



## The New Beverly Hills Diet Recipes To Forever

*Judy Mazel*

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Included in this cookbook are:

- \*Consciously Combined basics, sauces, seasonings, breads, soups and salads
- \*Exciting vegetable and meat main dishes
- \*Directions on how to convert favorite recipes
- \*A guide to eating at favorite restaurants
- \*Restaurant adaptions from the country's best kitchens



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