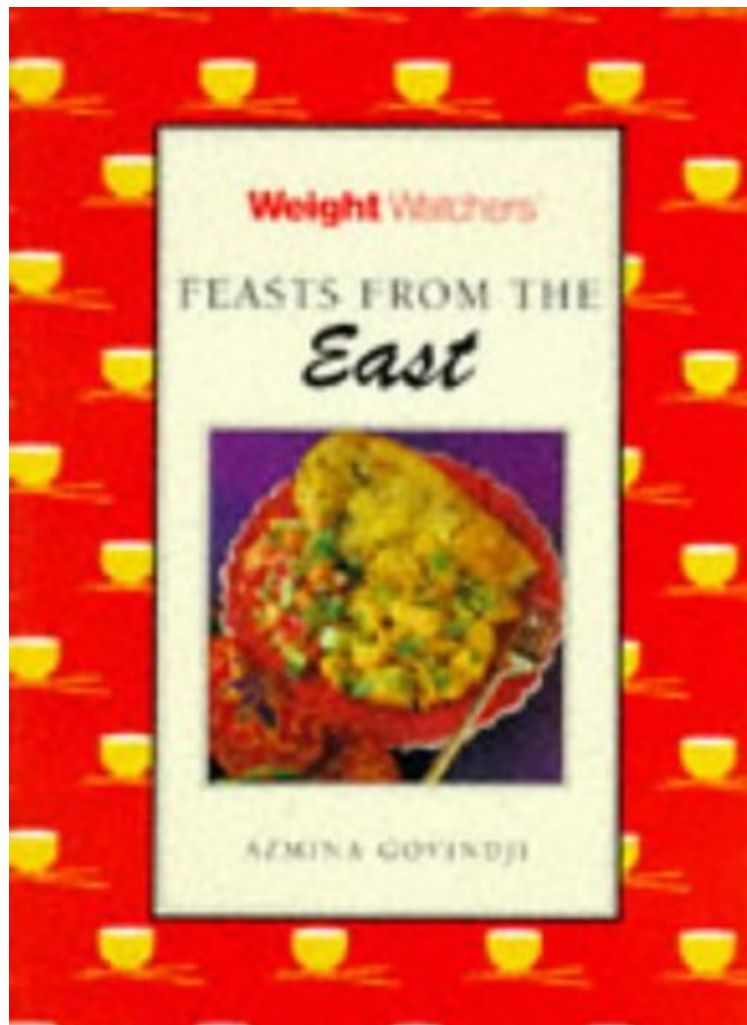


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## Weight Watchers Feasts from the East

*Almina Govindji*

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This cookbook makes exotic dishes approachable and suitable for healthy eating. The recipes make use of ingredients readily available from the supermarket, and focus on popular Chinese and Indian dishes.