



WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable Cookbook

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Meatless meals can be delicious, satisfying, and filling-and Veg Power! shows you how. With 140 fresh recipes and 40 mouth-watering photographs, using 70 varieties of vegetables, 21 fruits, 14 whole grains, and 12 dried beans, peas, and lentils, these dishes will convince you that eating vegetarian is healthy and hearty.

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