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There are a number of vegetarian diets that exclude or include various foods: Buddhist vegetarianism. Different Buddhist traditions have differing teachings on diet, which may also vary for ordained monks and nuns compared to others.

Vegetarianism - Wikipedia

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Ingredients: 7 oz squid, cleaned and tentacles discarded 1 lb 2 oz firm white fish fillet, preferably monkfish or halibut 1 tbsp corn oil 4 shallots, finely chopped

Chinese Recipe Cookbook - familywok.com

Vegetarian nutrition is the set of health-related challenges and advantages of vegetarian diets.. If well-planned and fortified to balance possible deficiencies, vegetarian diets can become nutritionally adequate and can be appropriate for all stages of the human life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence. When fortified, a vegetarian diet can ...

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Sites by Individuals. The Paleo Diet Defined is my concise definition of the core paleo diet and the many variations of it.; Life Expectancy in the Paleolithic by Ron Hoggan was written to refute those that argue they died by age 30 and therefore the diet is unhealthy. His book: Dangerous Grains (Ron, though listed as co-author, wrote all but seven pages of the book).

Paleo Diet (Paleolithic, Primal, Caveman, Stone Age

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