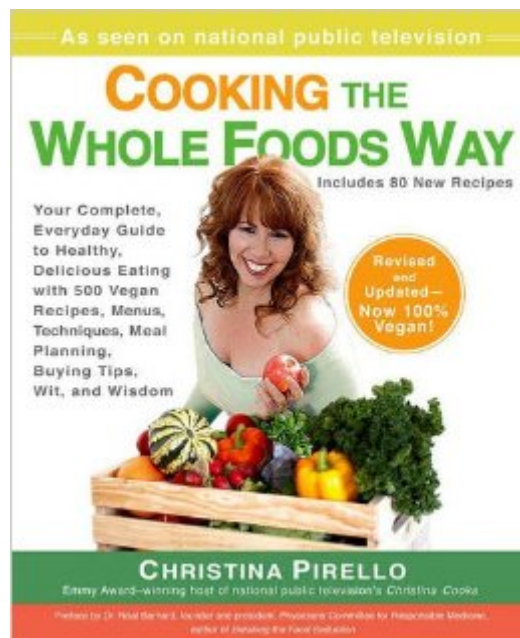


The book was found

Cooking The Whole Foods Way: Your Complete, Everyday Guide To Healthy, Delicious Eating With 500 Vegan Recipes , Menus, Techniques, Meal Planning, Buying Tips, Wit, And Wisdom



Synopsis

The revised and updated edition of the popular, whole foods cookbook-with more than 80 new recipes...now 100% vegan! With a dash of fun, Christina Pirello introduces whole foods cooking, inviting health-conscious readers to cut out processed and chemically enhanced food, as well as dairy, sugar, and meat, and embrace fruit, whole grains, vegetables, and beans. From savory soups to innovative entrées and delectable desserts, here are more than 500 recipes and ideas for wholesome, gourmet eating. With tips on meal planning, a shopping guide, product resource list, and extensive glossary, Christina makes healthy eating a most delicious adventure.

Book Information

Paperback: 368 pages

Publisher: HP Books; Revised ed. edition (August 7, 2007)

Language: English

ISBN-10: 1557885176

ISBN-13: 978-1557885173

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â See all reviews Â (103 customer reviews)

Best Sellers Rank: #410,865 in Books (See Top 100 in Books) #107 in Â Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #858 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Christina Pirello's recipe book, *Cooking the Whole Foods Way*, is chock-full of time-consuming, complicated, and overly expensive organic vegan recipes. Be prepared for your food budget to sky rocket, especially if you have a family. Even the most basic beloved comfort foods like chocolate chip cookies (pg. 321) have way too many "far-out" ingredients that your local grocery store will most likely not carry. Granted I live in Mebane, NC (aka: Where the hell is that?) and the only two grocery stores in town don't carry most of the ingredients Christina touts as essential. I suppose if you live in Carrboro, Portland, or San Francisco then you won't have any problem with busting your bank account for avocado oil, carob powder, brown rice syrup, umeboshi plums, and a different array of seaweeds. The only redeeming fact this book has is the recipes ARE incredibly healthy and you will drop weight in no time (just avoid making any of the deserts near the back of the book). However, I'm far more inclined to believe that if you make low-fat recipes and avoid refined sugar,

there's no need to go this extreme. I came across this book in a Border's bookstore when I decided to go from vegetarian to vegan. I wasn't familiar with Christina or her show on PBS. What attracted me to her book is the introduction where she explains how her diet saved her life from cancer. It's a bold statement which I don't believe 100%. But solely changing your diet will help out if you have high cholesterol, diabetes, or heart disease. When I took the book home and thoroughly read the introduction, I was surprised when Christina readily admitted her vegan diet put her into another life-and-death situation.

[Download to continue reading...](#)

Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Vegan Recipes, Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Meal Prep: The Essential Guide To Quick And Easy Meal Prepping With 50 Delicious Recipes For Weight Loss (Meal Planning, Batch Cooking) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)

500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love
(500 Recipes, from Snacks to Dessert) Meal Prep for Weight Loss: Transform Your Body By Batch
Cooking Easy Healthy Meals the IIFYM Way (If It Fits Your Macros Meal Prepping) The Ultimate
Anti-Cancer Cookbook: A Cookbook and Eating Plan Developed by a Late-Stage Cancer Survivor
with 225 Delicious Recipes for Everyday Meals, Using Everyday Foods Super Natural Cooking: Five
Delicious Ways to Incorporate Whole and Natural Foods into Your Cooking Low FODMAP Menus
for Irritable Bowel Syndrome: Menus for those on a low FODMAP diet Belly Fat: Blowout Belly Fat
Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living,
Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)

[Dmca](#)