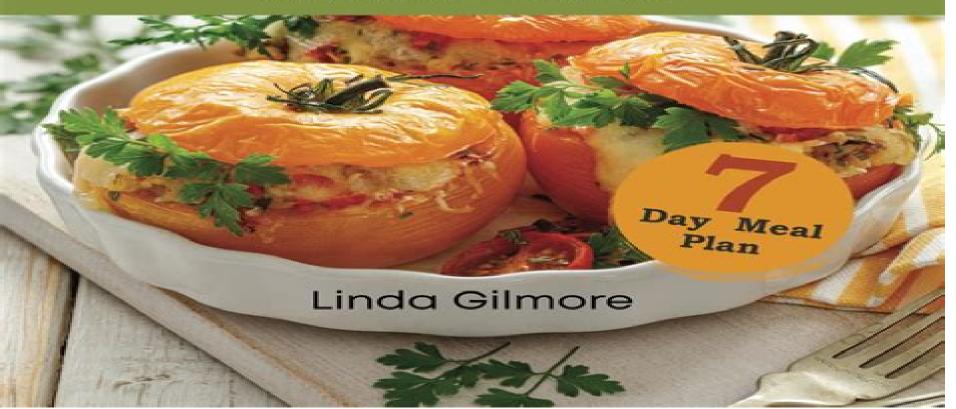
# MEDITERRANEAN VEGETARIAN

COOKBOOK

Plant-Based Recipes for a Healthy Heart on a Mediterranean Diet



# **7day Cookbook**

**Marco Cascella** 



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