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how the visual culture of food cookery and consumption played a central role in the making of postrevolutionary mexico

vegan chef isa chandra moskowitz shares her collection of plant based and low calorie meals that are full of flavor and totally satisfying this is not your mother s low fat cookbook it has no foolish tricks no bizarre concoctions no chemicals no frozen meals no fake anything appetite for reduction means cooking with real food for real life

skimpy portions need not apply in appetite for reduction bestselling author and vegan chef isa chandra moskowitz shares 125 delectable nutritionally balanced recipes for the foods you crave lasagna tacos barbecue curries stews and much more that s all only 200 to 400 calories per serving plant based and packed with nutrients low in saturated fat and sugar high in fiber drop dead delicious you ll also find lots of gluten free and soy free options the best part dinner can be on the table in less than 30 minutes so ditch those diet shakes skip that lemonade cleanse and fight for your right to eat something satisfying now you can look better feel better and have more energy while eating the food and portions you deserve

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