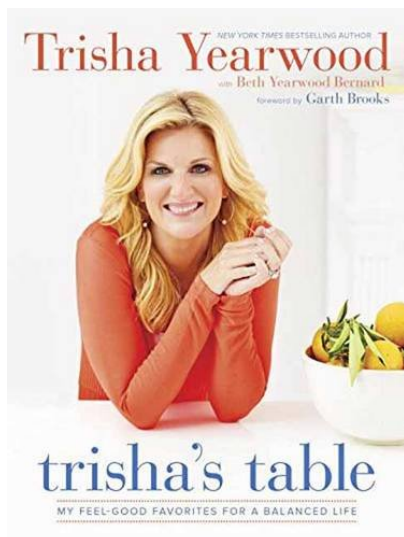


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by Trisha Yearwood : **Trisha's Table: My Feel-Good Favorites for a Balanced Life**

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Description :

PDF-2adfd | NEW YORK TIMES BESTSELLERThe country music superstar, Food Network standout, and bestselling author shows how delicious and wholesome dishes are part of a balanced lifestyle. Trisha Yearwood is as much a force in the kitchen as she is on stage. But after years of enjoying decadent Southern comfort food, her culinary philosophy is evolving. As Trisha says, "I have adopted an 80/20 rule: 80 ... *Trisha's Table: My Feel-Good Favorites for a Balanced Life*

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