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Mayumi S Kitchen Macrobiotic Cooking For Body And Soul

In "Mayumi's Kitchen", her first book in English, she shares her repertoire of healthy, delicious recipes, starting with a 10-day meal plan for those wishing to try out the macrobiotic diet. Each meal is explained in terms of its health benefits, and unfamiliar cooking techniques are made clear with step-by-step photos.

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The centerpiece of Mayumi's Kitchen
is her ten-day detox diet. Here readers
can enjoy a macrobiotic menu that will
transform them from the inside out.
Following this are meal-planning tips
and recipes for more than fifty dishes,
including such favorites as Salmon
Soup, Avocado Rolls, Vegetable

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Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul ...
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 ...

Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul ...
In 2001 Mayumi became Madonna's

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private macrobiotic chef, joining her on her Drowned World Tour. Between 2001 and 2008, she cooked for the superstar full-time. Currently Mayumi travels between Japan, where she writes and lectures on macrobiotics, and the U.S. She has published four books in Japanese.

Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul ...
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Then I found "Mayumi's Kitchen--Macrobiotic Cooking for Body

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and Soul," at a library. It says, "Macrobiotic is a balanced way of eating; it means consuming the foods humans need in order to live in harmony with nature and the universe." Mayumi uses brown rice, vegetables, fruit, a lot of beans, tofu, konbu, dried mushrooms and fish that are ...

Amazon.it: Mayumi's Kitchen:
Macrobiotic Cooking for Body ...
Inbunden Engelska, 2010-04-07.
Slutsåld. Mayumi Nishimura, one of Japan's best-kept secrets, has worked as Madonna's macrobiotic chef since 2001. In "Mayumi's Kitchen", her first book in English, she shares her repertoire of healthy, delicious recipes, starting with a 10-day meal plan for those wishing to try out the

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macrobiotic diet. Each meal is explained in terms of its health benefits, and unfamiliar cooking techniques are made clear with step-by-step photos.

Mayumi's Kitchen - Mayumi Nishimura, Madonna - Bok ...
Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul. by. Mayumi Nishimura, Madonna (Foreword) 3.98 · Rating details · 80 ratings · 13 reviews. Macrobiotics--the healthy, nature-friendly way of life based on a diet of whole grains, vegetables, and beans--is now a global phenomenon. In recent years a number of Hollywood stars have taken up the macrobiotic diet because of its many benefits, which include higher energy levels, beautiful skin, a tranquil

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Mayumi's Kitchen ...
Mayumi's history of Japanese cooking and macrobiotic education has blended most harmoniously in the stunning rendition of culinary artistry. The lovely, detailed, step by step photographs lead the reader through this primer of healthy eating, and easy

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food prep. I think this book is a "MUST
HAVE" in everyone's kitchen.

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