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realize that you forgot  
a key ingredient! No

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and your ticket to  
lifelong health, but only  
if you choose wisely.

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offers: • A  
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advice based on the  
broad view of the  
entire body. •

Illustrated step-by-step  
recipes proving that  
healthy everyday food  
can be delicious.

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presents a  
comprehensive system  
for lifelong health, with  
tools to make informed

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food choices, including:  
Nutritional advice  
based on the broad  
view of the entire  
body. Simple yet  
scientifically accurate  
explanations about the  
effects of various  
foods. Illustrated ...

**Eat Real Food or  
Else... The Book! -  
Eat Real Food or  
Else...**

This work is armed with  
the mindset that “real  
food”—that is, food  
*Page 11/24*

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that's natural and not overly processed—is key to a healthy diet, and it explores what and how much to eat and when to eat it. The book's rules are simple: readers should seek out food that's colorful, micronutrient-rich, whole, and comes from healthful sources.

## **Eat Real Food or Else... | Kirkus Reviews**

Eat Real Food is a

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fascinating, brilliantly researched, provocative book, jammed packed with easy, everyday recipes that, if nothing else, will expand your day-to-day repertoire. Ignore the advice in this book at your peril! 110 people found this helpful

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**Customer reviews:**  
**Eat Real Food or**  
**Else: A Low ...**

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Eat Real Food or Else...

"For readers looking to eat better or just whip up something

delicious, this cookbook may be just the (meal) ticket. An

easy-to-follow guide to a healthier lifestyle featuring delicious recipes."—Kirkus

Reviews

**Eat Real Food or  
Else... - Page 2 of 3 -  
No-Nonsense ...**

A high quality  
*Page 14/24*

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production, this is the second book in the “Eat Real Food” collection. “Eat Real Vietnamese Food” is available domestically (U.S.) from Barnes & Noble and Amazon. It is also available on our very own online store at a 50% discount (enter promotional code: ERVF50).

**Eat Real Vietnamese  
Food! - Eat Real  
Food or Else...**

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“Eat Real Food or Else” advocates an enjoyable way of eating that focuses on whole body health. Its fundamental principle is to enjoy the widest possible variety of fresh foods, while avoiding those high in sugar and low in nutrients.

**Eat Real Food or  
Else... - Golden  
Lotus Publishing**

21 Reasons to Eat Real  
*Page 16/24*



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A Low Sugar Low  
Food 1. Loaded with  
important nutrients.  
Unprocessed animal  
and plant foods provide  
the vitamins and  
minerals you need  
for...

2. Low in sugar.  
Generally speaking,  
real food is lower in  
sugar than many  
processed foods. Even  
though fruit contains...  
3. Heart healthy. Real  
food ...

## **21 Reasons to Eat Real Food -**

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## **Healthline**

“Eat Real Food or Else”

provides: - Nutritional advice based on the broad view of the entire body. -

Delicious, illustrated step-by-step recipes for all occasions. -

Simple yet scientifically accurate explanations about the effects of various foods on our bodies. - Tools to make informed food choices.

**Eat Real Food or**

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**Else by Lien Nguyen,  
Hardcover | Barnes**

Let Eat REAL America  
do the thinking and  
planning for you.

Imagine how much  
easier meals would be  
if you have meal ideas  
at your fingertips that  
you know are easy to  
prepare, great-tasting,  
affordable and good for  
you! We give you the  
ideas, the shopping  
list, weekly  
encouragement and so

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much more! Meet  
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Champion and Zonya  
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Coach | Healthy ...**

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eat better or just whip  
up something  
delicious, this  
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the (meal) ticket. An  
easy-to-follow guide to  
a healthier lifestyle

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**Stem Soup - Eat Real  
Food or Else...**

Synopsis : Eat Real  
Food Or Else written by  
Lien Nguyen, published  
by Golden Lotus which  
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## **Eat Real Snacks**

A real food diet is when  
you eat delicious  
things like whole milk,

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butter, cream, farm  
fresh eggs, warm  
bread, fresh garden  
vegetables, whole cuts  
of meat like steak,  
lamb chops or bacon &  
hearty soups made  
with real homemade  
broth. Real food has  
nourished people  
literally for thousands  
of years, and is  
something your  
ancestors would  
recognize.

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