

Download American College Physicians Healthy Cookbook

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American College of Physicians Healthy Heart Cookbook by American College of Physicians-American Society of Internal Medicine, August 1, 2000, Dorling Kindersley Publishing, Inc. edition, Paperback in English - 1st edition

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This is the third cookbook from Transamerica Center for Health Studies (TCHS), along with American Classic and Mexican dishes, and is free for all to download. TCHS collaborated with the Association of Black Women Physicians (ABWP) and registered dieticians to make simple ingredient substitutions to classic Southern dishes that increase the nutritional value while keeping the great flavor of some Southern favorites.

Most college students can't wait to get rid of their meal plan. They dream of the day they'll no longer have to drag themselves to the dining hall to eat lukewarm pizza and wilting lettuce. But when you're trying to cook for yourself it can be easy to make the same pasta every night or live off of microwave meals.

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