

Food Combining for Vegetarians: Over 150 Delicious Recipes for Every Occasion

Jackie Le Tissier



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Food Combining for Vegetarians: Over 150 Delicious Recipes for Every Occasion Jackie Le Tissier Food combining - the Hay system - offers a wonderful way of eating for health. Now the Hay system has been adapted especially for vegetarians. This book contains exciting vegetarian menus, over 150 recipes and serving suggestions, showing how easy it is to put food combining into practice.



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