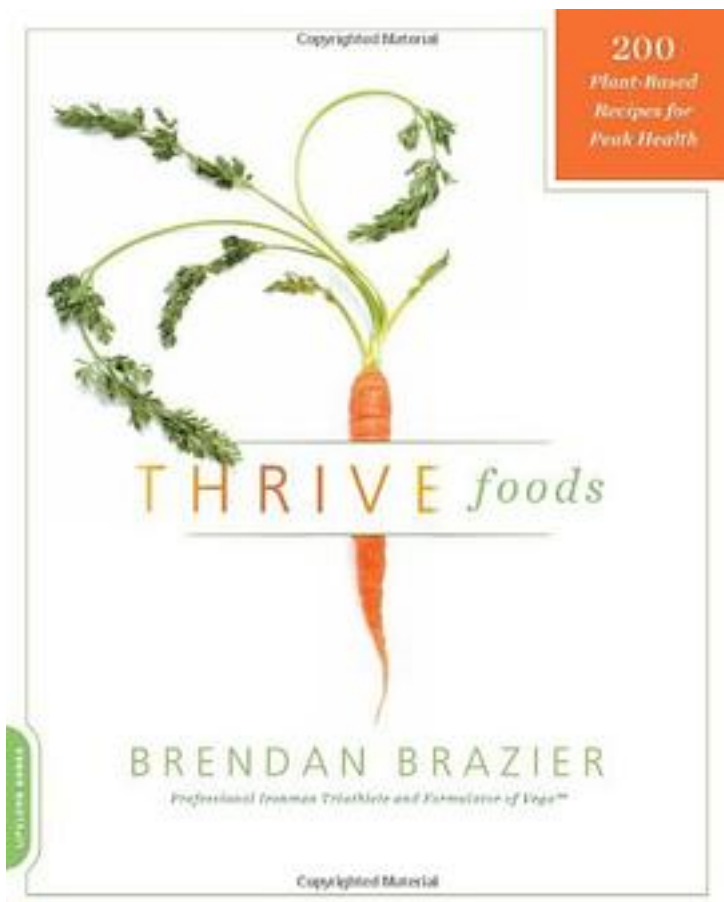


Thrive Foods



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著者:Brazier, Brendan

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Focusing on an environmentally friendly diet, Brendan Brazier's new book builds on the stress-reducing, health-boosting nutritional philosophy introduced in Thrive. Finding creative ways to use basic ingredients such as kale, blueberries, and wild rice, Thrive Foods recipes are plant-based and nutritionally complete. They utilize the power of

superfoods such as maca, chia, hemp, and chlorella and avoid ingredients like wheat, yeast, gluten, soy, dairy, and corn. If you're looking for sustainable energy, high-quality sleep, physical strength, and mental sharpness to meet modern-day demands, Thrive Foods is your go-to recipe source.

作者介绍:

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