



# So You Want to Be a Vegetarian?: A Step-by-step Guide to a Plant-Based Diet

*Jordan A. DeLoach*

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So You Want to Be a Vegetarian?: A Step-by-step Guide to a Plant-Based Diet was written with the intentions of guiding individuals into vegetarianism. With the announcement by the World Health Organization in 2015 on processed meat and its link to cancer, the horrific conditions animals face as a result of industry farming, and the need for a better approach to health and wellness overall, many men and women are seeking a new way of living. So You Want to Be a Vegetarian? contains: a week-by-week guide to eliminating meat, a five-day meal plan with recipes, a list of vegetarian cookbooks, smoothie recipes, and personal wisdom from the author's experience with a plant-based diet. The issue that plagues most individuals who are looking to convert to a plant-based diet is that they simply don't know where to begin—well, here is the answer!

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