



Pure and Real Recipe Guide: A 10 Day Vegetarian Food Plan (Paperback)

By MR Philip Bridgeman

Wisdom for Health, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Pure and Real Recipe Guide is a 10 day vegetarian (and vegan) healthy eating plan. You eat only pure nutritional food grown fresh from God's Garden; to gain energy, vitality, weight loss and to detox your body. This Real Recipe Guide is designed to compliment Philips Award winning and Bestselling book series based on Daniels Dietary Plan This Recipe Book gives you step-by-step instructions for creating vegetarian dishes - recipes so delicious that even fussy eaters will enjoy! All the foods are found naturally in God's garden and include the colors of the rainbow to ensure full nutritional value. All Gluten, Dairy, Chemical and Wheat Free 10 easy-to-make breakfast recipes 10 morning and afternoon teas 10 Lunches 10 dinners This food plan is far and away the best and cleanest diet I have ever tried , (Vicki).



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