



## **The Mayo Clinic Williams-Sonoma Cookbook: Simple Solutions for Eating Well**

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# The Mayo Clinic Williams-Sonoma Cookbook: Simple Solutions for Eating Well

## The Mayo Clinic Williams-Sonoma Cookbook: Simple Solutions for Eating Well

Eating well has never been easier - or tastier - thanks to the leading medical institute The Mayo Clinic and the food experts at the world's largest international cookery retailer Williams-Sonoma. These two respected organisations have combined to produce this definitive and gorgeous guide to eating well, focusing on fresh, healthy seasonal ingredients. These delectable recipes combine the very latest nutritional information from the Mayo Clinic's premier healthcare providers, with the great taste you would expect from culinary experts Williams-Sonoma. The easy cooking strategies and practical menu strategies will help you prepare meals that you and your family will love.

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