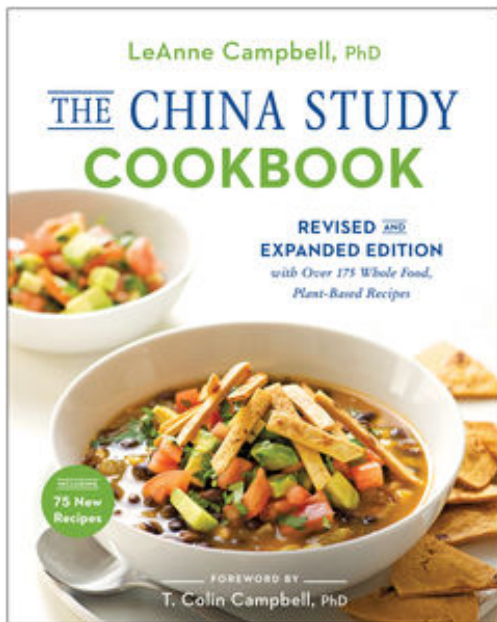


The China Study Cookbook - PhD Read Ebooks [EN] PDF, EPub, Mobi



The China Study Cookbook PhD Read ebooks [EN] PDF, ePub, Mobi, Indulge in the revised and expanded edition of the bestselling China Study Cookbook—with more than 175 mouthwatering recipes and stunning all-new photography

With 2 million copies sold, The China Study has been hailed as one of the most important health and nutrition books ever published. It reveals that a whole foods, plant-based diet is the best way to stop widespread growth of obesity, diabetes, heart disease, and cancer.

This new edition of the bestselling China Study Cookbook puts the groundbreaking scientific findings of The China Study on your plate. Written by LeAnne Campbell, daughter of The China Study coauthor T. Colin Campbell, The China Study Cookbook is now expanded to feature even more delicious,

easy-to-prepare plant-based recipes—with no added fat and minimal sugar and salt.

All of LeAnne's recipes follow three important principles: 1) optimal nutrition is based on eating foods, not taking supplements; 2) the closer foods are to their native states when eaten, the greater their long-term health benefits; and 3) choosing locally grown organic produce whenever possible maximizes nutritional value.

Inside, discover time-tested favorites and brand-new dishes:

Almond-Topped Blueberry Coffee Cake Ensalada Azteca Green Banana Cassava Soup Peanut Butter Bars Cassava (Yuca) con Cebollas Black Bean Chipotle Burgers Sweet Potato Enchiladas Passion Fruit Bliss Cheese(less) Cake Delight

LeAnne invites you into her kitchen to share the recipes she uses to nourish her own family. She also offers a look inside her organization, Global Roots, which strives to create sustainable communities around the globe through whole foods, plant-based eating.

Filled with tips on substitutions and keeping foods nutrient-rich, The China Study Cookbook shows you how to transform your health and the health of your entire family—along with contributing to the health of your community and the world—all while enjoying incredible meals.

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