



# **Maker's Diet Meals: Biblically-Inspired Delicious and Nutritious Recipes for the Entire Family**

*Jordan Rubin, Josh Axe, Deborah Williams*

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Maker's Diet Meals will give you a step by step guide to creating 150 mouth-watering breakfasts, lunches, dinners, snacks, smoothies and desserts to help you lose weight and feel great. Combining the bible's ancient wisdom with the best of modern science, Maker's Diet Meals unveils an eating plan that can help you shed unwanted pounds, while cleansing and detoxifying your body.

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