

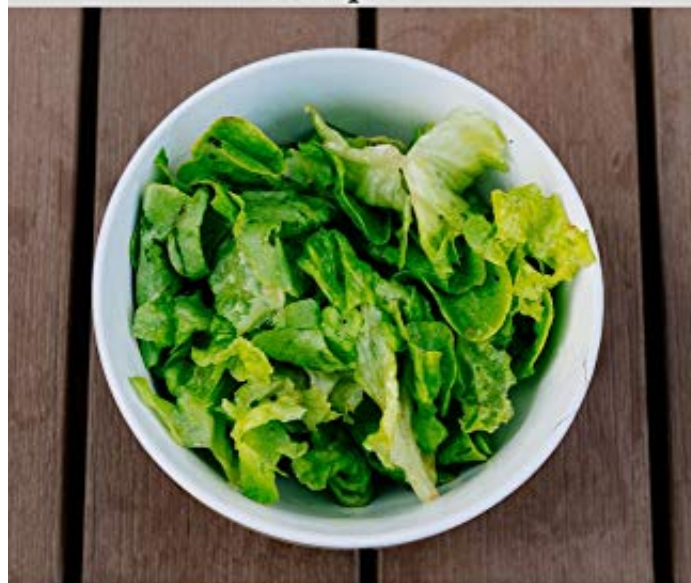
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Macrobiotic Cookbook: 100+ Lunch, Dinner, Breakfast, Easy Paleo And Quick Macrobiotic Recipes

by
David Bilton

MACROBIOTIC COOKBOOK

100+ Lunch, Dinner, Breakfast,
Easy Paleo And Quick Macrobiotic
Recipes



DEE WILLIAMS



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Synopsis

It's not about eating less! It's about eating right. Forget about starvation diets, unrealistic cleanses or going hungry. You can restore balance, create vibrant health, lose weight and prevent many diseases just by eating more macrobiotic & plant-based. The solution is simple - you need to focus on clean macrobiotic foods. With this book, you can do it in an easy, doable, stress-free, uncomplicated jargon-free way. You will learn how to create delicious macrobiotic meals, so that you can fuel your body and mind the way they deserve.

Sort review

About the Author David Bilton is a retired teacher who spends his time looking after his family, working as a University lecturer and researching the Great War. He is the prolific author of numerous books about the British Army, the Home Front and the German Army. His first book, *The Hull Pals*, became the BBC 2 series *The Trench*. Since he started writing he has contributed to many television and radio programmes. His interest in the Great War was ignited by his grandfather's refusal to talk about his experiences in Gallipoli and on the Western Front.

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The book by David Bilton has a rating of 5 out of 4.2. 12 people have provided feedback.

Cover Beginning

Book Information

Language: English

File size: 1256 KB

Simultaneous device usage: Unlimited

Text-to-Speech: Not enabled

Screen Reader: Supported

Enhanced typesetting: Not Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Print length: 152 pages

Lending: Enabled

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