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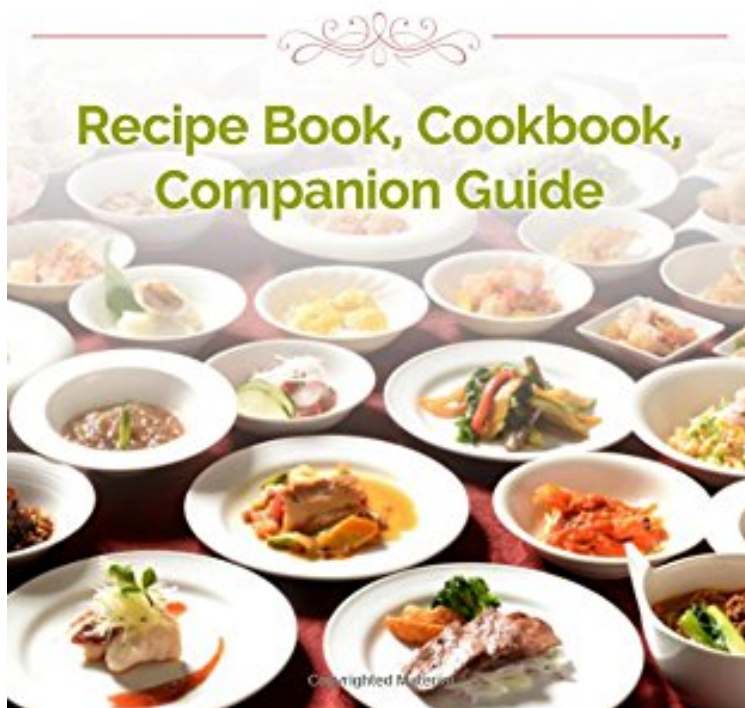
## Okinawa Diet: Recipe Book, Cookbook, Companion Guide (Longer Living, Healthy Living, Clean Eating)

Wade Migan

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The original book, "Okinawa Diet" by Wade Migan, was written to give you all the information you need before starting the Okinawa diet, which is known for its tremendously positive effect on life expectancy and vitality. This book contains recipes that follow the guidelines laid out in that book. If you already have a strong understanding of how this diet can affect your health, then you can begin here. In this book, yoursquo;ll find handy Okinawa recipes for all four of the categories: Featherweight, Lightweight, Middleweight, and Heavyweight. The recipes are perfect for those who want to slowly migrate to an Okinawa diet or even those who have been following the diet for decades. We wish you exciting days ahead with over 50 recipes to choose from in this book!