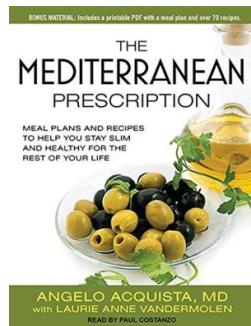


The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life



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