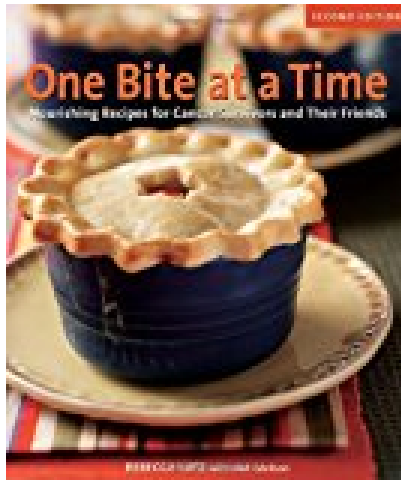


# One Bite at a Time Revised Nourishing Recipes for Cancer Survivors and Their Friends

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## BOOK DETAILS

- Author : Rebecca Katz
- Pages : 176 Pages
- Publisher : Celestial Arts
- Language : English
- ISBN : 1587613271

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## BOOK SYNOPSIS

A cookbook for cancer patients with more than 85 recipes, featuring full nutritional analysis and anecdotes from cancer survivors. Chef Rebecca Katz shares delicious, nourishing recipes for cancer patients, who often experience culinary ups and downs because of sudden dietary restrictions and poor appetite due to damaged taste buds from harsh treatments. Revised and updated with 10 new recipes, this second edition provides caretakers with a tangible way to nurture loved ones through easy-to-digest meals that offer maximum flavor while boosting the immune system. Reviews "Rebecca Katz is a culinary genius who is also profoundly devoted to providing great, healthy food for people with cancer. Her meals receive the highest praise."—Michael Lerner, cofounder of the Commonwealth Cancer Help Program and author of *Choices in Healing* "A gem."—Mary Beth Regan, *Baltimore Sun* "This book is an instant turn-on to good, nourishing food."—Share Guide "Fare that puts delicious back into health food."—Sweat magazine From the Trade Paperback edition.

### **ONE BITE AT A TIME REVISED NOURISHING RECIPES FOR CANCER SURVIVORS AND THEIR FRIENDS**

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