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Whole Food: Eating Good Food the Natural Way (Paperback)

By Gavin Pitt, Rachael Thomson

Balboa Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Whole Food idea is to entice you to plan your menu, stock your cupboard, and remove any doubts you might have about using complete and unrefined ingredients. By extending your diet you will learn to appreciate more enjoyable and satisfying meals. Endorsements: I have witnessed Gavin s recipes feed, surprise, delight, educate, nourish, and fulfil groups of people for the past several years.They all say it s true, Everyone needs Gavin in their kitchen .GREG NEVILLE ND Naturopath and Co-Founder of the Anti Depression Institute of Victoria Written for everyone, this recipe book draws from a rich palate of whole ingredients to teach you the benefits of eating seasonally and locally; each recipe will enhance your mind, body, and soul. Welcome to the relationship between cooking, health, and nourishment.DALE CHAPMAN Chef and Founder of The Dilly Bag Authentic Aboriginal Bush Tucker, member Slow Food Noosa Restaurant and Catering Queensland, as the peak industry body for food service businesses, recognise that there is great value to consumers in a resource like this that highlights and showcases the abundance of dining options that are available in the Sunshine State. Queensland offers an...



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