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Recipes For Fast And Sustained Weight Loss, Reversing
Disease, And Lifelong Health By Joel Fuhrman**

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Nutritional expert and bestselling author Fuhrman (Eat to Live, The End of Dieting) shares 131 quick-to-assemble recipes based on his nutrient-dense approach to eating, which he claims will promote lifelong health and permanent weight loss. Vegan Cheese: Simple, Delicious, Plant-Based Recipes.

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JOEL FUHRMAN, M.D., is a board-certified family physician and nutritional for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health.

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