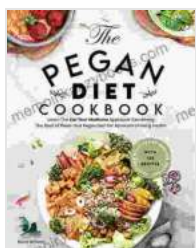


Learn The Eat Your Medicine Approach With 150 Recipes Combining The Best Of

Are you ready to make delicious and nutritious meals that can help you improve your health? The *Eat Your Medicine* approach is all about that. You can learn how to use food to prevent and treat common health problems, all while enjoying your meals.



Pegan Diet Cookbook: Learn The “Eat Your Medicine” Approach With 150 Recipes Combining The Best of Paleo And Vegan Diet For Absolute Lifelong Health. Includes Fully Vegan Recipes Options

by American Heart Association

★★★★☆ 4.4 out of 5

Language : English
File size : 7851 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 166 pages
Lending : Enabled



This book, by naturopath and nutritionist Dr. Thomas Lodi, provides you with 150 recipes that combine the best of both worlds: delicious and healthy. You'll find recipes for everything from breakfast to dinner, as well as snacks and sides. And with Dr. Lodi's guidance, you'll learn how to customize the recipes to meet your own individual needs.

The *Eat Your Medicine* approach is based on the principle that food is medicine. And when you eat a healthy diet, you're giving your body the nutrients it needs to function properly. This can help you improve your overall health, reduce your risk of chronic diseases, and even lose weight.

But eating healthy doesn't have to be boring. The *Eat Your Medicine* recipes are full of flavor and variety. You'll find recipes for:

- Breakfast: Oatmeal, yogurt, eggs, smoothies, and more
- Lunch: Salads, sandwiches, wraps, and soups
- Dinner: Chicken, fish, beef, pork, and vegetarian dishes
- Snacks and sides: Fruits, vegetables, nuts, and seeds

And because the recipes are based on whole, unprocessed foods, you can be sure that you're getting the nutrients you need. So what are you waiting for? Start eating your medicine today!

What's Inside *Eat Your Medicine*?

In *Eat Your Medicine*, you'll find:

- 150 recipes that are delicious, nutritious, and easy to make
- Information on how to use food to prevent and treat common health problems
- A guide to customizing the recipes to meet your own individual needs
- Tips for eating healthy on a budget
- And much more!

Who Should Read *Eat Your Medicine*?

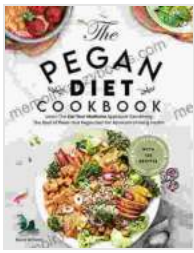
Eat Your Medicine is for anyone who wants to improve their health through diet. Whether you're a beginner or an experienced home cook, you'll find something to love in this book.

If you're looking for a way to eat healthier, lose weight, or prevent and treat chronic diseases, then *Eat Your Medicine* is the book for you.

Free Download Your Copy Today!

Eat Your Medicine is available now at [Our Book Library.com](http://OurBookLibrary.com). Free Download your copy today and start eating your way to better health!



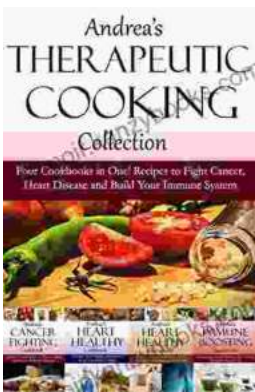


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