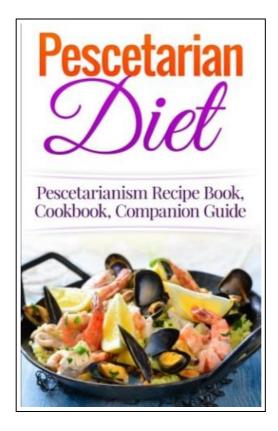
### Pescetarian Diet: Pescetarianism Recipe Book, Cookbook, Companion Guide (Seafood Plan, Fish, Shellfish, Lacto-Ovo Vegetarian, Mediterranean, Pesco-Vegetarian)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.The original book, Pescetarian Diet by Wade Migan, was written to give you all the information you need before starting the Pescetarian diet, which is known for its tremendously positive effect on health and vitality. This book contains recipes that follow the guidelines laid out in that book. If you already have a strong understanding of how this diet can affect your health, then you can begin here. In this book, youll find handy Pescetarian food preparation tips and recipes. The recipes are perfect for those who want to slowly migrate to a Pescetarian diet. Aside from some of the oils and condiments used in the recipes, there is hardly any trace of non-seafood animal material in these recipes. We wish you exciting days ahead with over 50 recipes to choose from in this book! This item ships from La Vergne,TN. Paperback.

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