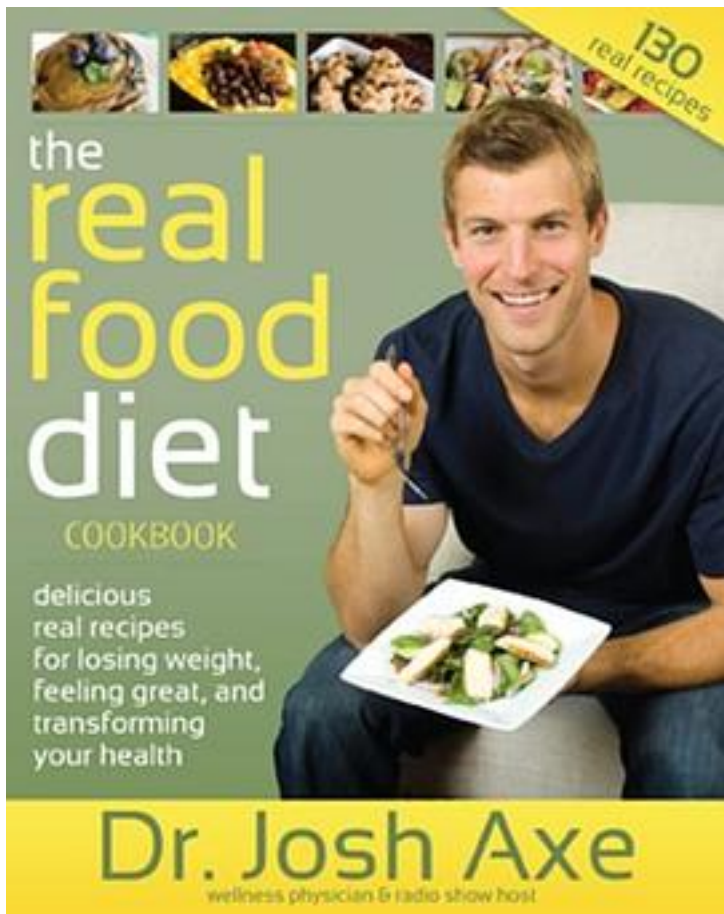


The Real Food Diet Cookbook



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著者:Axe, Dr Josh

出版者:

出版时间:2009-1

装帧:

isbn:9780615386669

"The Real Food Diet Cookbook" includes delicious real recipes for losing weight, feeling great, and transforming your health! This cookbook contains recipes with three things in mind: you love food; you are busy; and, you want to feel better and look better. The author loves food too. He used to be just like you. He thought eating healthy meant

you had to eat sticks and grass, but he found that eating real, natural foods and using proper preparation can make food taste amazing. This book is filled with short, easy recipes that taste amazing and will make you feel better. You are going to lose weight and feel great.

作者介绍:

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