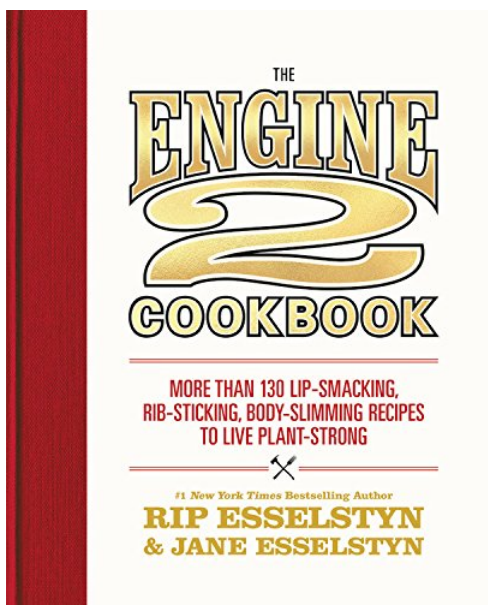


# FHWWK [Download] The Engine 2 Cookbook: More Than 130 Lip-Smacking, Rib-Sticking, Body-Slimming Recipes to Live Plant-Strong



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The highly anticipated cookbook companion to the runaway New York Times bestseller The Engine 2 Diet. The Engine 2 Diet has sold hundreds of thousands of copies and inspired a plant-based food revolution. Featuring endorsements from top medical experts and a food line in Whole Foods Market, Engine 2 is the most trusted name in plant-based eating. Now, readers can bring the Engine 2 program into their kitchens with this cookbook companion to the original diet program. Engine 2 started in a firehouse in Texas, and if Texas firefighters love to eat this food, readers nationwide will eat it up, too! THE ENGINE 2 COOKBOOK packs the life-saving promise of the Engine 2 program into more than 130 mouth-watering, crowd-pleasing recipes that are designed to help readers lose weight, lower cholesterol, and improve their health, one delicious bite at a time.

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