

# Vegetarian starter kit

the **whys** and **hows** ● .....  
of a healthier diet

the **new**  
four food groups  
● **guidelines**

**useful tips** ● .....  
for beginning a  
vegetarian diet

**delicious low-fat,**  
no-cholesterol  
**recipes** ● .....  
● .....  
● .....

