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The Meat Free Monday Cookbook: A Full Menu for Every Monday of the Year PDF



: **The Meat Free Monday Cookbook: A Full Menu for Every Monday of the Year**

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Description :

PDF-60358 | The Meat Free Monday Campaign aims to encourage everyone to do their bit to help protect the planet by demonstrating that by giving up meat for one day each week you can save money, reduce your environmental impact, and live a healthier life.

Launched by Paul, Mary and Stella McCartney in 2009, the campaign has been a trailblazer, and magazines, restaurants, hospitals, colleges, workplaces, celebr... *The Meat Free Monday Cookbook: A Full Menu for Every Monday of the Year*

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