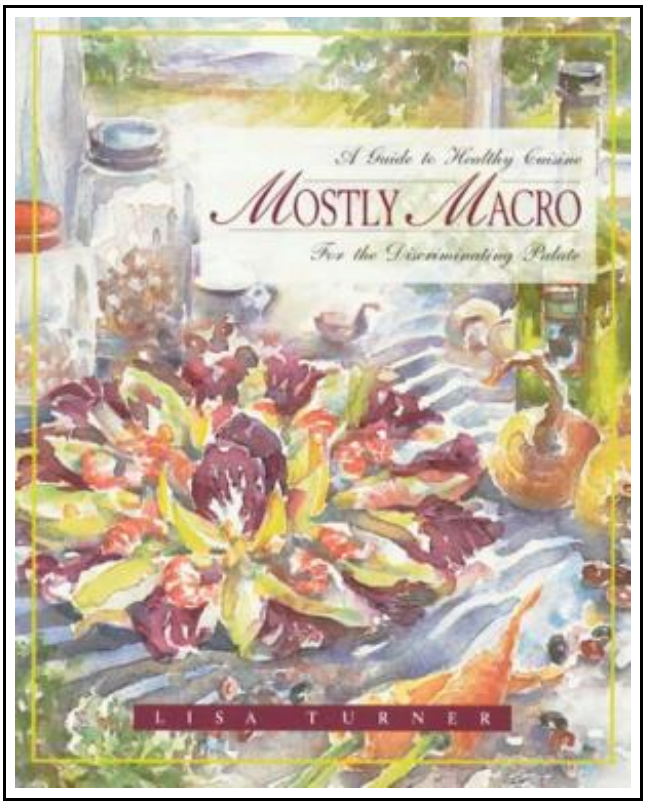
Mostly Macro: A Guide to Healthy Cuisine for the Discriminating Palate



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(Bell Pacocha)

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Healing Arts Press. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 9.8in. x 7.9in. x 0.7in.Healthy food doesnt have to be boring! In this cookbook, Lisa Turner adapts macrobiotic principles to the way we cook today, and turns healthy eating into a sensory delight. From Shrimp with Cilantro Walnut Pesto to Berry Peach Tart, you will find a wealth of creative recipes for every course of a mostly macro meal. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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