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In this family style cookbook you will find delicious, inexpensive recipes that will contribute to better health and longer life. These are not recipes with outlandish ingredients. Instead, this book is offering families some of their favorite American foods but with a healthy twist. This book offers you something better. From Lifestyle Medicine Institute & CHIP founder Dr. Hans Diehl, Loma Linda, CA. $24.99

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<table>
<thead>
<tr>
<th>Item</th>
<th>Individual Price</th>
<th>Sale Price</th>
<th>Discount</th>
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<tr>
<td>Big Franks (Regular or Low-Fat)</td>
<td>reg. $5.29</td>
<td>Sale $4.29</td>
<td>$1.00 off</td>
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<td>Case price</td>
<td>reg. $58.19</td>
<td>Sale $46.19</td>
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<td>Diced Chik</td>
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<td>Case price</td>
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<tr>
<td>Chicketts or Prosage Rolls - Frozen</td>
<td>reg. $6.99</td>
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<td>Case price</td>
<td>reg. $76.89</td>
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<td>Corn Dogs or Mini Corn Dogs - Frozen</td>
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<tr>
<td>Case price</td>
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<td>Garden Burger Riblets (Food Service) - Frozen</td>
<td>reg. $82.29</td>
<td>Sale $67.29</td>
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