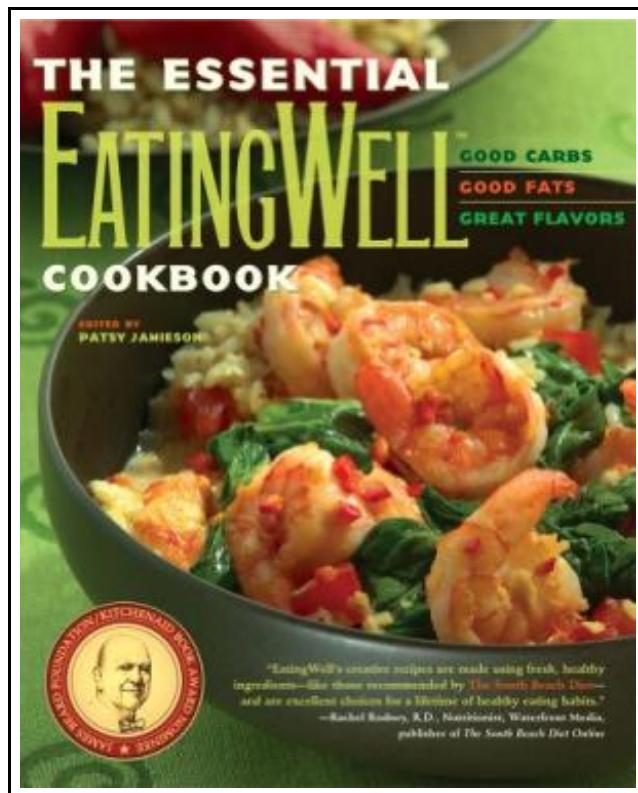


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THE ESSENTIAL EATINGWELL COOKBOOK: GOOD CARBS, GOOD FATS, GREAT FLAVORS

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