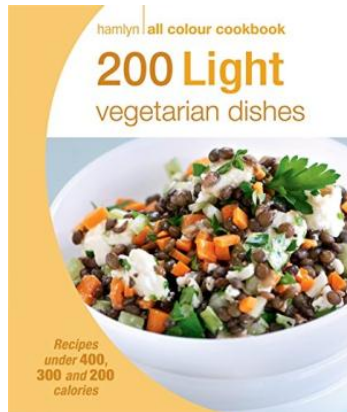


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## 200 LIGHT VEGETARIAN DISHES



Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 200 Light Vegetarian Dishes, Angela Dowden, Cutting down on red meat is a great way to avoid eating too much saturated fat, as well as keeping your cholesterol low. Now that the quality of fruit and vegetables that we can buy is so good, more and more people are opting to eat meat-free meals in order to save money and calories. This book can help you start up a meat-free regime,...

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- Authored by Angela Dowden
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