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EAT SMART: WHAT TO EAT IN A DAY--EVERY DAY



Sterling Epicure. Hardcover. Condition: New. 256 pages. Eat healthy, all day, every day, with these delicious vegan meals tailored to your lifestyle! With its tempting all-natural, plant-based meals, Eat Smart makes it simple to boost your health and your energy. In her much-anticipated first cookbook, popular blogger Niomi Smart helps you learn to love a wide range of fresh fruits and vegetables, rather than advocating a rigid diet that restricts food options. She creates flavorful dishes filled with superfoods, herbs,...

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- Authored by Niomi Smart
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