

# The Help Vegetarian Nutrition Guide

## By Kayla Itsines

HELP definition: 1. to make it possible or easier for someone to do something, by doing part of the work yourself or....

Learn more. Search for help on the taskbar, use the Tips app, select the Get help link in the Settings app, or go to

[support.microsoft.com/windows](https://support.microsoft.com/windows). The meaning of HELP is to give assistance or support to

(someone) : to provide (someone) with something that is useful or necessary in

achieving an end. How to use help in a sentence. 18 senses:

1. to assist or aid (someone to do something), esp by sharing the work, cost, or burden of something 2. to alleviate....

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