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# Siemens Es8kd

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Mayumi's Kitchen  
 Macrobiotic Cooking for Body and Soul

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Mayumi's Kitchen  
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 KitchenMacrobiotic  
 Cooking for Body and Soul  
 Starting with a 10-day  
 meal plan for those  
 wishing to try out the  
 macrobiotic diet, this title  
 explains each meal in

terms of its health  
 benefits. With over 100  
 recipes, an appendix  
 explaining the basic  
 principles of macrobiotics,  
 and a glossary of  
 ingredients, it offers an  
 introduction to an ancient  
 diet. Mayumi Nishimura,  
 one of Japan's best-kept  
 secrets, has worked as  
 Madonna's macrobiotic  
 chef since 2001. In  
 'Mayumi's Kitchen', her

first book in English, she  
 shares her repertoire of  
 healthy, delicious recipes,  
 starting with a 10-day  
 meal plan for  
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