

MACROBIOTIC

Meaning: Macrobiotic refers to a dietary and lifestyle approach that emphasizes whole grains, seasonal vegetables, and the balance of yin and yang for overall health and well-being.

1. A macrobiotic diet emphasizes whole grains and seasonal vegetables to promote overall health.
2. Many people adopt a macrobiotic lifestyle to achieve balance and harmony in their lives.
3. The principles of a macrobiotic approach often include mindfulness in eating and food preparation.
4. He attended a macrobiotic cooking class to learn how to prepare nutritious meals from scratch.
5. Some nutritionists advocate for macrobiotic diets due to their focus on natural and unprocessed foods.

Source: sentences.whatistheurl.com

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