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The Healthiest Diet in the World/ A Cookbook & Mentor ...

It's a cookbook, it's a nutrition mentor, it's a whole-foods guide, it's The Healthiest Diet in the World by Nikki and David Goldbeck, authors of The Supermarket Handbook and The Goldbecks' Guide to Good Food. The title promises a lot, and to a large extent delivers, going beyond ordinary cookbooks and providing an overall diet plan based on nutrition research and the authors' personal experiences.

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The Healthiest Diet in the World A Cookbook Mentor Dutton ...

The Healthiest Diet in the World/ A Cookbook Mentor - Dutton Author: Nikki Goldbeck , David Goldbeck The million-selling authors of The Supermarket Handbook and American Wholefoods Cuisine are again breaking new ground.

The healthiest diet in the world : a cookbook and mentor ...

The healthiest diet in the world : a cookbook and mentor by Goldbeck, Nikki; Goldbeck, David

The Healthiest Diet in the World: A Cookbook and Mentor by ...

This book introduces the Goldbecks' eight Golden Guidelines - developed out of two decades of workshops, nutrition counseling, and research - which are the key to "the healthiest diet in the world." The Goldbecks become your personal mentors, guiding you step-by-step to a comprehensive style of ...

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