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About Judy Ala Carte. Having grown up in the restaurant business in Ventura, CA, The Guiltless Gourmet Goes Ethnic, 1990 - Diabetes Center International;

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Judy Gilliard is the author of Fast and Fabulous (2.50 avg rating, 2 ratings, 1 review, published 2005), The Guiltless Gourmet Goes Ethnic (5.00 avg rati

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