

Dining Out Companion

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Eating out with friends or family can be one of life s greatest pleasures, even when you re trying to lose weight. On the pages of the Dining Out Companion you

To complement Herbal Magic's Guide to Dining Out, the accompanying Companion Restaurant Guide is a straightforward catalogue of the best restaurant meal options,

Across the table, my dining companion also picked one of the handmade pizzas, which boasted pepperoni, prosciutto di Parma, mozzarella, onion, bresaola and peppers (PS11).

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