

Recipes king of the elderly(Chinese Edition)



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Reviews

This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.

(Prof. Maxwell Stracke)

RECIPES KING OF THE ELDERLY(CHINESE EDITION)



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Hardcover. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.The Hardcover. Pub Date: October 2012 Publisher: Heilongjiang Publishing Group. Heilongjiang Science and Technology Press elderly recipes king introduces the 600 recipes suitable for the elderly. covering Yichi vegetables. bacteria Doucai. the elderly. poultry egg dishes. fish seafood dish. Tang Bao. whole grains. soy milk. round after round of dishes details of its raw materials. production methods. efficacy. and each dietary both higher nutritional value. but also as a routine disease prevention and treatment. and physical fitness The dietary elderly recipes Wang provide a full range of nutrition. catering for the elderly. to comprehensively improve the quality of life of the middle-aged. Contents: the elderly the diet regimen elderly health and longevity to follow the eight principles of diet diet regimen for the elderly Eight greed of the elderly should not eat food 10 10 kinds of food can be effective in preventing dementia conform the solar term diet regimen vegetables butter cabbage vinegar The fried cabbage Hong Guangdong food heart artichoke hearts with garlic stir-fried cabbage the arugula heart saline flowering cabbage boiled cabbage cabbage. shrimp. straw mushroom cabbage the shrimp steamed baby vegetables Fans steamed baby vegetables steamed the baby vegetables taro child doll dishes sesame cabbage Cantonese cuisine heart Lohan fare shrimp green straw mushroom burst shrimp balls the Tricholoma Grilled Rape mushrooms Grilled the Rape ginkgo braised Sanzhen sesame fried cabbage tofu skin fried rapeseed slider mushroom and cabbage fried balls kale mixed with walnut mushrooms grilled broccoli straw mushroom Grilled kale fried broccoli cole the fried kale Fried broccoli curry fried the double flowers radish fried cauliflower peanuts mixed with spinach the pagoda spinach spinach mixed with walnut spinach scrambled eggs asparagus fried shrimp fried...



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