

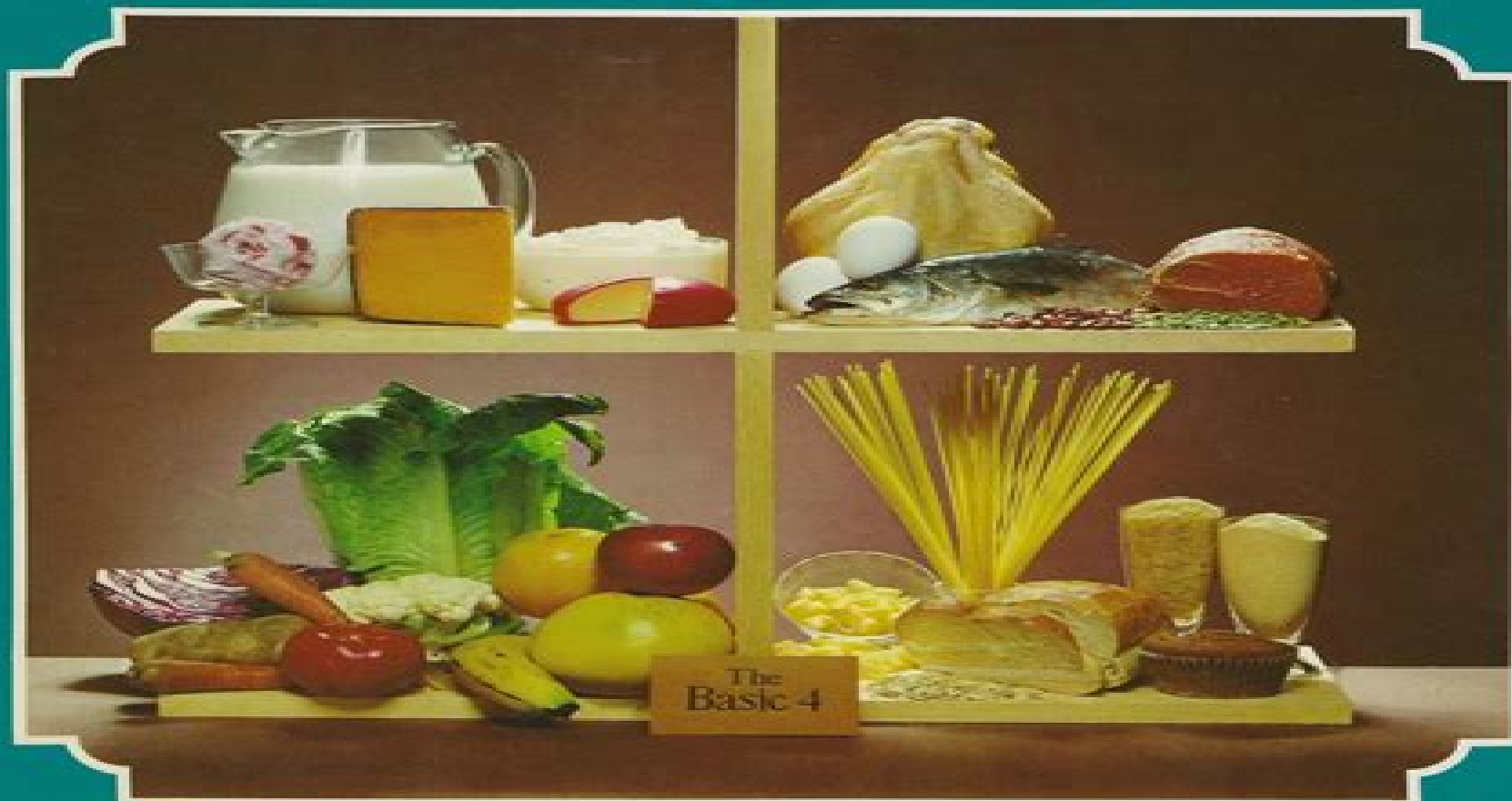
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- Helpful charts include:
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 - "Pick a Protein"

*Adventures
in Cooking*

Nutrition Cookbook

Lorraine Nicolle, Christine Bailey



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