Guide To Going Vegetarian: How To Look Great, Feel Fabulous, And Be A Better You



Synopsis

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

Book Information

Lexile Measure: 1260L (What's this?)

Paperback: 240 pages

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Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #262,270 in Books (See Top 100 in Books) [#13 in Books > Teens > Personal Health > Diet & Nutrition](#) [#20 in Books > Teens > Hobbies & Games > Cooking](#) [#214 in Books > Children's Books > Children's Cookbooks](#)

Age Range: 12 - 17 years

Grade Level: 6 - 12

Customer Reviews

While this book is geared toward young women, I found it very insightful and will suggest it to other demographics. I've tried to "go vegetarian" several times in my life but felt like I "failed" if I eventually ate meat. This book describes vegetarianism as a spectrum and helps you find where you currently are in your eating habits and gives advice for getting to where you want to be. I've read and seen

documentaries where you are shocked, scared, or grossed out to the point that I have changed my eating habits but this book eliminates the theatrics and focuses on positive aspects. Warren dissects myths and provides information for the long list of questions that comes with eliminating / reducing meat in diets. The most common question is usually in regards to receiving adequate nutrients, especially protein. This book provides equations for figuring each person's daily protein intake, followed by a list of several foods with their corresponding protein value. Warren goes on to give multiple samples of what a day's food items might be and how they will add up to an appropriate amount of protein. I really liked the suggestions in this area (pitas with hummus or string cheese) because they weren't filled with elaborate or exotic offerings like many other vegetarian advice/cook books. A Smart Girl's Guide to Going Vegetarian has a great recipe section as well as references for further study. The book also handles such topics as eating disorders or how to talk to your parents about your decision to go vegetarian. The "talking with the parents" section gives valuable advice that can be incorporated into telling your friends and family, so although it is written for a young girl speaking to her parents, anyone trying to go vegetarian may be asked a lot of the same questions.

There is a lot of really good information here, presented in a way that the target demographic (young women in their teens and twenties) is likely to find appealing and worth reading to the end. The author has provided solid information on how to get the best nutrition when considering giving up meat. Her explanations of various levels of leaving meat behind (with or without eggs, dairy, fish) are helpful, along with her separation of the kinds of planning each of these kinds of eating will require for complete nutrition. Better still, she gives the readers the option/freedom to sometimes indulge in a food that would not fit a strict vegetarian or vegan diet, especially helpful for those still hesitant about what could be a major change in their overall lifestyle. All this said, I have some significant concerns. First, the frequent references to specific brands, restaurants and grocery chains made this feel at times like one long commercial. I guess this should not have come as a surprise for anyone who has reviewed her blog. The entries there run far more to reviews of products and eateries than to recipes and meals that can be prepared at home. This product placement emphasis leads to a second problem: while Warren does reference some of the budget benefits that a vegetarian diet can provide, her overall recommendations and even many recipes are anything but economical. If an adolescent wants to try out being a vegetarian in a family of meat-eaters, the kinds of options presented here could be an added obstacle if that family is also working from a tight budget. And then a personal problem with the overall approach here: Warren

emphasizes that even young teens who want to begin a vegetarian lifestyle should have that right, and with that I don't at all disagree.

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