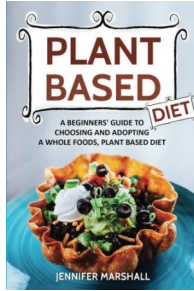


## Plant Based Diet: A Beginners Guide to Choosing and Adopting a Whole Foods, Plant Based Diet



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