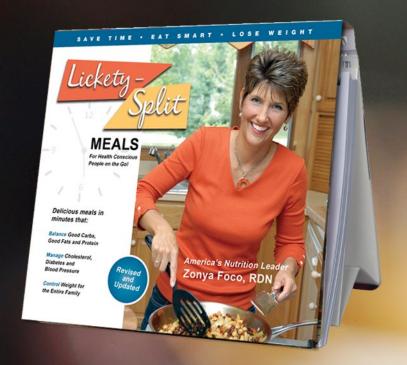
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Written by Professional Speaker and Nutritionist, Zonya Foco, RDN, all recipes meet the guidelines of the American Heart Association, American Diabetes Association and American Cancer Society.

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