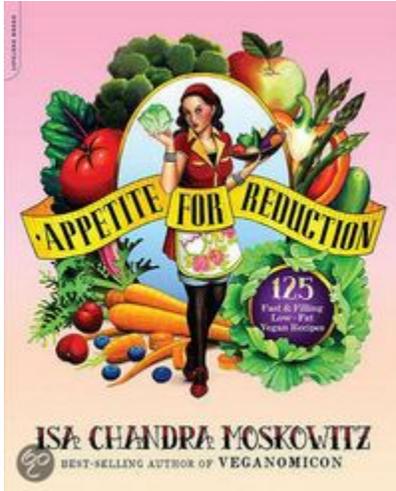


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This is not your mother's low-fat cookbook. There's no foolish tricks, no bizarre concoctions, no chemicals, no frozen meals...no fake anything! Appetite for Reduction means cooking with real food, for real life. (Skimpy portions need not apply.) In Appetite for Reduction, bestselling author and vegan chef Isa Chandra Moskowitz has created 125 delectable, nutritionally-balanced recipes for the foods you crave—lasagna, tacos, barbecue, curries, stews, and much more—and it's all:

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