

# THE

- BASED ON THE SIMPLE AND HEALTHY HAY DIET – WITH OVER 70 FAST AND DELICIOUS RECIPES



# FOOD COMBINING

- SEPARATING CARBOHYDRATES AND PROTEINS IN YOUR MEALS FOR WEIGHT LOSS AND HEALTH



# COOK



# BOOK

- INCLUDES AN EASY-TO-USE REFERENCE CHART OF COMPATIBLE FOODS

# Food Combining Cookbook

**Jan Dries, Inge Dries**



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