

Download A Survival Guide For The Vegetarian In Japan

Being a vegetarian in meat-loving Japan is far from simple. Here's our survival guide for veggies, vegans and pescetarians in Japan. Shojin ryori or Zen Buddhist temple cuisine is the beacon of hope for a vegetarian in Japan. The monks make it possible to enjoy delicious, healthy, creative Japanese meals and be sure that it is all vegan. Vegetarian Survival Guide: Japan I know when I was in Japan I wished for a vegetarian survival guide. Being a vegetarian can be hard, especially when you're in another country and can't understand the language. An insider's guide to help the vegetarian traveller or hopeful resident navigate the difficulties of shopping or dining while in Japan. Contains pointed, practical advice on what to do, what to look for and useful tips to alleviate anxiety and make the most of your time in Japan while maintaining your diet of choice.