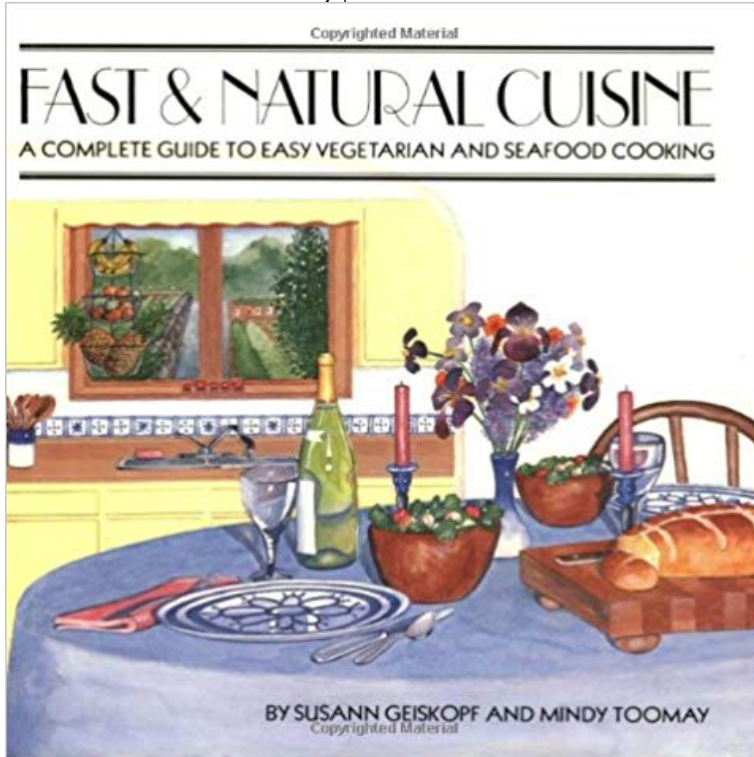


# Fast and Natural Cuisine: A Complete Guide to Easy Vegetarian and Seafood Cooking



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