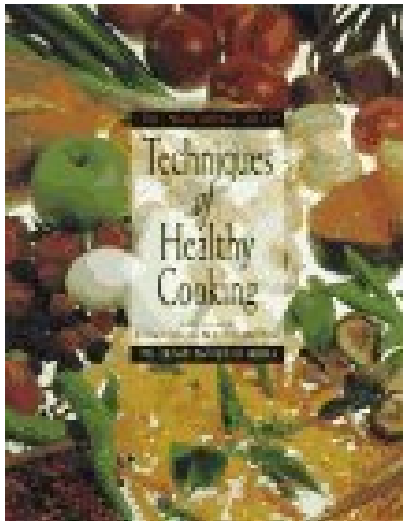


The Professional Chefs Techniques of Healthy Cooking



BOOK DETAILS

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Includes color illustrations of USDA Food Guide Pyramid, Mediterranean Food Pyramid and Vegetarian Pyramid.

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