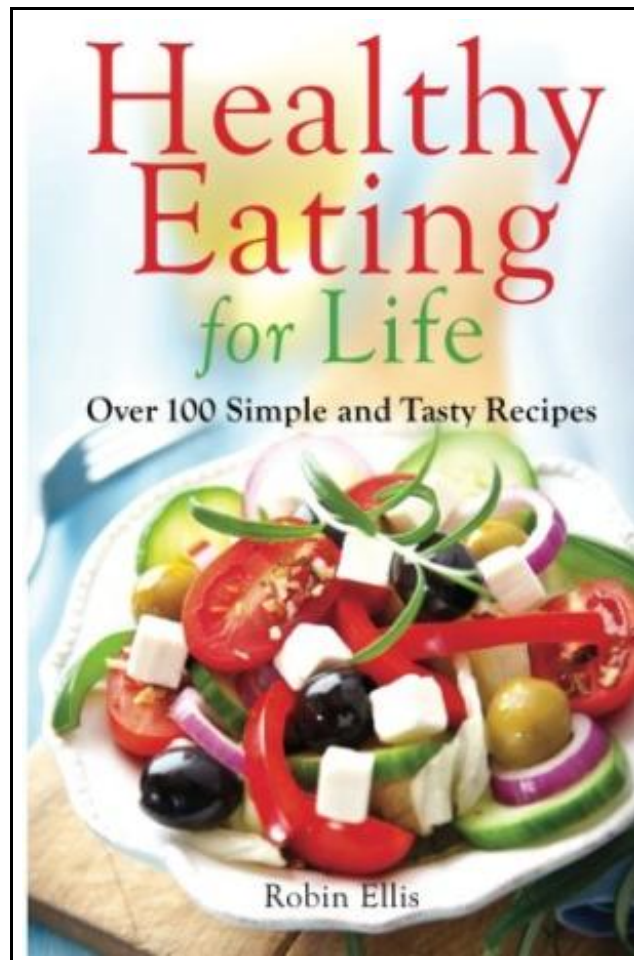


## Healthy Eating for Life Over 100 Simple and Tasty Recipes



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### ***Reviews***

*This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.*

***(Juliet Mertz)***

## HEALTHY EATING FOR LIFE OVER 100 SIMPLE AND TASTY RECIPES



Palo Alto Publishing. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.0in. x 5.2in. x 0.6in. British actor Robin Ellis, best known as the dashing Captain Poldark in the Masterpiece Theater BBC mini-series has written his second cookbook based on Mediterranean cuisine. The book is *Healthy Eating for Life*. Robin has lived in southwestern France with his American wife for 25 years, near the beautiful hilltop village of Lautrec, famous for its pink garlic festival. He is known in local open-air food markets as the Anglais who cooks. Fans come from around the world, including the USA, to attend his bi-annual cooking workshops. His accent is on food that is healthy, while also delicious and uncomplicated. Recipes are easy to follow and suitable for everyone seeking optimal health. Robin's goal is to inspire people to cook. Diagnosed with Type 2 diabetes in his late-fifties, Robin began researching how to alter his lifestyle to keep his condition under control without medication. His mother suffered from Type 1 diabetes, so he took his own diagnosis seriously. By adjusting recipe ingredients and cooking methods, plus adding exercise to his day, he avoided medication for six years without sacrificing a foodie's enjoyment of delicious meals-- with a regular glass of red wine! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in. Are aliens from other planets visiting Earth? Read these amazing stories of alien encounters -- and make up your own mind!...

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### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy, a guy who taught me a lot over the years and who...

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Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

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B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, we all heard the story of Jonah and the Whale a hundred times. But have we...

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### **The Secret Life of Trees DK READERS**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. This Level 2 book is perfect for children who are beginning to read alone. Why do trees lose their leaves in...

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