



Mostly Macro: A Guide to Healthy Cuisine for the Discriminating Palate

Lisa Turner

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Healthy food doesn't have to be boring! In this cookbook, Lisa Turner adapts macrobiotic principles to the way we cook today, and turns healthy eating into a sensory delight. From *Shrimp with Cilantro Walnut Pesto* to *Berry Peach Tart*, you will find a wealth of creative recipes for every course of a "mostly macro" meal.

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