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Healthy Italian Cookbook: Healthy Mind and Body and Become More Fit and Healthy PDF



by Fran's D. Fury : **Healthy Italian Cookbook: Healthy Mind and Body and Become More Fit and Healthy**

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Description :

PDF-deade | Italian food is packed with healthful benefits. The cuisine features an abundance of minimally processed plant foods and olive oil, along with low to moderate amounts of wine, sweets, dairy, eggs and red meat. A variety of fresh fruits and vegetables plays an important role in traditional Italian cuisine. Many foods included in Italian dishes, such as tomatoes, spinach, leafy greens, citrus fruit,... *Healthy Italian Cookbook: Healthy Mind and Body and Become More Fit and Healthy*

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