



# The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating

By George Mateljan

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This book answers the question about what to eat to keep you healthy. It focuses on the World's Healthiest Foods, 100 delicious foods that are nutrient-rich, providing the maximum number of nutrients for the least amount of calories. The book is an inspiration not only for those who want to achieve vibrant health and energy but for those who also want a healthier way to lose weight by making the World's Healthiest Foods the foundation of their Healthiest Way of Eating. The World's Healthiest Foods are among the most flavorful foods in the world-so you can now eat healthier without sacrificing taste! This book provides innovative new ways to maximize the nutritional value of the World's Healthiest Foods while minimizing preparation time through quick and easy recipes that anyone can make. Most recipes take 7 minutes or less to prepare!

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