

My Whole Food Philosophy - Martyna Phd Candrick

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My Whole Food Philosophy How to make the change from junk food to whole food without giving up your favourites. 29 delicious recipes for transforming classic junk food dishes into nutritious meals. Think spring rolls, burgers, fish and chips, muffins and yes, sugary drinks too. Plus tips and hints for stocking a wholefood pantry and fridge, ingredient spotlights and allergy-friendly substitute suggestions. Author: Candrick, Martyna PhD Publisher: eBookIt.com Illustration: N Language: ENG Title: My Whole Food Philosophy Pages: 00071 (Unencrypted EPUB) On Sale: 2013-02-21 SKU-13/ISBN: 9781456609504 Category: Cooking : Courses & Dishes - General Category: Cooking : Health & Healing - Weight Control Category: Cooking : Health & Healing - Allergy

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