



The liberal arts Genuine] Figure said life: best to eat nutrition saut (selling an upgraded version) its(Chinese Edition)

By WANG QI SHENG BIAN

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-06-01 Pages: 190 Publisher: Zhejiang Publishing United Group Information Title: life: eat the best nutritional saut (selling an upgraded version) List Price: 19.90 yuan Author: Wang Qisheng compiled Press: Zhejiang Publishing United Group Publication Date :2012-06-01 ISBN: 9787534144806 Words: Page: 190 Edition: 1 Binding: Paperback: 16 open commodity ID: 11026760 Editor's Choice No Summary diagram says life: to eat the best nutrition saut (selling an upgraded version) homemade ingredients into meat class. eggs. aquatic products. vegetables. bacteria legumes five categories. how these ingredients reasonable intake of it? How to reduce cooking destroy the nutrients? How by most scientific frying method nutritional upgrade? Stir with the raw materials to the most nutritious dishes? How to saut cook color yield. flavor and taste? How to formulate diverse. nutritionally balanced recipes with the program for the family? These closely related to daily life. family health issues. the answer can be found in the book. Drawings of life: the best eating nutritional saut (selling an upgraded version) selected saut by nutrition experts carefully selected. not only rich in the human body...



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