



# **More Choices for a Healthy Low Fat You: Tasty Meals in 30 Minutes or Less**

*Cheryl D. Thomas Peters*

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# More Choices for a Healthy Low Fat You: Tasty Meals in 30 Minutes or Less

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**More Choices for a Healthy Low Fat You: Tasty Meals in 30 Minutes or Less** Cheryl D. Thomas Peters

This cookbook features a wide variety of recipes for great tasting vegetarian meals. Plus a plan for achieving and maintaining your ideal weight and health.

## Book Specs

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