



The New Meat Lover's Cookbook

Janeen A. Sarlin, Diane Porter

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You no longer have to feel guilty for loving meat. As the authors of *The New Meat Lover's Cookbook* explain, favorite foods like beef, pork, and lamb can fit into a healthy lifestyle. Leaner cuts and healthy cooking techniques are incorporated into delicious recipes that can be enjoyed without cringing. This book makes the perfect gift for any meat lover. 20 line drawings.

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