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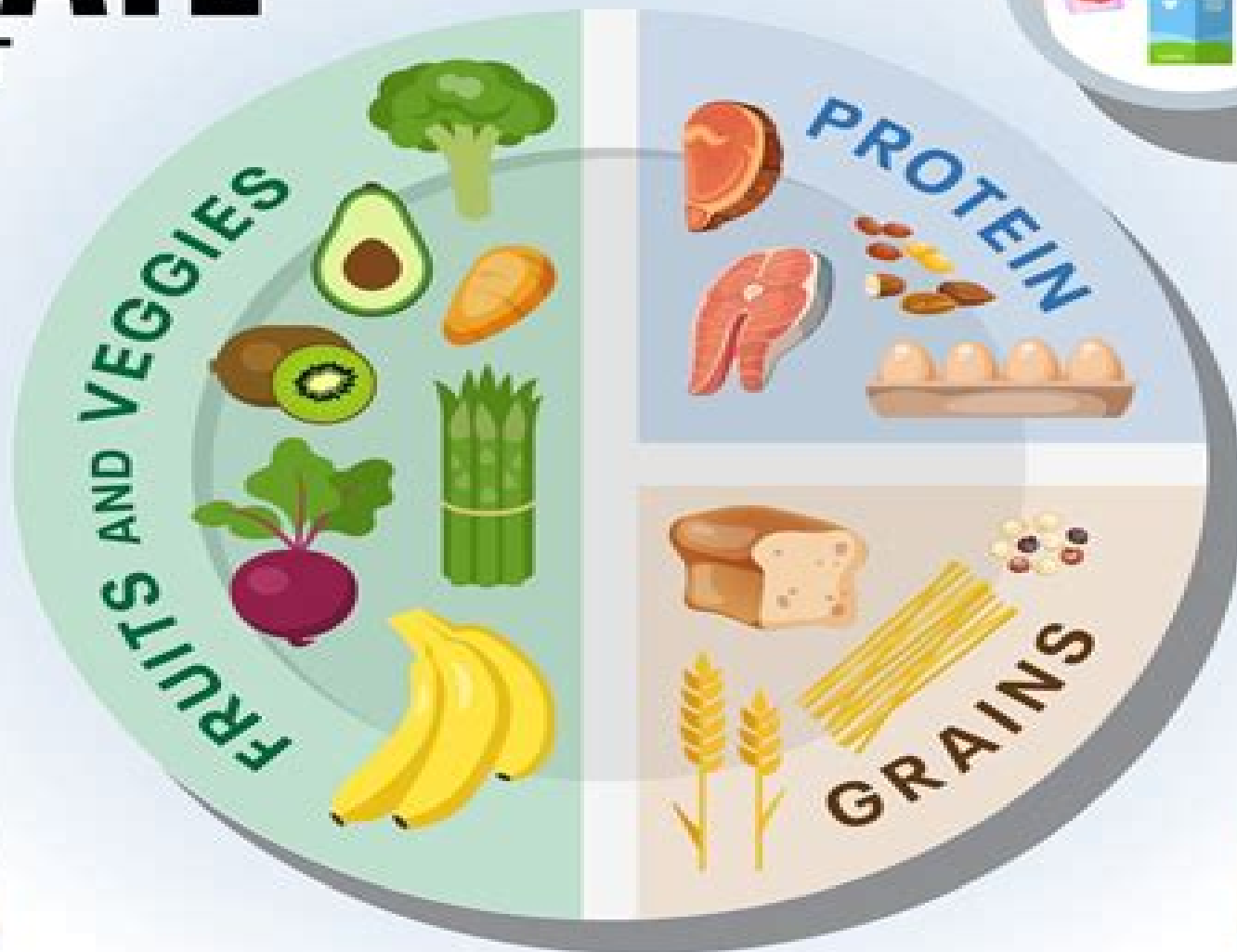


Plate Method Food And Diet Guide

Lucy Beale,Sandy G. Couvillon



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