



# **Macrobiotic Diet: healthy low carb plan for weight loss: Macrobiotic, Macrobiotic Diet, Macrobiotic Recipes, Macrobiotic Cookbook**

*Jake Murray*

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# **Macrobiotic Diet: healthy low carb plan for weight loss: Macrobiotic, Macrobiotic Diet, Macrobiotic Recipes, Macrobiotic Cookbook**

*Jake Murray*

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- Budget- and time-saving tips for losing weight
- Myth busters shattering common beliefs about diets and dieting
- Food shopping strategies and options for saving time or saving money
- Game plans for eating out, including menu buzz words, key questions
- New tips for feeding the family and camouflaging veggies in favorite dishes
- In depth explanations on how to implement the Macrobiotic diet easily into your daily life

Lose weight and keep it off while managing your hunger: That's the simple and effective promise of Macrobiotics, the #1 New York Times bestselling diet and lifestyle plan that for more than a decade has shown readers how to feel full on fewer calories. In *The Ultimate Macrobiotic Diet*, Jake Murray expands on his time-tested message with new findings, recipes, and user-friendly tools. Mr. Murray's program supports readers step-by-step as they develop new habits to help them lose weight and keep it off. Mr Murray provides a foundation for personalizing and preparing everything from breakfast favorites to main courses to desserts.

The Ultimate Macrobiotic Diet also features:

Change the way you think about managing your weight and enjoy a lifetime of healthy food choices with *The Ultimate Macrobiotic Diet*.

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