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ABOUT THE AUTHOR. Liz Vaccariello is the editor-in-chief and chief content officer of Reader's Digest, 400 Calorie Fix Cookbook: 400 All-New, Simply Satisfying Meals.

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Liz Vaccariello is the editor-in-chief and chief content officer of Reader's Digest, one of the world's largest media brands, with 26 million readers.

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