



Try-It Diet: Vegetarian: A two-week healthy eating plan (Try-It Diets)

Editors of Adams Media

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Think all diets have to be boring and bland? Think again. With *Try-It Diet: Vegetarian*, you'll get a taste for the nutritional plan without having to give up great tasting food like Taco Pie, Gnocchi and Purple Potatoes with Broccolini, and Baked Spinach Tart. Now the information you need to start eating healthy and living fully is right at your fingertips. And with two weeks worth of original menus complete with easy-to-follow recipes, you'll be able to stick to the plan without being stuck eating the same thing every day. Go ahead and give it a try!

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