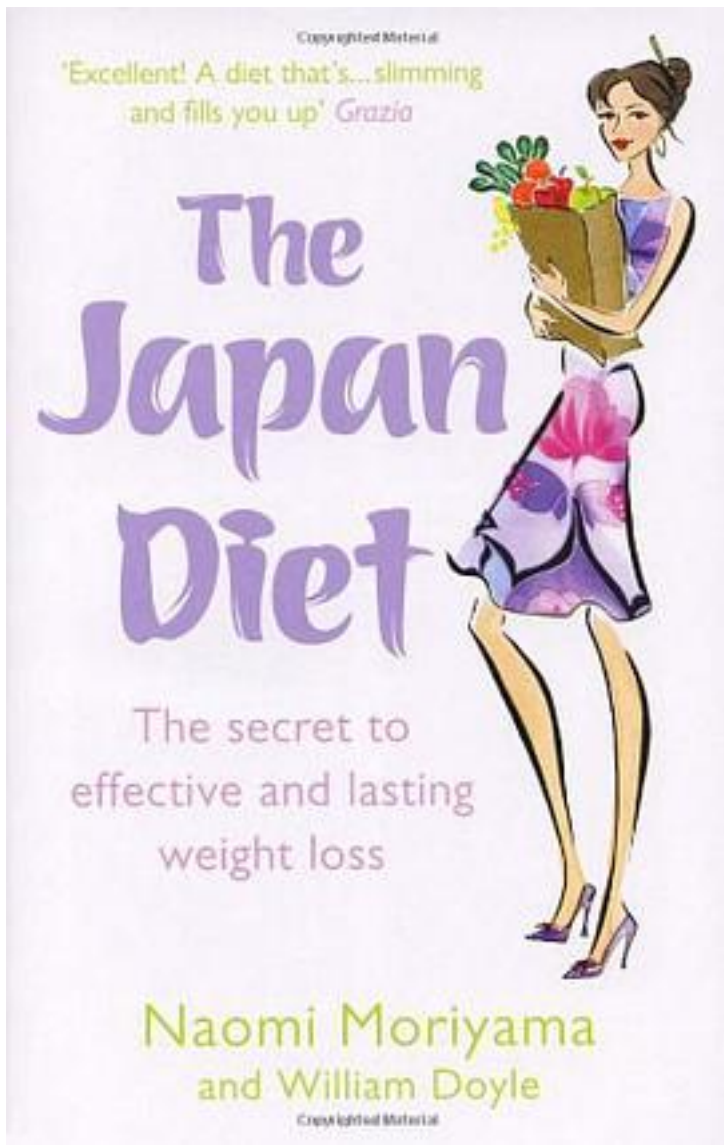


The Japan Diet



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Raised in Tokyo, author Naomi Moriyama first travelled to the West as a college student, and promptly gained 25 pounds eating a typical Western diet. Returning home for the holidays, she found that the weight melted off as she reverted to the healthy diet of her homeland. The experience inspired her first book Japanese Women Don't Get Old or Fat . Healthy and effective, The Japan Diet is based on the traditional Japanese style of eating and is filled with over 40 simple, delicious recipes: satisfying soups, fresh vegetables, delicate grilled fish; mouthwatering meals that will keep you satisfied for longer. And with a 7-day Healthy Eating Plan built on the foundations of the Japanese diet, but based on ready meals, takeaway foods and convenience items from supermarkets, this book is also ideal for those dieters without the time to cook. With clear, practical advice and handy shortcuts, this diet offers a fresh and easy approach to a healthier, slimmer lifestyle.

作者介绍:

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