



Delicious Food for a Healthy Heart: Over 120 Cholesterol-Free, Low-Fat, Quick & Easy Recipes (Delicious Recipes for Life)

Joanne Stepaniak

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Diet plays a major role in keeping your heart healthy, especially one free of animal fat and cholesterol. This vegan cookbook presents a lifesaving menu plan of over 120 quick and easy vegan recipes that will start you on the road to a healthier heart. Includes a 14-day menu plan, a 10 step outline for a healthier heart, and tips for keeping your heart happy. All recipes include a nutritional breakdown.

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