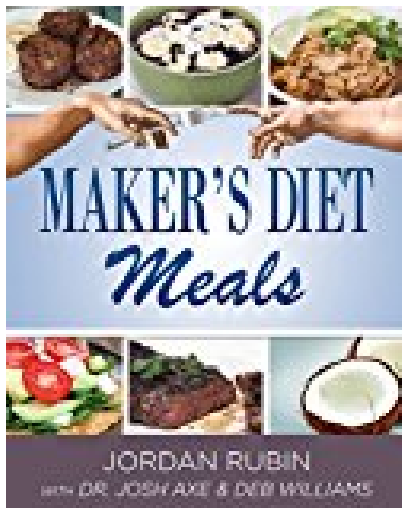


# Makers Diet Meals Biblically-Inspired Delicious and Nutritious Recipes for the Entire Family

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## BOOK DETAILS

- Author : Jordan Rubin
- Pages : 240 Pages
- Publisher : Destiny Image
- Language : English
- ISBN : 0768442311

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## **BOOK SYNOPSIS**

How would you like to feed your family a delicious biblically inspired, beyond organic diet each and every day? Makers Diet Meals will give you a step by step guide to creating 150 mouth-watering breakfasts, lunches, dinners, snacks, smoothies and desserts to help you lose weight and feel great. Combining the bible's ancient wisdom with the best of modern science, Makers Diet Meals unveils an eating plan that can help you shed unwanted pounds, while cleansing and detoxifying your body. More than just a cookbook, Makers Diet Meals will teach you the health secrets of the bible and introduce you to an ancient way of eating that is gaining the attention of modern science.

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