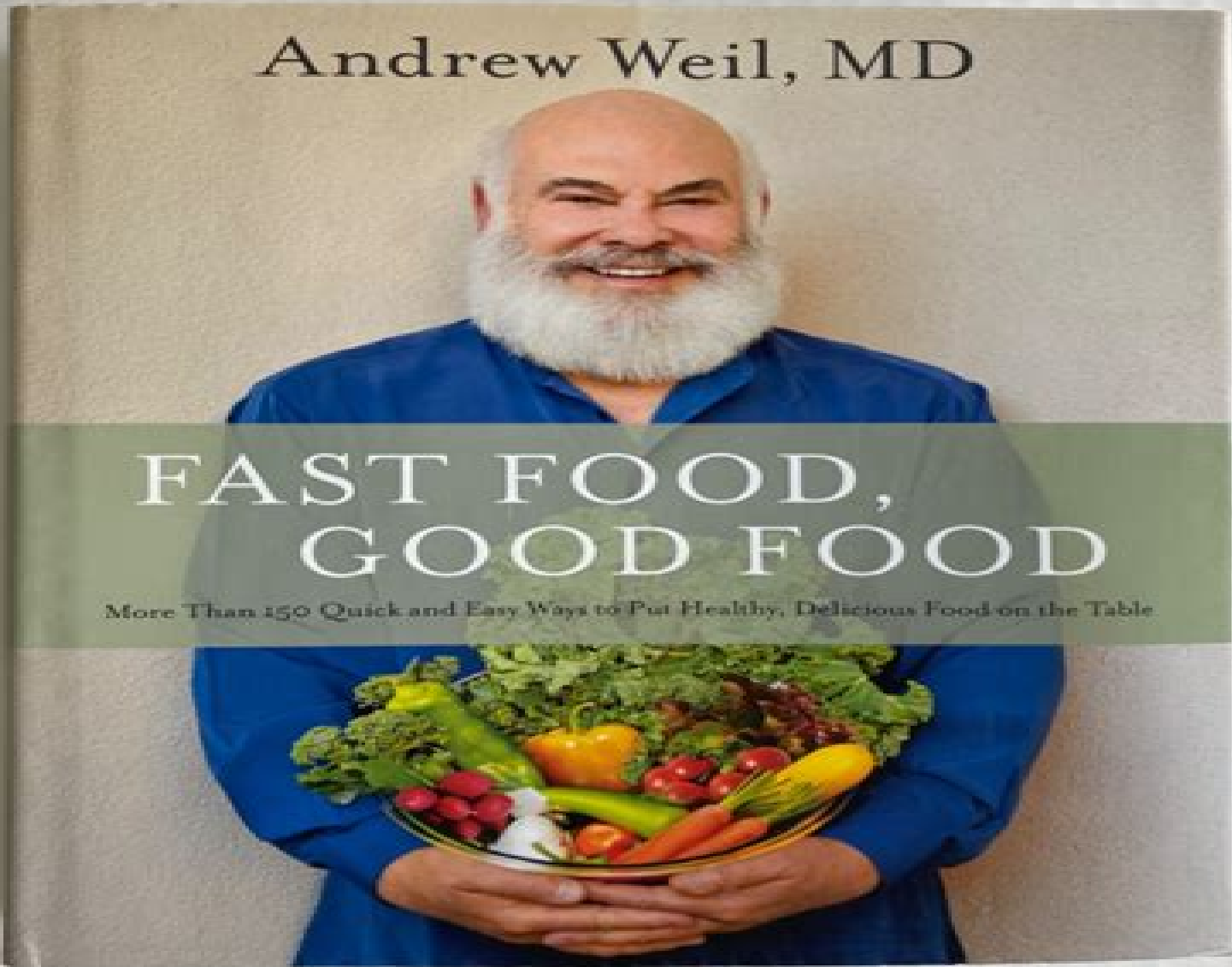


Andrew Weil, MD

A photograph of a smiling man with a full white beard and balding head, wearing a blue button-down shirt. He is holding a large, shallow bowl filled with a variety of fresh vegetables, including broccoli, yellow and red bell peppers, carrots, radishes, and leafy greens. The background is a plain, light-colored wall.

FAST FOOD, GOOD FOOD

More Than 150 Quick and Easy Ways to Put Healthy, Delicious Food on the Table

The Good Food Cookbook

Michelle Smith



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