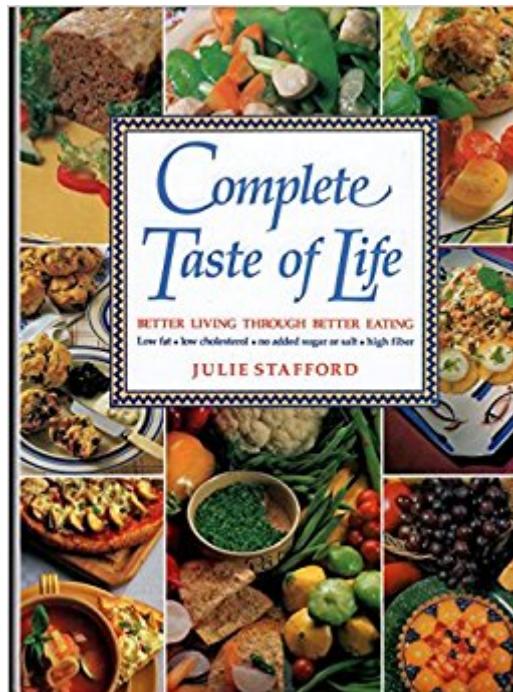


The book was found

Complete Taste Of Life



Synopsis

Book by Stafford, Julie

Book Information

Hardcover

Publisher: Tuttle Publishing (May 15, 1993)

Language: English

ISBN-10: 0804818436

ISBN-13: 978-0804818438

Product Dimensions: 1.2 x 8.8 x 12 inches

Shipping Weight: 4 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #222,256 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Nutrition > Fiber #56 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #261 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

After Stafford's (Julie Stafford's Low Cholesterol Cookbook) husband developed cancer of the lymphatic system a decade or so ago, she and the family went through some changes: they decided to seek out high-fiber foods, whole grains, vegetables, brown rice, fish and fruit, and to do without the demons of contemporary eating--the fried, the rich, the fatty, the sweet. Perhaps in part as a result, says Stafford, her husband's health improved, and no one else's suffered. The Australian former sheep farmer and restaurateur here brings us some of the recipes that have helped her, as well as general thoughts on what else can serve well-being (e.g., exercise; avoiding cigarette smoking). Though originally published in Australia, the book includes standard American measurements and a glossary useful to Americans, and is more than accessible to us. Its large format and open, spacious design accommodate serious browsing, as do full-page, full-color photographs. But it's the recipes that will keep you going: from lavish salads to "energy biscuits" (including dried fruits and untoasted muesli) and hearty soups. Copyright 1993 Reed Business Information, Inc.

[Download to continue reading...](#)

Can I Taste It Forever: The Complete Series (Can I Taste It? Book 3) Portuguese Cookbook: 25 Delicious Portuguese Recipes to Get the Taste of Portugal - Enjoy the Authentic Taste of

Portuguese Dishes Damascus Taste of a City: Taste of a City (Armchair Traveller) Complete Taste of Life The Complete Quick & Hearty Diabetic Cookbook: More Than 200 Fast, Low-Fat Recipes with Old-Fashioned Good Taste The Complete Spanish Cookbook: Explore the true taste of Spain in over 150 fabulous recipes shown step by step in over 700 vibrant photographs Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully A Taste of the Past: The Daily Life and Cooking of a Nineteenth-Century Hungarian-Jewish Homemaker LuLu's Kitchen: A Taste of the Gulf Coast Good Life The Sira: The Life of Mohammed (A Taste of Islam Book 2) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) The Gothic Revival and American Church Architecture: An Episode in Taste, 1840-1856 The Inspiration of the Past: Country House Taste in the Twentieth Century Broken Chords (A Taste of Love Series Book 1) A Taste for Brown Bodies: Gay Modernity and Cosmopolitan Desire (Sexual Cultures) kate spade new york: all in good taste Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living Celine Dion's Let's Talk About Love: A Journey to the End of Taste (33 1/3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)