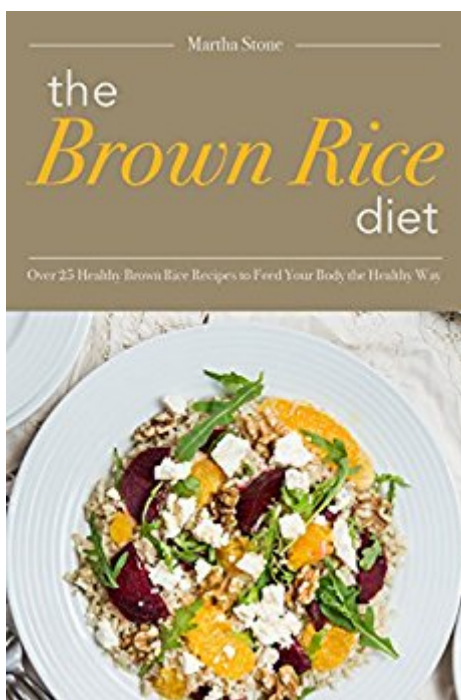


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The Brown Rice Diet: Over 25 Healthy Brown Rice Recipes To Feed Your Body The Healthy Way



Synopsis

It is no secret that homemade brown rice is one of the healthiest types of rice that you can enjoy. There are many different guides on the brown rice diet out there, but none are as in depth and detailed as this one is. With this book, not only will you learn how healthy brown rice is for you when you incorporate it into your daily diet, but you will also have access to over 25 healthy brown rice recipes to help kick start you on this diet. Get your copy of this book today to begin your healthy lifestyle. ==> Buy this book today and get a big bonus cookbook collection inside!!!

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