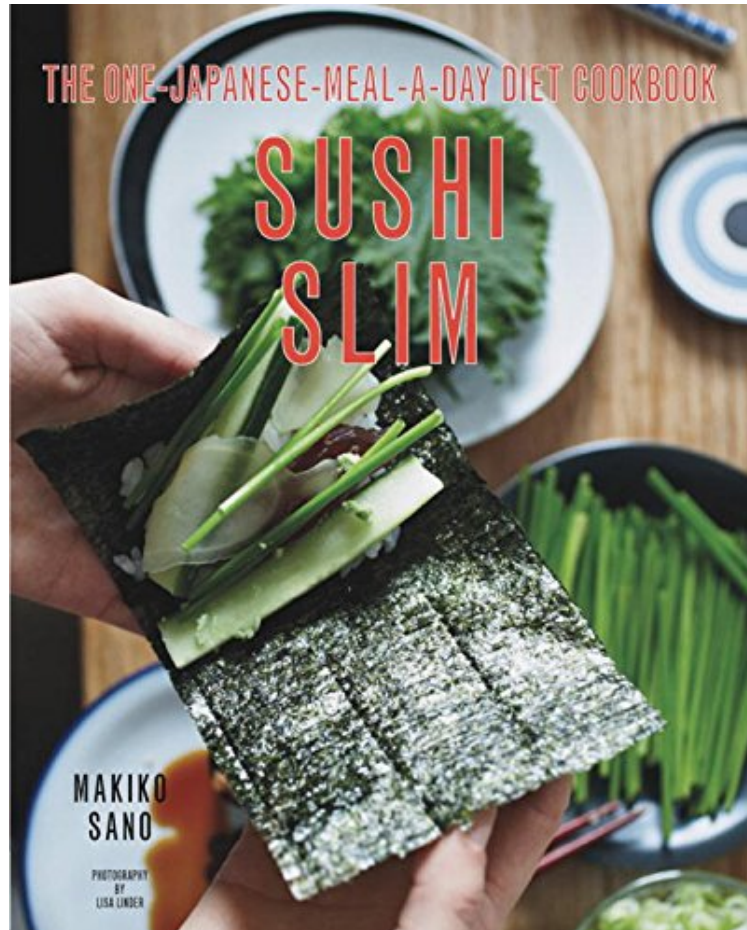


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Sushi Slim: The One-Japanese-Meal-a-Day Diet Cookbook

Makiko Sano

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#1373186 in Books 2014-04-21 Original language: English PDF # 1 9.50 x .60 x 7.60l, 1.10 #File Name: 1581572468128 pages | File size: 54.Mb

Makiko Sano : Sushi Slim: The One-Japanese-Meal-a-Day Diet Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sushi Slim: The One-Japanese-Meal-a-Day Diet Cookbook:

A feast of sushi, soups, and salads that satisfy and slim! Research shows that the Japanese diet is one of the healthiest in the world. It's balanced, slimming, and packed with superfoods and protein. Even better for Americans: Just one Japanese meal a day makes a difference. Sushi and the other Japanese recipes included in the book are light, fun, supremely tasty, and extraordinarily healthy. All use traditional ingredients such as miso, wasabi, fish, seaweed, and tea, as well as author Makiko Sano's "diamond" ingredients: Ginger is used for overall health; nori, for healthy hair; sesame seeds, for a youthful body; and vinegar, for its fat-busting properties. Foolproof directions and

gorgeous, inspiring photography make losing weight and staying healthy simple.