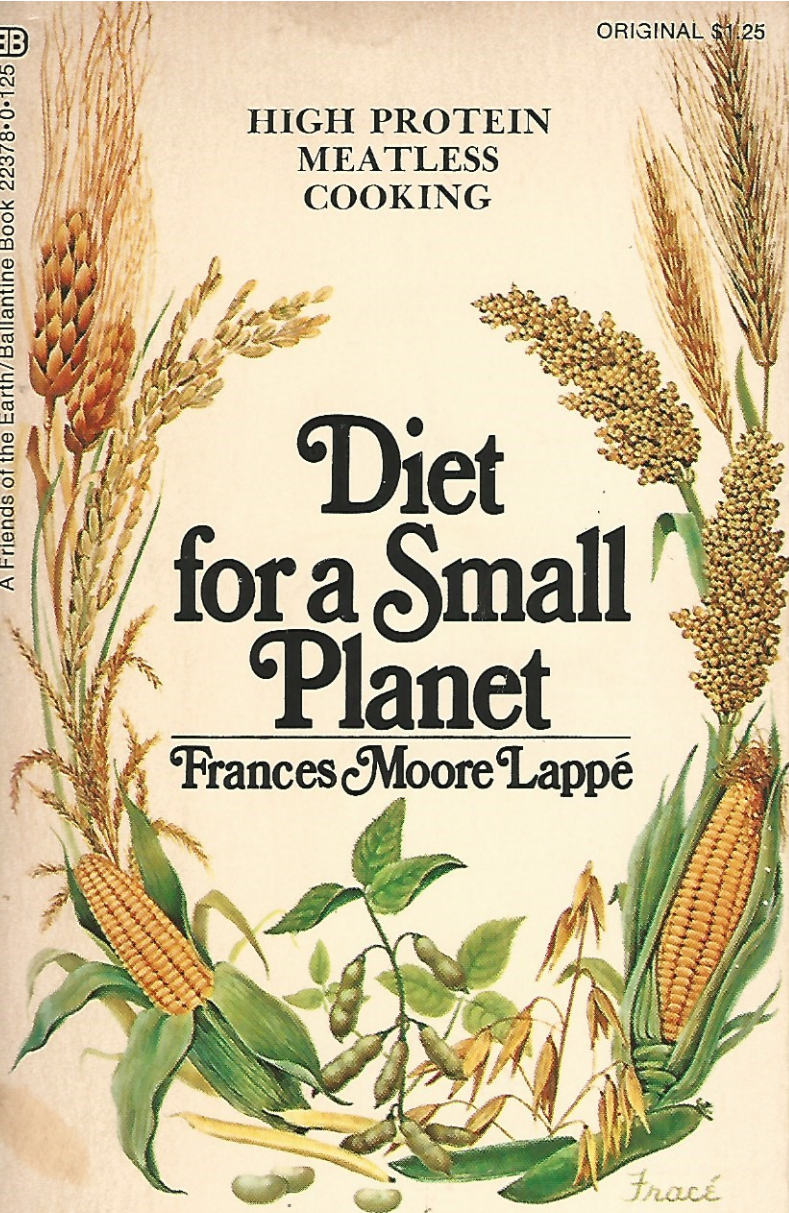


HIGH PROTEIN
MEATLESS
COOKING

Diet for a Small Planet

Frances Moore Lappé



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