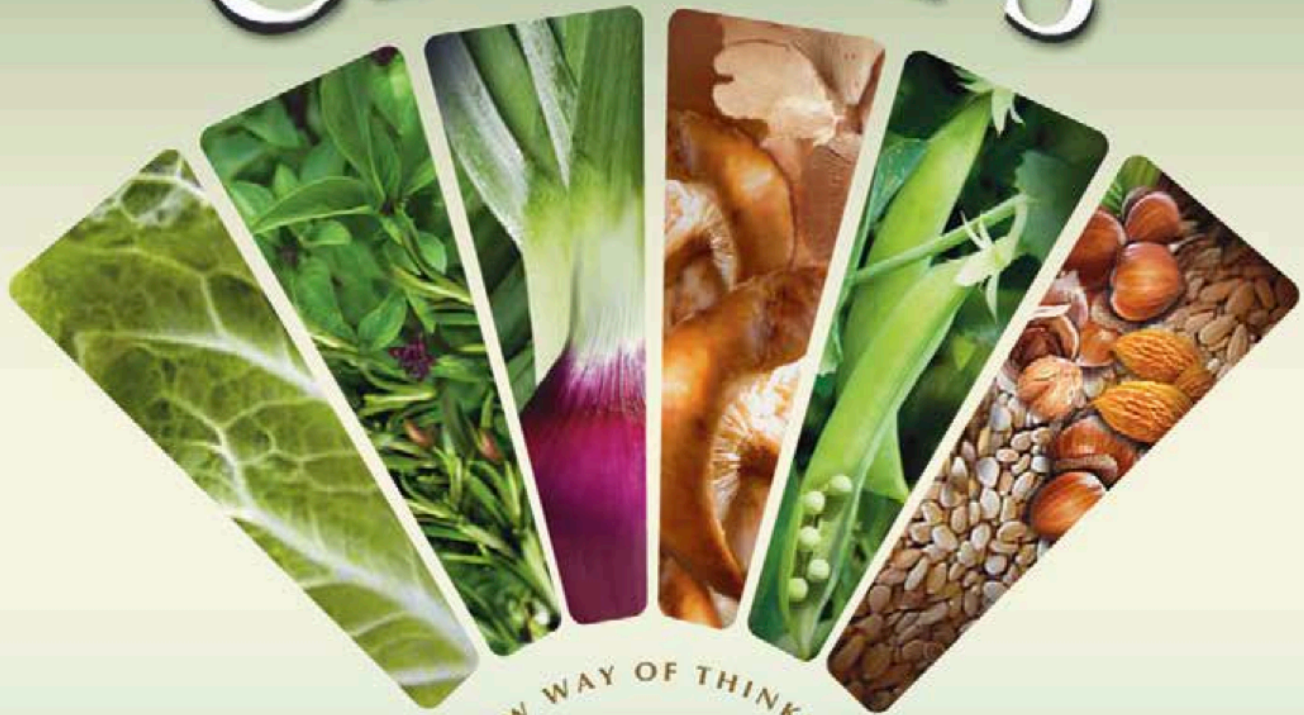


*The Veggie Queen's Guide to Eating & Cooking for Optimum Health, Happiness, Energy & Vitality*

# *Nutrition* CHAMPS



NEW WAY OF THINKING  
ABOUT  
FOOD GROUPS  
THAT WILL CHANGE YOUR LIFE

**Jill Nussinow, MS, RD**

*With Flavorful Plant-Based Recipes from over 40 Chefs, Cooks & Authors*

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