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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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### **Rachel albert (author of cooking with rachel)**

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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### **Rachel matesz | fire your diet health, wealth,**

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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### **-gold mine natural food co**

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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