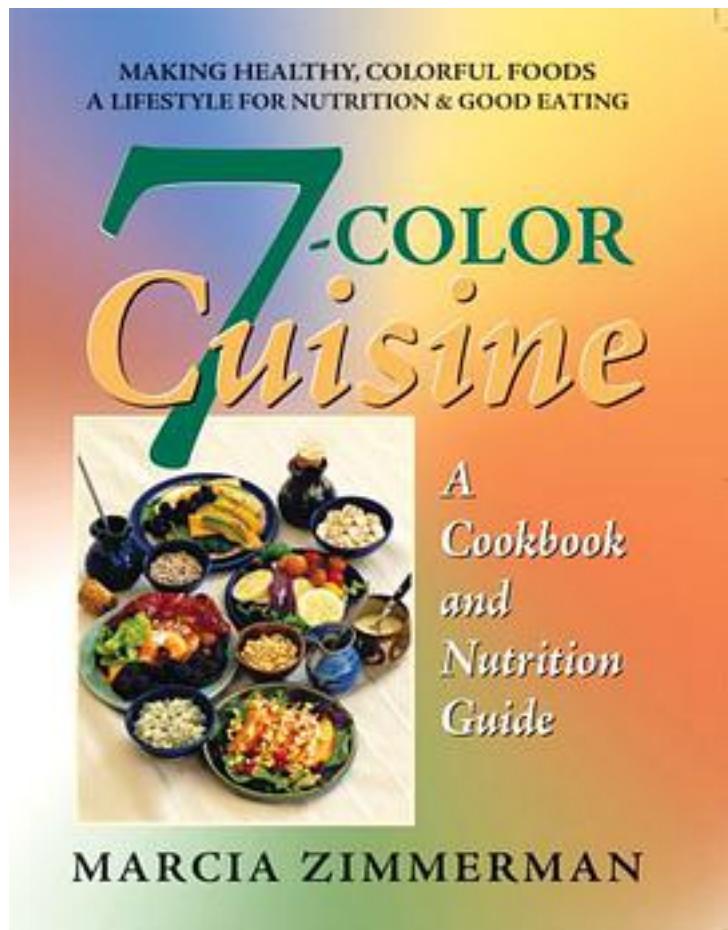


# 7 Color Cuisine



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This book's simple four-step system will help you plan menus, shop for top-quality ingredients, and prepare and savor beautiful, healthful meals. It's like having a personal nutritional coach in your kitchen, and it's as easy as counting your colors. An

easy-to-follow, flexible color-based plan guides you to food selections that taste great and help you look and feel your best. With more than 25 beautiful full-color photos and an extensive product resource list.

作者介绍:

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