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The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community

By Kitty Gurkin Rosati

Berkley Publishing Group. Paperback / softback. Book Condition: new. BRAND NEW, The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community, Kitty Gurkin Rosati, Based on the "New York Times" bestselling "Rice Diet Solution." After the success of "The Rice Diet Solution," the Rice Diet Program's message boards were bombarded with pleas and suggestions for more Rice Dietfriendly recipes. The result is this collection of healthy whole-food dishes, which includes personal favorites from the Rice Diet kitchen as well as from successful dieters who want to share their weight-loss tips with everyone who intends to lose weight and live a healthier life. Includes such recipes as: A Basil-Mint Quinoa Salad A Roasted Red Pepper Lettuce Wrap A Zesty Sweet Potato Chips A Pan-Seared Sea Scallops A Chocolate-Banana Cream Custard A Toasted Ginger Papaya And many more!.



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