

[PDF] Eat, Drink, & Weigh Less: A Flexible And Delicious Way To Shrink Your Waist Without Going Hungry

Mollie Katzen, Walter Willett - pdf download free book



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Description:

Review "A commonsense, science-based book on nutrition that you can trust." -- *Susan Love, M.D.*

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"The best book on nutrition for the general public." -- *Timothy Johnson, M.D., ABC News*

"There's no starvation on this diet." -- *USA Today* --This text refers to the edition.

About the Author Now a household name, author and illustrator **Mollie Katzen** is widely credited with bringing vegetarian cooking into the mainstream. Born in Rochester, New York, she studied at the Eastman School of Music, Cornell University and the San Francisco Art Institute, where she received a B.F.A in painting. Katzen's published her first cookbook, *The Moosewood Cookbook*, in 1977, which showed millions of Americans that eating healthy doesn't have to mean sacrificing taste or style. Her classic illustrated cookbooks include *The Enchanted Broccoli Forest*, *Still Life with Menu*, and *Mollie Katzen's Vegetable Heaven*. Katzen has also published several award-winning cookbooks for children, and is currently a featured writer and illustrator for *Children's Television Workshop On-Line*, as well as *Sesame Street Parent's Magazine*.

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