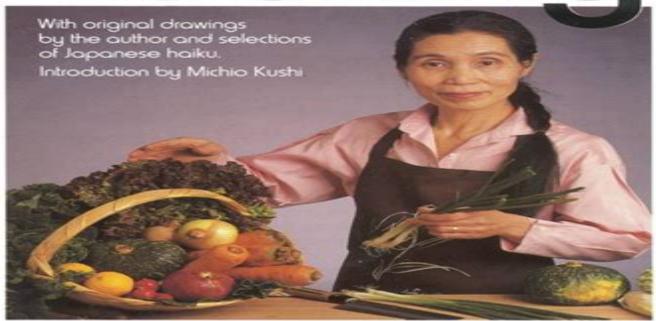
AVELINE KUSHI'S

COMPLETE GUIDE TO

Macrobiotic Cooking



FOR HEALTH, HARMONY, AND PEACE

BY AVELINE KUSHI WITH ALEX JACK



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Kushi,Wendy Esko,2003-07-28 Rooted in centuries old principles the macrobiotic diet consists of simple yet highly nutritious
foods such as whole grains vegetables and beans selected and prepared in harmony with the seasons From lightly saut ed
spring greens and sea vegetables and refreshing summer salads to harvest vegetables and hearty winter stews The Changing
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natural foods and shares healthful recipes for soups vegetables beans salads dressings seafood breads and desserts

Macrobiotic Cookbook Sussane Davis, 2020-07-07 Mayumi's Kitchen Mayumi Nishimura, 2012-12-03 In Mayumi s Kitchen Mayumi Nishimura a leading figure in the macrobiotics world and Madonna's private macrobiotic chef shares her recipes for delicious food that nourishes the body and the soul Macrobiotics is a healthy nature friendly way of life based on a diet of whole grains vegetables and beans People all over the world including many Hollywood stars have embraced a macrobiotic diet because of its health benefits including higher energy beautiful skin a tranquil mind and a greater sense of connection with the universe Mayumi's unique style of cooking is healthful intuitive and easy to stick with She draws her inspiration not only from Japanese food which she grew up eating but also from Chinese French Italian and other cuisines as well as from macrobiotic traditions Above all though she believes that enjoyment is the key to sustaining healthy eating habits and she offers more than 130 recipes for a wide variety of dishes including soups pastas brown rice grain and bean dishes even party foods and desserts The centerpiece of Mayumi s Kitchen is her ten day detox diet followed by meal planning tips and the recipes all lavishly illustrated with color photos Mayumi also explains unfamiliar techniques with step by step pictures and discusses nutritional value and energy quality A perfect introduction for beginners Mayumi s Kitchen will be welcomed by lifelong macrobiotic practitioners as well Not only are you the best chef in the world your amazing food helped me to be a happier healthier person balanced in body and mind Madonna from the Preface Mayumi makes beautiful energizing food which I have been lucky enough to enjoy many times over the years I am thrilled that now everyone can have a chance to experience the effects of her meals which are as healing and healthy as one can get Gwyneth Paltrow When people think of macrobiotics they think of healing and recovery but they rarely think of gorgeous yummy food Mayumi s Kitchen changes all that Christina Pirello Emmy Award winning host of Christina Cooks on national public television and best selling cookbook author Mayumi has long been one of my favorite chefs in the world her cooking is infused with love joy and the spirit of a true artist So it s no surprise to me that this wonderful book is as inviting as her food gorgeous friendly and

welcoming Jessica Porter author The Hip Chick's Guide to Macrobiotics In this book and its recipes Mayumi captures the beauty and spirit of macrobiotics and natural foods cuisine She has inspired many toward a healthful lifestyle and will continue to do so with this wonderful book Dr Lawrence Haruo Kushi nutritional epidemiologist With years of innovative experience Mayumi Nishimura brings food to life with a balanced sense of taste color and good nutrition The recipes and artistic photography in Mayumi's Kitchen are sure to make your mouth water and your lips quiver This is whole food kitchen inspiration at its best Verne Varona author Macrobiotics for Dummies

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