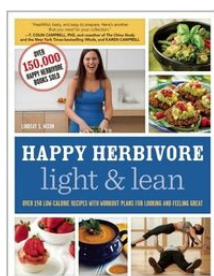


HAPPY HERBIVORE LIGHT & LEAN: OVER 150 LOW-CALORIE RECIPES WITH WORKOUT PLANS FOR LOOKING AND FEELING GREAT

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Everyday Happy Herbivore is one of my favorite ever cookbooks, with recipes that I go back to again and again. I was so crazy about it that I ordered her other two books (at the time) without looking into them more. the original Happy Herbivore was a solid cookbook too. Not as...

followers of whole food, plant based diets, McDougall adherents