



Author Martha Theus has been a vegetarian for over 22 years. She was introduced to this way of life by her husband, Londale Theus who became a vegetarian in 1982. Together, they chose to raise their children, Kamaal and Londale II as vegetarians since birth. Both attend college and are pursuing their own dreams, including playing sports and enjoying active social lives while adhering to their vegetarian lifestyle. As a *21<sup>st</sup> Century Vegetarian Family*, the Theus' are committed to vegetarianism for spiritual and ethical issues, which this book explains. But, more importantly, Martha and daughter Kamaal poignantly offer all readers an opportunity to understand the many health, environmental and practical reasons for vegetarianism as they share delicious recipes and ideas to maintain a complete vegetarian lifestyle in the midst of their *21<sup>st</sup> Century* busy lives. These dishes have an “*ethnic*” flavor, are quick and easy, and are made from items that you can buy at your local grocer. The recipes have been tested on kids, teenagers, athletes and adults and have been enjoyed by even the more hearty self-proclaimed meat eaters! There has never been a better time to adopt vegetarianism, whether for just one meal a week or for a lifetime. Let Martha and her family show you how!

## *“Throwin’ Down” Vegetarian Style!*

*Not just a cookbook – a “workbook” for daily use!*

*Hearty, Healthy, Easy to Prepare Meals*

*Vegetarian Product Guide to take the “mystery” out of shopping*

*Traveling Tips for Vegetarians on the Road*

*Personal Testimonials*

*Meal Planning Worksheets*

*Resources and References*

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