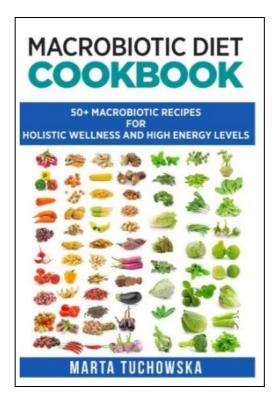
# Macrobiotic Diet Cookbook: 50 Macrobiotic Recipes for Holistic Wellness and High Energy Levels (Paperback)



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(Pinkie O'Hara)

## MACROBIOTIC DIET COOKBOOK: 50 MACROBIOTIC RECIPES FOR HOLISTIC WELLNESS AND HIGH ENERGY LEVELS (PAPERBACK)



Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Macrobiotic Diet Lifestyle Made Easy, Exciting and Fun! Supercharge your body and mind with macrobiotic nutrients. Give yourself the energy you deserve + (if desired) start losing weight in a healthy, balanced way! 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. Here Is a Preview of What You Il Learn from Macrobiotic Diet Cookbook -The best Macrobiotic Diet foods to restore vibrant health -What do avoid on the macrobiotic diet -What to eat to have more energy -Easy Macrobiotic Diet Lifestyle guidelines that everyone can easily understand and apply + Over 50 delicious and nutritious Macrobiotic Diet Recipes to Refresh Your Body and Mind including: Vegan Burgers with Macrobiotic Dip Brown Rice Hazelnut Balls Apricot Mousse Aduki Bean Truffles Blueberry Delight Mini Cranberry Tarts Vegan Meat Balls Broccoli Rice Refreshing Summer Leek Soup Macrobiotic Smoothie Kukicha Tea Energy! Green Adzuki Salad Simple and Quick Macrobiotic Basmati Rice Energy Restoring Carrot Juice Cucumber Style Sushi Green Macrobiotic Easy Smoothie Alkaline Macrobiotic Tofu Mix Macrobiotic Green Alkaline Springtime Salad + many many more! The macrobiotic way is the answer to sleeping better, rebalancing your hormones, preventing diseases, clearing your skin, reducing allergies, and feeling energized. You can do this through the power...

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