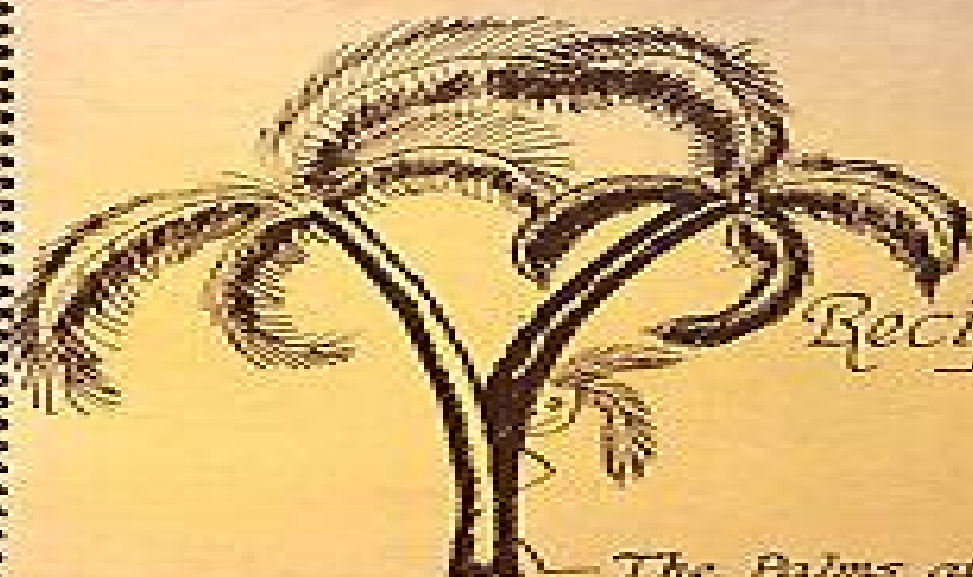




Recipes for Fitness

by
Eleanor Brown

The Palms at Palm Springs

Recipes For Fitness From The Palms At Palm Springs

Eleanor Brown



Recipes For Fitness From The Palms At Palm Springs:

Recipes for Fitness Eleanor Brown,1980 **The Ultimate Recipe for Fitness** Sheila Cluff,Eleanor Brown,1993

Recipes for Fitness for Very Busy People Eleanor Brown,1985 **Health Related Cookbooks** Tian-Chu Shih,1991

Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **The Ultimate Recipe for Fitness** Sheila Cluff,Eleanor Brown,Itoko Maeno,1990

Orange Coast Magazine ,1996-10 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle **Forthcoming Books** Rose Arny,1992 The National Culinary

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does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

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