



# Everyday Flexitarian: Recipes for Vegetarians and Meat lovers alike

*Nettie Cronish, Pat Crocker*

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## **Everyday Flexitarian: Recipes for Vegetarians and Meat lovers alike** Nettie Cronish, Pat Crocker

Finally, a cookbook that offers real flexibility. A single recipe can be made for both vegetarians and meat eaters, and you don't have to go to any extra trouble. More and more people are choosing to eat less meat. It is estimated that 30 to 40 percent of the population of the United States and Canada is flexitarian. But what is a flexitarian? Is it a vegetarian who occasionally eats meat, or is it a mindful meat eater who occasionally seeks out vegetarian meals? The answer is they're both flexitarians. So, how do you cook for one? With Everyday Flexitarian, Nettie and Pat will give you recipes that can be easily adjusted to please every person at your table. The main dishes can be tailored for both the vegetarian and meat eater, with instructions on when to separate the vegetarian portions, when to add the meat or fish, or what to add instead of meat to retain healthy protein levels. This is the perfect guide for creating a tolerant kitchen and embracing responsible consumption.

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