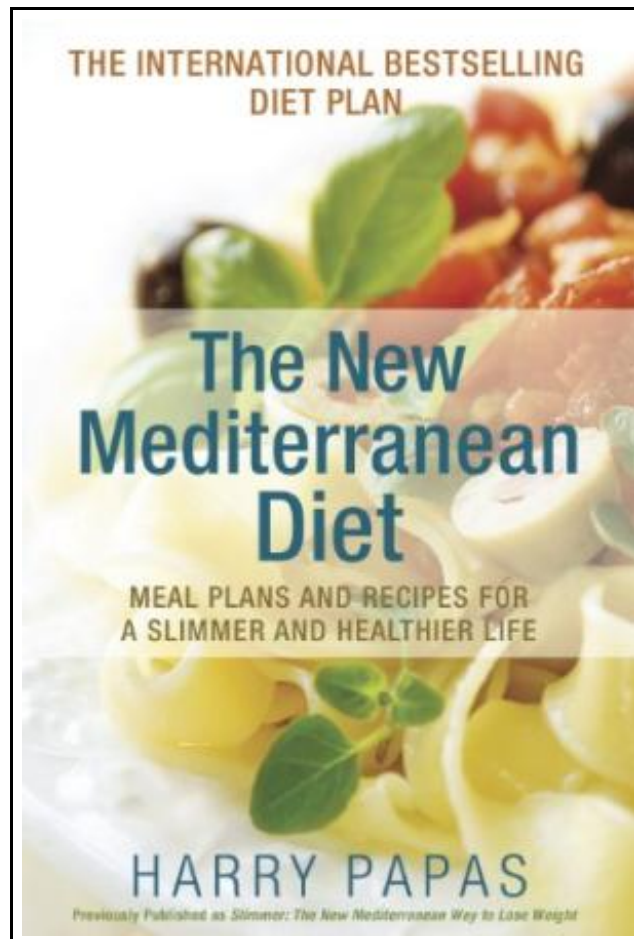


## The New Mediterranean Diet: Meal Plans and Recipes for a Slimmer and Healthier Life



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