



The Low-Carb Vegetarian

Margo DeMello

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The Low-Carb Vegetarian Margo DeMello

At last, a vegetarian alternative to the Zone and South Beach Diets. Here are tasty, easy, nutritious recipes for anyone who wants to lose weight-vegetarian or otherwise. Includes a listing of protein, fat, carbohydrate, and calorie content, and recommended brand-name meat alternatives that can be found in most supermarkets.

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