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Description: The Vegetarian Low-Carb Diet Cookbook is the ideal accompaniment to the successful Vegetarian Low-Carb Diet - the fast, -hunger, healthy way to lose weight.

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Rose Elliot is Britain's foremost vegetarian cookery writer and is the author of many bestselling titles. She lives with her husband in Hampshire and London. Inside

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The Vegetarian Low Carb Diet by Rose Elliot is excellent. To follow these recipes will bring kitchen creativity into your life and will begin immediate weight loss.

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The Vegetarian Low-carb Diet Cookbook: Top vegetarian cookery writer Rose Elliot has devised an easy to follow, meat-free answer to the Atkins diet.

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The vegetarian low-carb diet cookbook : rose

Author information. Rose Elliot is Britain's foremost vegetarian cookery writer and is the author of many bestselling titles. She lives with her husband in Hampshire

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