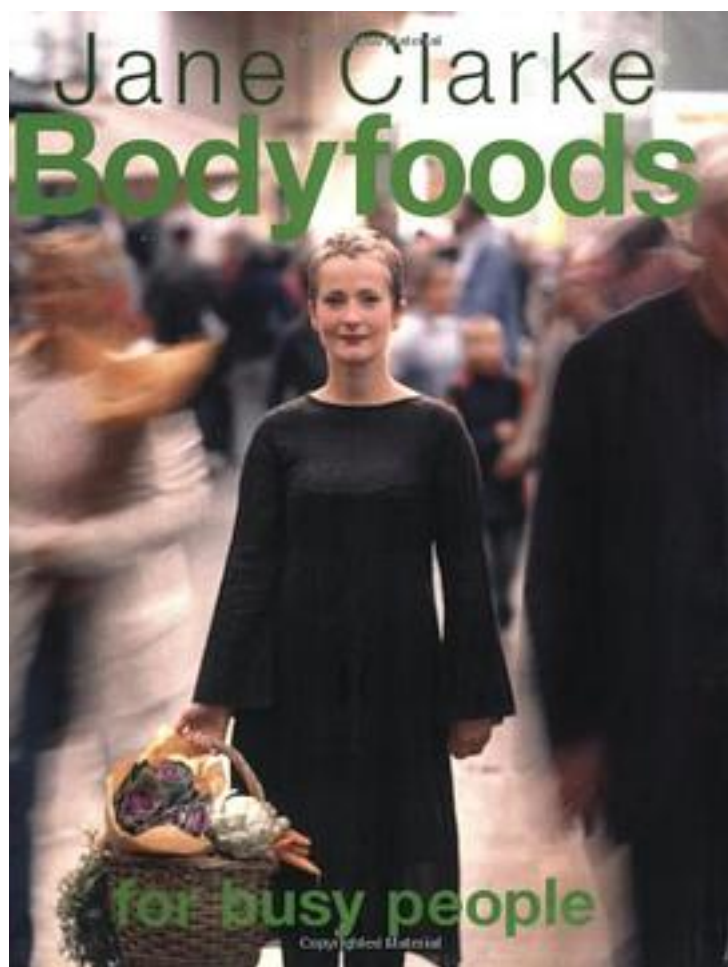


Bodyfoods for Busy People



[Bodyfoods for Busy People_下载链接1](#)

著者:Clarke, Jane

出版者:Independent Pub Group

出版时间:

装帧:Pap

isbn:9781590131343

Aiming to show how even those with the most hectic lifestyle can eat foods that will nurture and energize them, this innovative guide to eating right offers suggestions for

all modern life's most common ills: from hangovers to jet lag. With 100 recipes and ideas, it shows how to get the nutrients the body needs to feel truly alive and juggle life and the demands of it.

作者介绍:

目录:

[Bodyfoods for Busy People_ 下载链接1](#)

标签

评论

[Bodyfoods for Busy People_ 下载链接1](#)

书评

[Bodyfoods for Busy People_ 下载链接1](#)