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The  
**HAND-ME-DOWN  
COOKBOOK** *for  
Clean Eaters*

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*Cleaning up and passing down family recipes for new cooks.*



Learn tips & tricks to simplify traditional cooking  
Preserve (or create!) your family's cooking heritage  
Help your college student:  
    Avoid the Freshman 15  
    Navigate restaurants & the college cafeteria  
    Stock a healthy kitchen & eat clean on a budget  
    Survive college on the GAPS diet  
    Heal chronic ailments with healthy foods & natural remedies

by Taryn J. Smith

# The Hand Me Down Cookbook

**Léo Pomar**



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