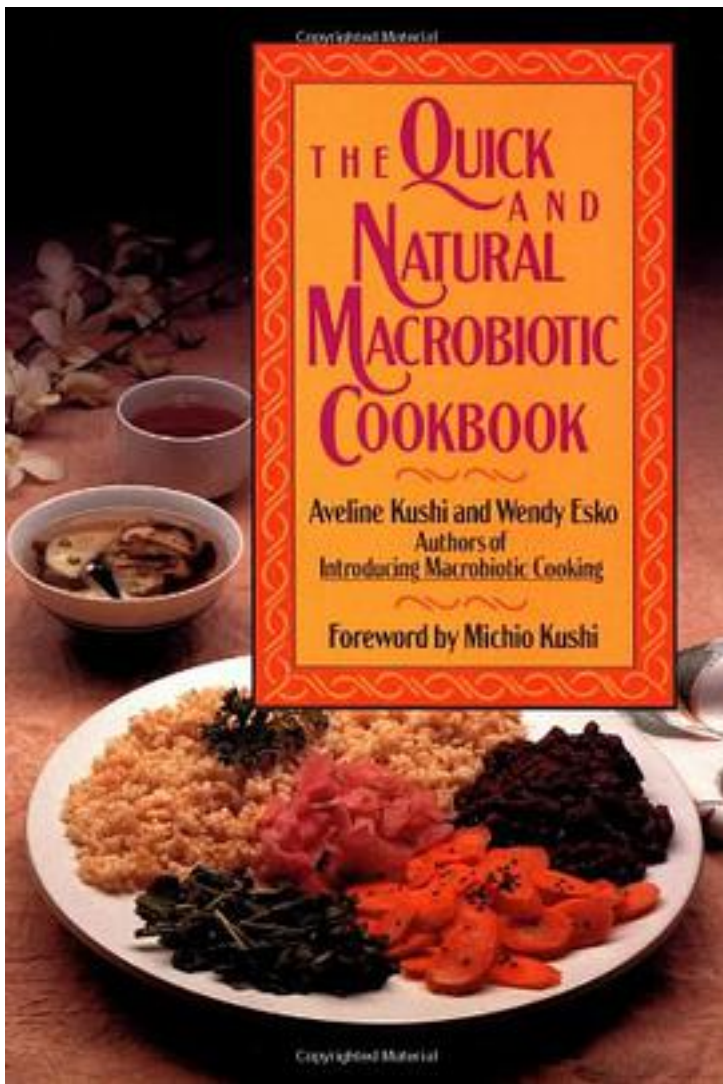


The Quick and Natural Macrobiotic Cookbook



[The Quick and Natural Macrobiotic Cookbook_下载链接1](#)

著者:Kushi, Aveline/ Esko, Wendy

出版者:McGraw-Hill

出版时间:1989-4

装帧:Pap

isbn:9780809244362

""Anyone watching his or her weight can profit by using these 150 recipes and 30 menus.... Foodstuffs blend old and new tastes, ...each recipe includes nutritional and exchange information.""

作者介绍:

目录:

[The Quick and Natural Macrobiotic Cookbook_ 下载链接1](#)

标签

评论

[The Quick and Natural Macrobiotic Cookbook_ 下载链接1](#)

书评

[The Quick and Natural Macrobiotic Cookbook_ 下载链接1](#)