

"hold the patty" at McDonalds, or substitute the fake meat for the real, and otherwise carry on with their accustomed diet.

If a non-vegetarian feels that vegetarians are dangerous

Rice and pasta work well for vegetarians and non-vegetarians, with a variety of sauces and toppings, some with meat and some not. Ethnic dishes such as Mexican, Indian, Moroccan or

Omega 3 Fatty Acids for Vegetarians and Vegans