

Weimar Institutes **NEWSTART®** Lifestyle Cookbook More Than 260 Heart-Healthy Recipes Featuring Whole Plant Foods



BOOK DETAILS

- Author : Frances Piper de Vries
- Pages : 230 Pages
- Publisher : Thomas Nelson
- Language : English
- ISBN : 0785271406

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BOOK SYNOPSIS

* Proving that healthy food does not have to be bland, these tasty vegetarian recipes have been medically tested to help people with heart disease, diabetes, arthritis, and other illnesses.* Attractive four-color presentation of recipes and nutrition information.* Helpful hints on menu planning and food combinations, in addition to an introduction to the Newstart RM Diet.

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