



THE HEALTHY
✦ *GOURMET* ✦

A COOKBOOK OF
CULINARY DISCOVERIES
✦ FOR A LONGER LIFE ✦

PATRICIA HAUSMAN AND
JUDITH BENN HURLEY

Healthy Gourmet Intl Cookbook

Hamo B. Vassilian



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The Healthy Gourmet International Cookbook Barbara Bassett,1982 **Ethnic Cuisines** Hamo B. Vassilian,1996 A cookbook bibliography of over 50 nations and cultures It contains 1 309 titles and cover images of 300 cookbooks **Food for Life** Neal Barnard, MD,2011-02-23 Citing overwhelming medical evidence previously downplayed by powerful lobby groups Dr Barnard reveals why a diet based on the new four food groups grains legumes vegetables and fruits will sharply decrease the risk of cancer and heart disease and dramatically increase life expectancy He also unveils a 21 day program for a smooth transition to the new way of eating healthfully Line drawings **International Books in Print** ,1997 Adult Catalog: Subjects Los Angeles County Public Library,1970 The Hamptons Health Spa Diet Cookbook Florence Kulick,Florence Matthews,1983 Based upon a weight loss cuisine developed by the authors for a noted resort health spa in the Hamptons the book s nutritional concept is a low fat low sugar low cholesterol low salt diet featuring international gourmet dishes designed to make weight loss pleasurable permanent The book contains 250 gourmet recipes numerous menu plans **The British Library General Catalogue of Printed Books, 1986 to 1987** British Library,1988 The Cumulative Book Index ,1999 **Vegetarian Times** ,1996-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Vegetarian Times* ,1991-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **English Language Cookbooks, 1600-1973** Lavonne B. Axford,1976 **Vegetarian Times** ,1996-09 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Food Arts** ,1994 **The Food Professional's Guide** ,1990 **Subject Guide to Books in Print** ,2001 Vegetarian Times ,1991-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Kaapse bibliotekaris** ,1986 Issues for Nov 1957 include section Accessions Aanwinste Sept 1957 also published separately Bon Appétit ,1996-03

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