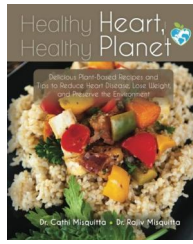


## Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment



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