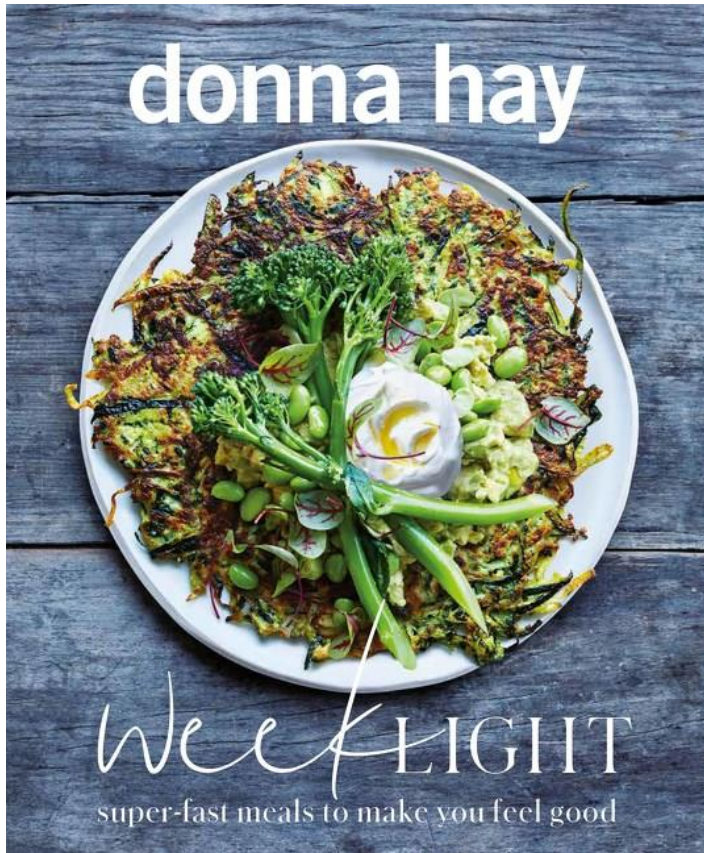


# donna hay



Australia's bestselling cookbook author and most trusted home cook, Donna Hay, returns with a beautiful new cookbook that you'll want to use every night of the week.

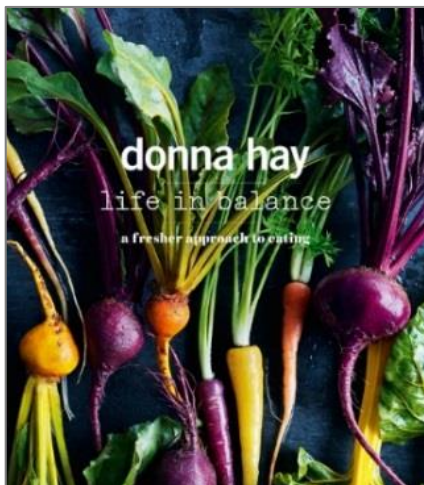
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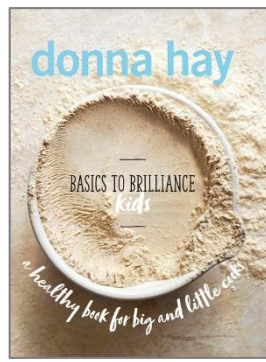
Inside *Week Light*, you'll find all these ideas and so much more. It's essentially my week in food, in a book—super-quick, family-friendly, fuss-free meals made REAL. Vegetables are at the forefront of nearly every recipe, with a few meat options thrown in, and there are lots of my all-time classics re-worked to include more goodness. This book is about using food to refuel and re-energize, while nurturing ourselves with flavor. Happy cooking!



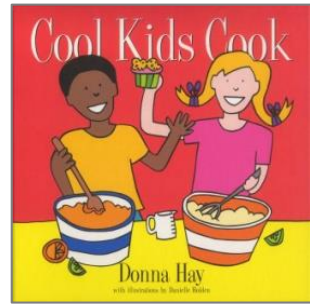
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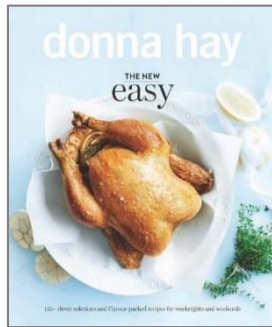
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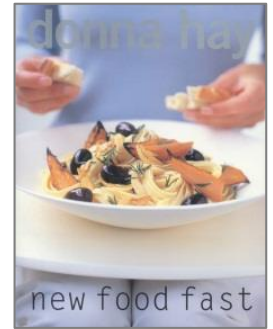
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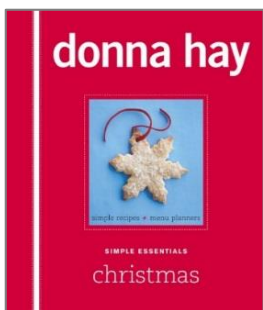
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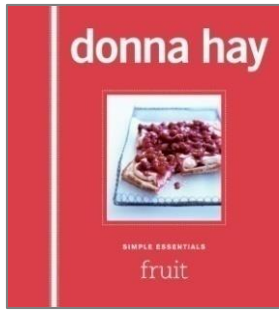
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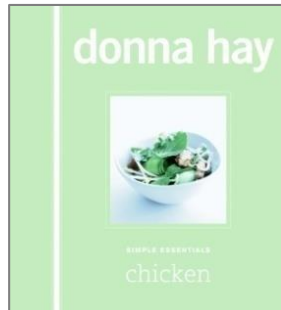
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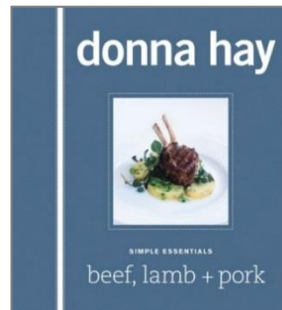
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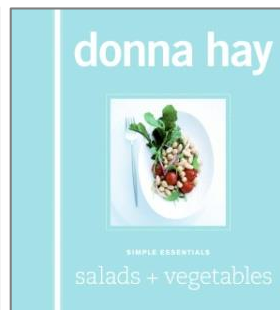
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