



Whole Foods Diet Cookbook: 200 Recipes for Optimal Health

Andrew Larson, Ivy Larson

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THE WHOLE FOODS DIET COOKBOOK

183 Recipes for a Slim Waist and Optimal Health

FOR PEOPLE WHO ARE TIRED of counting calories, carbs, fats, and points, this book makes nutrition count instead. Whole foods are nutrient-rich foods-those foods that offer a complete balance in nutritional value while in their natural, unrefined, unprocessed state. They are high in antioxidants, phytochemicals, and essential fats and oils, and low in saturated fats and sugar.

Whole Foods Diet Cookbook includes chapters to educate the reader, and plenty of delicious menus for every occasion. It provides a three-prong culinary approach to healthy living, weight loss, and disease and illness prevention.

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