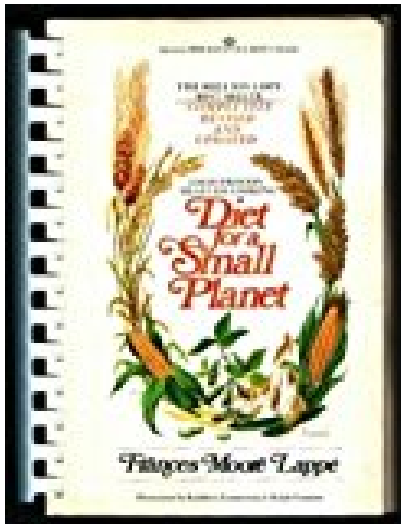


# Diet for a Small Planet

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## BOOK DETAILS

- Author : Frances Moore Lappe
- Pages : 410 Pages
- Publisher : Ballantine Books
- Language : English
- ISBN : 0345289196

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## BOOK SYNOPSIS

Here again is the extraordinary bestselling book that taught America the social and personal significance of a new way of eating-- one that remains a complete guide for eating well in the 90s. Featuring: simple rules for a healthy diet; a streamlined, easy-to-use format; delicious food combinations of protein-rich meals without meat; hundreds of wonderful recipes, and much more. From the Paperback edition.

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