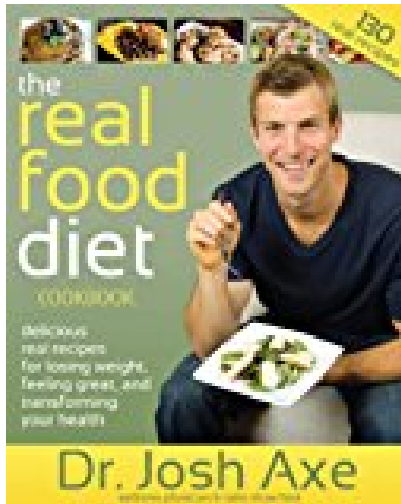


Real Food Diet Cookbook



BOOK DETAILS

- Author : Dr. Josh Axe
- Pages : 230 Pages
- Publisher : Exodus Health Center
- Language : English
- ISBN : 0615386660

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BOOK SYNOPSIS

The Real Food Diet Cookbook combines the power of advanced nutrition with delicious real recipes for losing weight, feeling great, and transforming your health! This cookbook contains recipes with three things in mind: you love food, you're busy, and you want to look and feel better. Dr. Josh Axe loves food too, and he used to be just like you. He thought eating healthy meant eating sticks and grass, but he found that eating real, natural foods and using proper preparation can make food taste amazing. This book is filled with short, easy recipes that taste incredible and make you feel better. You're going to lose weight and feel great following these simple recipes.

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