



Diet. 100 Mile Diet by Alisa Smith J B Mackinnon, Mile not Plenty . 20 May 2007 . Excerpt and Recipe: Plenty The year of eating locally began with one beautiful meal and one ugly statistic. .. Certain friends had snorted that the 100-mile diet would be easier for Alisa and me because neither of us drinks Will Work for Food: Couple Fills Plates Locally : NPR Plenty Eating Locally on the 100 Mile Diet. 10 likes. Book. Plenty - Eating Locally on the 100 Mile Diet - River Cottage Farm ?8 Nov 2007 . The 100-mile diet is a noble idea — eat only foods produced within 100 miles of your home. .. I live in Tucson AZ and eat plenty of local foods.