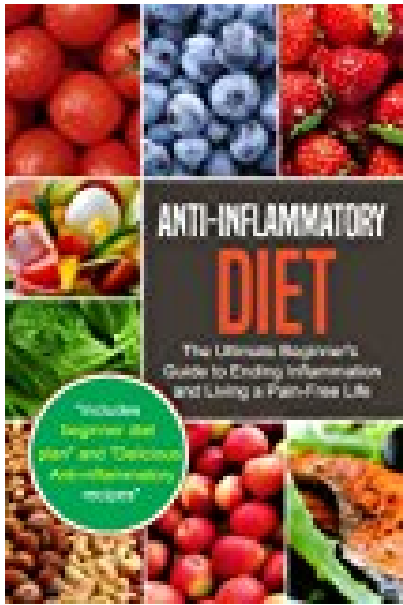


Anti-Inflammatory Diet The Ultimate Beginners Guide to Ending Inflammation and Living a Pain-Free Life



BOOK DETAILS

- Author : Dexter Jackson
- Pages : 90 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1542815223

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BOOK SYNOPSIS

The #1 bestseller that presents seasonal, sustainable, and delicious recipes from Dr. Andrew Weils popular True Food Kitchen restaurants. When Andrew Weil and Sam Fox opened True Food Kitchen, they did so with a two-fold mission: every dish served must not only be delicious but must also promote the diners well-being. TRUE FOOD supports this mission with freshly imagined recipes that are both inviting and easy to make. Showcasing fresh, high-quality ingredients and simple preparations with robust, satisfying flavors, the book includes more than 125 original recipes from Dr. Weil and chef Michael Stebner, including Spring Salad with Aged Provolone, Curried Cauliflower Soup, Corn-Ricotta Ravioli, Spicy Shrimp and Asian Noodles, Bison Umami Burgers, Chocolate Icebox Tart, and Pomegranate Martini. Peppered throughout are essays on topics ranging from farmers markets to proper proportions to the benefits of an anti-inflammatory diet. TRUE FOOD offers home cooks of all levels the chance to transform meals into satisfying, wholesome fare.

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