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Naturally Lean: 125 Nourishing Gluten-Free, Plant-Based ... This item: Naturally Lean: 125 Nourishing Gluten-Free, Plant-Based Recipes--All Under 300 Calories by Allyson Kramer Paperback \$13.10 Only 17 left in stock - order soon. Ships from and sold by big_river_books. Naturally Lean: 125 Nourishing Gluten-Free, Plant-Based ... Allyson Kramer's latest recipe book, Naturally Lean, focuses on making a healthier you. All of the recipes are gluten-free and plant based, but she doesn't market her recipes as following any popular or crazy fad diet. Naturally Lean: 125 Nourishing Gluten-Free, Plant-Based ... "Naturally Lean makes it easy to transition to vegan eating." • Tulsa Book Review , September 2016 "Allyson Kramer proves that low-cal doesn't have to mean low-satisfaction; these gluten-free, plant-based recipes are high in nutrients, have less than 300 calories per serving-and they taste amazing!" find a hearty, healthy recipe for every craving.

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Naturally Lean: 125 Nourishing Gluten-Free, Plant-Based ... Allyson Kramer proves that low-cal doesn't have to mean low-satisfaction these gluten-free, plant-based recipes are high in nutrients, have less than 300 calories per serving,and they taste amazing. Dig into Cheesy BBQ Kale Chips, Cinnamon Plum Streusel, Avocado Chick'n Salad, and so much more.

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