

**New Vegetarian Cuisine: 250 Low-Fat Recipes For
Superior Health By Linda Rosensweig, The Editors Of
Prevention Magazine**

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Overview - Provides a complete guide to healthy cooking with more than 250 easy-to-prepare vegetarian recipes, sixty-four full-color photographs, and a

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libro new vegetarian cuisine: 250 low-fat recipes for superior health : Author Linda Rosensweig brings to this book a love for and knowledge of vegetarian

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High protein/low fat/low cal protein snacks? - general discussion

Is there another high protein/low fat option that is versatile and tasty? Peanut butter--higher in protein but also high in fat and calories so I really restrict my intake . It's around 200-250 calories per cup cooked, if I remember correctly. Quality Food Starts with Superior Ingredients Vegetarian Snack; 3

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New vegetarian cuisine: 250 low-fat recipes for superior health

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