



The Vegetarian Lunchbasket: Over 225 Easy, Lowfat, Nutritious Recipes for the Quality-Conscious Family on the Go

Linda Haynes

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More than 200 great low-fat, tasty vegetarian recipes that are easy to follow, simple, and quick to make. Great suggestions for alternatives to meat, eggs, mayonnaise, margarine, and oils — lowering fats and cholesterol while maintaining taste and variety.

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