



The New McDougall Cookbook: 300 Delicious Ultra-Low-Fat Recipes

John A. McDougall, Mary McDougall

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Three hundred meatless, dairyless, high-carbohydrate, and virtually fat-free recipes comprise this excellent new cookbook by the creators of the McDougall Program. Created and tested by Mary McDougall, these delicious dishes are adapted from a variety of ethnic traditions and offer sensational meals for any time of day.

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