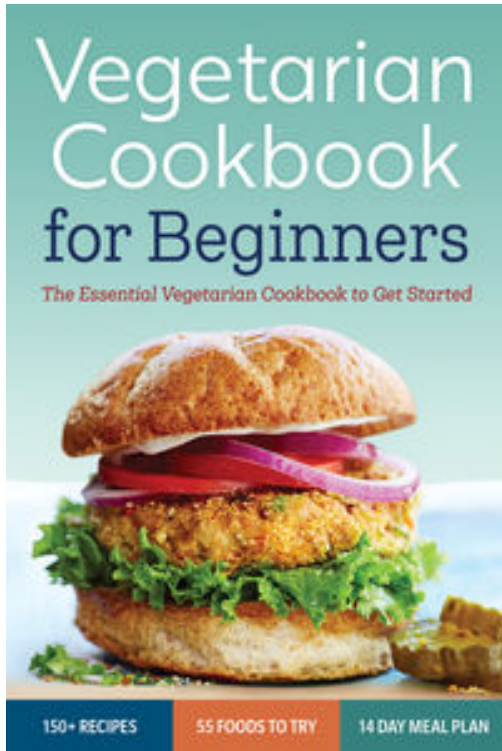


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Vegetarian Cookbook for Beginners will get you started on the path toward a healthy, meat-free lifestyle with:

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- Tips from *Vegetarian Cookbook* on transforming your kitchen to be vegetarian-friendly
- Detailed nutritional advice to make sure you get all your nutrients
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