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The Maker's Diet Shopper's Guide is a great practical book. The recipes and shopping lists are invaluable to beginning and adhering to the life style changes advocated by Jordan Rubin. There is so much variety in the meal plans and easy to follow recipes that one cannot become bored with this.

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Makers Diet Shopper's Guide: Meal Plans for 40 Days

œThe Maker's Diet• is the title of a book written by Jordan Rubin. In this book, the author recounts the story of how he became ill in college and regained his health following a diet consistent with biblical Old Testament principles.

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