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Weight Loss Recipe



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Julie Alles R.D., L.D., C.L.T., Lucy Beale

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America's Favorite Recipes, Part II Uma Aggarwal,2013-10-24 America is often called the world's melting pot a title that proudly celebrates its joyful amalgamation of many peoples cultures customs languages and flavors From every region of the world people make the journey to start new lives in the United States and they bring these international charms with them America accepts people of all cultures and traditions with open arms Home chef Uma Aggarwal the author of The Exquisite World of Indian Cuisine and Americas Favorite Recipes Part I presents a new collection of these melting pot recipes focusing specifically on entrees An avid and passionate student of American cooking she shares helpful information about the origin and history of these recipes as well She uses exquisite Indian herbs and spices for both

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