



Tofu Main Dish Amazing Oranges

Herbert T. Leavy



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 from fat But for anyone with even modest health risk factors the 34% should be reduced to about 20% And for people at high
 risk or those who have already experienced health problems the ideal target is 10% of calories from fat However if you want
 to eat better you don t have to sacrifice good taste and variety in your cooking to achieve the level of fat that you want or
 need The 250 recipes in this unique collection have been carefully selected and organized to give you the widest and easiest
 choice of ingredients and cooking techniques to help meet your individual health requirements and satisfy your taste
 preferences Divided into three main sections representing 10% 20% or 30% of calories from fat respectively the recipes
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