

# The Complete Guide to Vegetarian Convenience Foods

Gail Davis



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## The Complete Guide to Vegetarian Convenience Foods

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#### The Complete Guide to Vegetarian Convenience Foods Gail Davis

This unique shopper's guide provides detailed, up-to-the-minute information on more than 1,000 vegetarian packaged foods. Organized by food categories, the book highlights fat-free items, sure bets for kids, and the author's own special favorites.

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