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Sushi Slim

By Makiko Sano

Quadrille Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Sushi Slim, Makiko Sano, Have you ever wondered why Japanese women stay so slim? Research shows that the Japanese diet is one of the healthiest in the world: balanced, slimming, and packed with superfoods. Japanese girls learn about food from their mothers: what to eat to make your hair shine, your skin glow, to get rid of wrinkles, to make your nails strong and healthy. But above all, how to stay slim .Japanese women practise 'virtuous indulgence': they don't deny themselves foods that they love, but they only eat them in very small quantities - lots of little plates rather than one big one - and only healthy snacks in between. They count calories obsessively and know which dishes will provide all their nutritional - and beauty - needs, with the minimum of fuss. Now you, too, can benefit from their wisdom. In Sushi Slim, using the latest scientific research, Makiko shows how eating Japanese food can help you get slim and stay slim. Once you begin to eat this way you'll feel the kilos drop away, plus all the recipes are calorie counted to help you maintain your perfect weight....



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