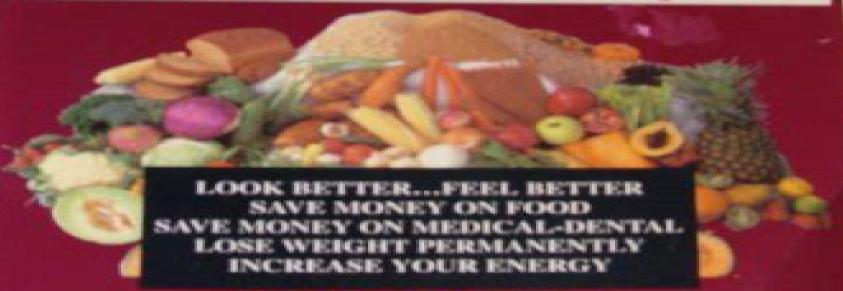
THE MORMON DIET

COOKBOOK

Fat Free • Cholesterol Free • High Fiber



Ethel C. Updike Dorothy E. Smith Earl F. Updike

Foreword by Neal D. Barnard, M.D.

President, Physician's Committee For Responsible Medicine

The Mormon Diet Cookbook

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