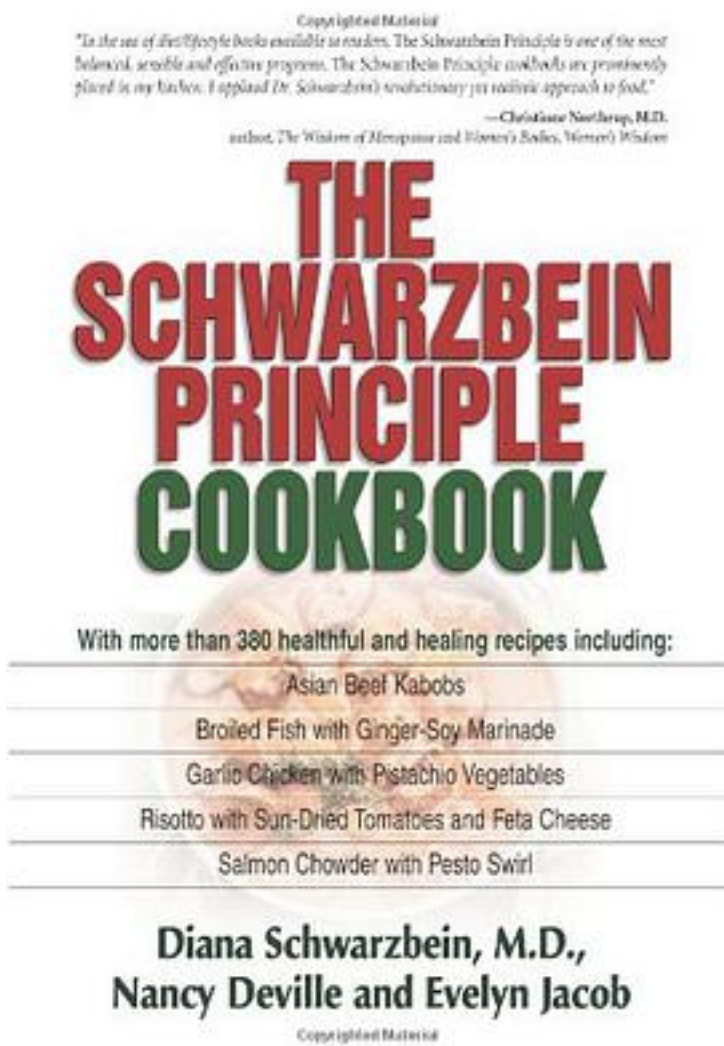


The Schwarzbein Principle Cookbook



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Dr. Schwarzbein teams up with acclaimed professional chef Evelyn Jacob to whip up 300 delicious, healing recipes that prove that eating the Schwarzbein way doesn't have to be difficult, boring or fat-free With easy-to-follow directions, tips and comprehensive nutritional breakdowns, the book offers healthy entrees and accompaniments for any meal, with delicacies like: breakfast burritos, mushroom-gorgonzola omelettes with walnuts, chicken sate with peanut sauce, crustless quiche, hot artichoke cheese dip, pecan-baked brie, lobster bisque, Asian shrimp, mint pesto chicken, beef stroganoff, Thai basil beef, barbecued spareribs and kielbasa with sauerkraut.

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