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Cooking the Whole Foods Way; American Macrobiotic Cuisine; 1986; Cooking with Rachel; Rachel Albert; 1989; 328 pp.

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Jun 26, 2008 traditional American whole foods cooking & contemporary vegetarian, vegan & macrobiotic cuisine cuisine : gourmet vegetarian Going Vegetarian?

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Rachel Matesz. Chef Rachel is Chef Rachel Albert-Matesz earned a bachelor s degree in sociology and Previous works include Gourmet Wholefoods, Cooking with

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VEGETARIAN COOKBOOKS. Rachel Albert, Cooking With Rachel, Creative Vegetarian and Macrobiotic Cuisine, Food Animals Concern Trust

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American Macrobiotic Cuisine by Meredith McCarty. SALADS. The Organic Gourmet. Hijiki Summer Salad. "Cooking the Whole Foods Way" by Christina Pirello.

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Rachel Albert is the author of Cooking With Rachel (5.00 avg rating, 2 ratings, 1 review, published 1988), Quest to Telos (0.0 avg rating,

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