



## 20 Minutes to Dinner: Quick, Low-Fat, Low-Calorie, Vegetarian Meals

*Bryanna Clark Grogan*

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Get in and out of the kitchen FAST with tempting and nutritious dishes from vegetarian innovator, Bryanna Clark Grogan. Most of the recipes are based on the Mediterranean/Asian model using lots of grains, fruits and vegetables. Nutritional analyses accompany each recipe.

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