



High Fit, Low Fat Vegetarian

Elizabeth Roaalie Burt, Katherine Briggs Goldberg, Katherine Sigal Rhodes

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High Fit, Low Fat Vegetarian Elizabeth Roaalie Burt, Katherine Briggs Goldberg, Katherine Sigal Rhodes A collection of exciting and tasteful recipes emphasizing foods that are wonderfully healthy. By emphasizing a diet low in animal proteins and fat, individuals may reduce the likelihood of coronary heart disease.



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