

Title:

Mistakes Vegetarians Make

Word Count:

658

Summary:

The golden rule of vegetarianism is that you need protein to feel full. If you're still hungry

Keywords:

vegetarian, health, animals, planet

Article Body:

This may seem a bit shocking, but many new vegetarians actually gain weight when they stop eating

The golden rule of vegetarianism is that you need protein to feel full. If you're still hungry

Vegetarian meat substitutes

As a new vegetarian, you must make an active effort to replace meat, not just remove it, from

If you are unhappy with the meat substitutes you've chosen, try cooking them differently or try

Vegetarian protein shakes, bars and powders

To replace meat, consider adding your favorite protein shake, bar, or powder to your daily routine

Many protein supplements are best consumed for breakfast. With most people skipping breakfast

Don't forget to vary your proteins. Most meat substitutes are made of soy. Try to therefore consume

How to order at a restaurant the vegetarian way

Among the new habits you must develop as a vegetarian, you will need to re-learn how to order

Because ^vegetarian~ to some means no red meat, to others it means no chicken broth or lard. I

Always be prepared!

As a new vegetarian, you may find yourself over at a friend's house at meal time with nothing

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