



Eat to Live Diet Journal

By Speedy Publishing LLC

Speedy Publishing LLC Mai 2014, 2014. Taschenbuch. Book Condition: Neu. 280x216x3 mm. This item is printed on demand - Print on Demand Neuware - My doctor is continuing to move toward a vegan diet. He told me his current food intake is about three quarters plant based with an occasional piece of fish or chicken breast on something like an every other day schedule. He calls it eating to live rather than living to eat. He also told me he keeps a journal of all the things he puts in his body each and every day. I think I might just give it a try. 50 pp. Englisch.



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