



Diet for a Small Planet (20th Anniversary Edition)

By Frances Moore Lappé

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Diet for a Small Planet (20th Anniversary Edition) By Frances Moore Lappé

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.

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Diet for a Small Planet (20th Anniversary Edition) By Frances Moore Lappe Bibliography

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Editorial Review

From the Inside Flap

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