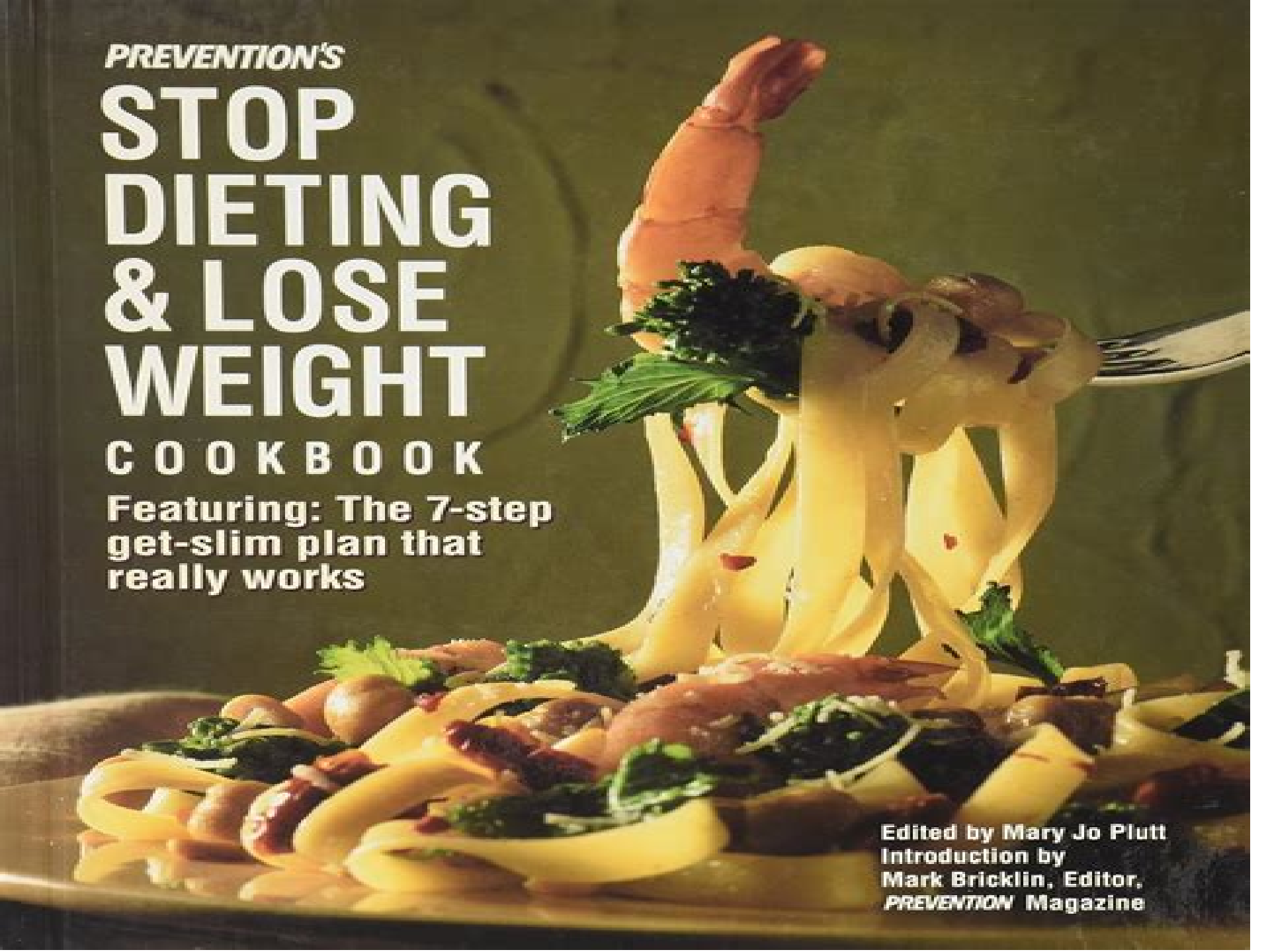


*PREVENTION'S*

# STOP DIETING & LOSE WEIGHT

COOKBOOK

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get-slim plan that  
really works

A close-up photograph of a plate of spaghetti. A silver fork is lifting a portion of the spaghetti, which is topped with a large shrimp, fresh green herbs, and small red tomatoes. The background is a dark, textured wall.

Edited by Mary Jo Plutt  
Introduction by  
Mark Bricklin, Editor,  
*PREVENTION* Magazine

# Preventions Stop Dieting Lose Weight Cookbook

**B Lingard**



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