



Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet

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Da Capo Lifelong Books. Book Condition: New. 2013. Paperback. Vegan for Her address the health and nutrition concerns of women following or considering a plant-based diet. Num Pages: 400 pages. BIC Classification: VFM; WBJ. Category: (G) General (US: Trade). Dimension: 229 x 167 x 27. Weight in Grams: 494. Books ship from the US and Ireland.



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