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# The Plantpure Nation Cookbook The Official Companion Cookbook To The Breakthrough Film with Over 150 Plant Based Recipes

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The Moosewood Cookbook

Norm and Ginger Enter the Hidden

Over 100 Plant-Based and Mostly Gluten-Free Recipes to Nourish Your Body and Soothe Your Soul

Over 100 Recipes

100+ Recipes to Help Prevent and Reverse Disease

Chloe's Kitchen

The China Study Cookbook

Gluten-Free, Vegan Cooking in Your Instant Pot®

PlantPure Comfort Food

40th Anniversary Edition

Simple, Make-ahead Recipes for Vegan, Gluten-free, Comfort Food

Why the Foods You Love - Pizza, Pancakes, Potatoes, Pasta, and More - Are the Solution to Preventing Disease and Looking and Feeling Your Best

75 Delicious, Healthy Whole-Food Recipes

The Low-Carb Fraud

The China Study Quick & Easy Cookbook

Vegan Recipes from The TrueNorth Health Center

The Plant-Based Diet for Beginners

Surprising Insights from a Whole Food, Plant-based Perspective

Vegan, Gluten-Free, Oil-Free Recipes for Lifelong Health

The PlantPure Kitchen

65 Delicious Whole Food Recipes for a Plant-Based Diet

Plant-Strong

Chloe's Quick-and-Easy Vegan Party Foods (from Chloe's Kitchen)

Forks Over Knives—The Cookbook

The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes

Healthy Eating, Healthy World

Isa Does It

Unleashing the Power of Plant-Based Nutrition

75 Recipes from Leaders of the Plant-Based Movement That Will Help Save the World

Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes

Over 100 Kid-Tested, Whole-Foods Vegan Recipes

10 Delicious Recipes for Making the Party Foods You Love the Vegan Way

Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs  
Rethinking the Science of Nutrition  
Eat Right for Your Sight  
Plant-Based Mexican-American Recipes for Health and Healing  
An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right  
Plant Biased  
130 Mouthwatering, Whole Food Recipes and Tips for a Plant-Based Life  
Bravo!

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## **SNYDER KOCH**

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The Moosewood Cookbook Ten Speed Press

There is a secret hiding inside the remote Vermont farmhouse where eleven-year-old Becky and her family move after her father is fired from his job under mysterious circumstances. A guardian emerges with an ominous warning that someone is coming through a mirror to take Becky from the safety of her new home, and leads her to the discovery of artifacts hidden under her bedroom floor. That same night she finds an abandoned puppy destined to protect her, and whose collar causes the artifacts to turn on. An ancient battle resumes for control over a secret once thought buried too deep to be uncovered. As more mysterious creatures arrive, how will she know who is there to help and who means her harm? Becky and her new puppy must race to interpret the warnings, overcome their fear of sinister forces, and trust in new alliances to solve a compelling mystery that has been hidden from her family for generations. But is it too late?  
Norm and Ginger Enter the Hidden arsenal pulp press  
A revolution has begun... From a

creative team that includes the producer and writer of Forks Over Knives, the documentary film PlantPure Nation captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens No-Bake Chocolate Pumpkin Pie Spinach Lasagna Green Pepper Tofu Scramble Reuben Casserole With a foreword by Dr. Campbell, The PlantPure Nation Cookbook is also filled with tips, tricks, and grocery lists for people

interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from PlantPure Nation film, this companion cookbook is a must-have for stimulating healthful eating in your home. Join the revolution to jumpstart your health!

Over 100 Plant-Based and Mostly Gluten-Free Recipes to Nourish Your Body and Soothe Your Soul

The Experiment Harness the healing power of plant-based foods for vibrant health and longevity Vegan lifestyle expert Tracye McQuirter teams up with her mother Mary to share their secrets for maintaining radiant health for more than 30 years (hint: it's all in the greens), and 100 of their favorite plant-based recipes that have kept them looking and feeling ageless. They break down the basics of nutrition, how to build a vegan pantry, and how to make sure you're getting the best nutrients to promote longevity and prevent chronic disease. They also provide a 14-step guide with practical, easy-to-follow advice on how to transition to vegan foods, jumpstart your healthy eating habits, and how to up your game if you're already a vegan. Their 100 fresh, simple, and flavorful recipes are based on everyday whole food ingredients, including Maple French Toast with Strawberries, Thai Coconut Curry Soup, Cajun Quinoa with Okra and Tomato, Vegetable Pot Pie, Citrusy Dandelion Greens Salad, and Perfect Pecan Pie. Illustrated with beautiful, full-color photographs, Ageless Vegan helps you kiss diet-related disease and fatigue goodbye and gives you the information, inspiration, and affirmation you need to live a long, glowing, and healthy life you love.

**Over 100 Recipes** BenBella Books, Inc. 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.

*100+ Recipes to Help Prevent and Reverse Disease* Grand Central Life & Style

From Chef Chloe: an eBook collection of ten recipes from her wildly popular first book, *Chloe's Kitchen*, for creative, delicious party foods that just happen to be vegan. The vegan diet has gone mainstream—and Chef Chloe is here to help. Since she became the first vegan to win a reality TV cooking show, Chef Chloe's devoted fan base has been clamoring for more of her healthy, inventive recipes that follow a plant-based diet. Featuring easy-to-prepare, festive vegan recipes with absolutely delicious flavors, this short cookbook is the perfect purchase for your holiday preparations. The ten perfect party recipes include Artichoke-Walnut Pesto Crostini, Kalamata Olive Tapenade, Avocado-Shiitake Sushi, Garlic Knots, and Sweet-and-Sour Party Meatballs. With beautiful photography and crystal-clear directions, *Chloe's Quick-and-Easy Vegan Party Foods* provides recipes that are sure to please vegans and non-vegans alike at any holiday gathering.

*Chloe's Kitchen Fresh Awakenings*

From the coauthor of *The China Study* and author of the New York Times bestselling follow-up, *Whole* Despite extensive research and overwhelming public information on nutrition and health science, we are more confused than ever—about the foods we eat, what good nutrition looks like, and what it can do for our health. In *The Future of Nutrition*, T. Colin Campbell cuts through the noise with an in-depth analysis of our historical relationship to the food we eat, the source of our present information

overload, and what our current path means for the future—both for individual health and society as a whole. In these pages, Campbell takes on the institution of nutrition itself, unpacking: • Why the institutional emphasis on individual nutrients (instead of whole foods) as a means to explain nutrition has had catastrophic consequences • How our reverence for "high quality" animal protein has distorted our understanding of cholesterol, saturated fat, unsaturated fat, environmental carcinogens, and more • Why mainstream food and nutrient recommendations and public policy favor corporate interests over that of personal and planetary health • How we can ensure that public nutrition literacy can prevent and treat personal illness more effectively and economically

*The Future of Nutrition* offers a fascinating deep-dive behind the curtain of the field of nutrition—with implications both for our health and for the practice of science itself.

**The China Study Cookbook** Abrams

This book is a lively exploration of the amazing revelation known to Mormons as the "Word of Wisdom." It counsels us how and what we should eat to reach our highest potential, both physically and spiritually. New and surprising insights are presented through the perspective of what has been proven to be the healthiest human diet, a way of eating supported both by history and by science: a whole food, plant-based (WFPB) diet. WFPB vegetarian diets have been scientifically proven to both prevent and cure chronic disease, help you achieve your maximum physical potential, and make it easy to reach and maintain your ideal weight. In this book, you'll find the stories of dozens of people who are enjoying the blessings of following a Word of Wisdom diet, and

you'll get concrete advice on how to get started! You will discover: What we should and should not eat to enjoy maximum physical health. How food is intimately connected to our spiritual well being. Why Latter-day Saints are succumbing to the same chronic diseases as the rest of the population, despite not smoking, drinking, or doing drugs. How the Word of Wisdom was designed specifically for our day. How you can receive the "hidden treasures" and other blessings promised in the Word of Wisdom. Why eating the foods God has ordained for our use is better not just for our bodies, but for the animals and for the earth. You may think you know what the Word of Wisdom says, but you'll be amazed at what you have missed. Learn why Mormons all over the world are "waking up" to the Word of Wisdom!

**Gluten-Free, Vegan Cooking in Your Instant Pot®** Skyhorse

From the creators of the popular YouTube channel The Whole Food Plant Based Cooking Show comes this timely and comprehensive cookbook! Plant Based Cooking Made Easy features over 100 life-saving, whole food plant-based recipes that are gluten-free, refined sugar & oil free, low in sodium, and full of scrumptious flavors. Modern cutting-edge nutritional research has clearly identified the whole food plant-based diet as the single most potent force for recovering and sustaining human health. Only a diet rich in a wide variety of fresh fruits, vegetables, beans, mushrooms, nuts, berries, and seeds—and which is free of highly processed foods, laden with preservatives, refined oils, sugar, and salt—has the power to reverse many of the leading chronic diseases the world faces today, including heart disease, diabetes, obesity, high blood,

autoimmune disorders, and more. Jeffrey and Jill Dalton share the story of their own 23 year journey to plant-based transformation, one which not only empowered them to reverse their chronic health issues but also inspired them to create The Whole Food Plant Based Cooking Show—and now this cookbook! Drawing on their many years of experience with plant-based cooking, they spell out in detail all the appliances and preparations needed to set up your own kitchen for plant-based success. With over 100 recipes based on the best available plant-based nutritional research, Plant Based Cooking Made Easy covers all the bases, offering wholesome takes on everything from common comfort foods like hot dogs, macaroni & cheese, pizza, waffles, brownies, and double stuff Oreo cake, to international favorites like massaman curry, West African peanut sauce, sweet potato flatbread, mushroom bourguignon, tikka masala, hummingbird cake and more. Learn to easily make tasty gluten-free breads, muffins, cakes, pies, and cookies as well as plant-based cheeses and ice creams, salad dressings, and hummus, all in the comfort of your own kitchen. And if you should happen to get stuck, each recipe has a corresponding step-by-step video, easily accessible with a QR code scanner on your mobile device. With this cookbook as your ultimate guide, it has never been easier to make the life-changing switch to a plant-based diet. Soon to become an essential cookbook in healthy kitchens around the world, Plant Based Cooking Made Easy is your key to finally finding your own path to better health.

*PlantPure Comfort Food* BenBella Books, Inc.

Learn how to eat well on a plant-based diet for \$50/week! Eating healthy on a

budget can be a challenge. Doing so on a whole-food, plant-based diet can seem almost impossible. The Budget-Friendly Plant-Based Diet Cookbook proves it's both achievable and tasty to eat vegan on a budget. Discover more than 75 healthy, inexpensive plant-based recipes that will keep your taste buds jumping, your belly full, and your grocery bill in check. Explore new favorites: Sweet Potato Breakfast Hash, Ratatouille Pasta, Peanut Butter Energy Bites, and many more! This plant-based cookbook offers tips for frugal food shopping, clever ways to stretch your dollars, and strategies for longer-lasting leftovers. Plant-based basics--New to a plant-based diet? Find plant-based cooking methods and kitchen tips that spice up meal time while avoiding oil, salt, and sugar. Meal planning--Try the three-week meal plan for a whole-food, plant-based diet that only costs \$50 per week! Follow along or use it as a template to create your own plant-based meal plan. Price tagged-- Each recipe includes nutritional information and the approximate price per serving to help you to stick to your budget. Save money and eat healthy with The Budget-Friendly Plant-Based Diet Cookbook.

*40th Anniversary Edition* BenBella Books  
The PlantPure Nation Cookbook  
The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes  
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**Simple, Make-ahead Recipes for Vegan, Gluten-free, Comfort Food**  
BenBella Books, Inc.

The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-

changing research is making headlines in the hit documentary Forks Over Knives. Their answer? Eat a whole-foods, plant-based diet—it could save your life. It may overturn most of the diet advice you've heard—but the experts behind Forks Over Knives aren't afraid to make waves. In his book *Prevent and Reverse Heart Disease*, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In *The China Study*, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet. Now, as Forks Over Knives is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include: Insights from the luminaries behind the film—Dr. Neal Barnard, Dr. John McDougall, *The Engine 2 Diet* author Rip Esselstyn, and many others Success stories from converts to plant-based eating—like San'Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great! The many benefits of a whole-foods, plant-based diet—for you, for animals and the environment, and for our future A helpful primer on crafting a healthy diet rich in unprocessed fruits, vegetables, legumes, and whole grains, including tips on transitioning and essential kitchen tools 125 recipes from 25 champions of plant-based dining—from Blueberry Oat Breakfast Muffins and Sunny Orange Yam Bisque

to Garlic Rosemary Polenta and Raspberry-Pear Crisp—delicious, healthy, and for every meal, every day.

*Why the Foods You Love - Pizza, Pancakes, Potatoes, Pasta, and More - Are the Solution to Preventing Disease and Looking and Feeling Your Best* Book Publishing Company

Following the plant-based nutrition regimen presented in The China Study is now easier than ever before. When it comes to meal planning, do you find yourself deciding between healthy foods and quick options? Do you stare at the contents of your fridge, wondering what you can easily throw together? Even on a busy schedule, your meals can be simple, healthy, and delicious! You shouldn't have to sacrifice health or taste for efficiency in the kitchen.

Nobody knows this better than Chef Del Sroufe, author of the New York Times bestseller *Forks Over Knives—The Cookbook* and *Better Than Vegan*. In *The China Study Quick & Easy Cookbook*, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based recipes that are quick, easy, and multipurpose. Edited by LeAnne Campbell, author of *The China Study Cookbook*, this book guides you to spend a couple of hours one day a week preparing meals ahead of time. Every dish follows the nutrition standards set forth by The China Study, ensuring optimal healthful and quality eating with whole food recipes such as:

- Fruit and Vegetable Curry
- Mushrooms Barbacoa
- Cauliflower Parmesan
- Sweet Potato Pie Muffins
- Banana-Coconut Macaroons

With a foreword by The China Study coauthor Thomas Campbell, *The China Study Quick & Easy Cookbook* is the next step in transforming your kitchen, your time, and your life.

*75 Delicious, Healthy Whole-Food*

*Recipes* Grand Central Publishing

Living plant-based doesn't mean you have to resign yourself to eating salads for every meal (although we wouldn't say no to a bowl of leafy greens). *BenBella's Best of Plant-Based Eating*, which has been downloaded over 125,000 times, includes creative and delicious recipes for a well-balanced, varied, and satisfying vegan lifestyle. Inside this second edition, you'll find nearly 50 recipes, including 14 brand-new dishes, from our top-selling cookbooks including: *Thai Tacos Savory Chickpea Omelets Buddha Lentil Burger Raspberry and Coconut Glazed Doughnuts* And more! Along with recipes, you'll also find selections exploring the global implications of a plant-based lifestyle, to feed your mind as well as your body. *BenBella's Best of Plant-Based Eating* includes recipes and selections from: Tracy Russell's *The Best Green Smoothies on the Planet* Del Sroufe's *Better Than Vegan* Christy Morgan's *Blissful Bites* LeAnne Campbell's *The China Study Cookbook* Del Sroufe's *The China Study Quick & Easy Cookbook* Jeff and Joan Stanford's *Dining at The Ravens* Lindsay Nixon's *Happy Herbivore Series* *The Happy Herbivore Cookbook* *Everyday Happy Herbivore* *Happy Herbivore Abroad* *Happy Herbivore Guide to Plant-Based Eating* *Happy Herbivore Holidays & Gatherings* *Happy Herbivore Light & Lean* Eric Brent and Glen Merzers' *The HappyCow Cookbook* Christina Ross' *Love Fed* Laura Theodore's *Jazzy Vegetarian Classics* Dreena Burton's *Plant-Powered Families* Kim Campbell's *The PlantPure Nation Cookbook* Heather Crosby's *YumUniverse* Pam Popper and Glen Merzer's *Food Over Medicine* J. Morris Hicks's *Healthy Eating, Healthy World* T. Colin Campbell and Howard

Jacobson's Whole and The Low-Carb Fraud

**The Low-Carb Fraud** Gabriel Miller Bravo! is a collection of delicious, health-promoting recipes from the TrueNorth Health Center in Santa Rosa, California, whose dietary program has helped more than 7,000 people recover from numerous chronic diseases, including diabetes, high cholesterol, obesity, and hypertension. Included are tips and guidelines to help readers easily transition to a diet of nutritional excellence, along with 14 days of menus to get them started. Nutritional analyses accompany all of the recipes and menus.

**The China Study Quick & Easy**

**Cookbook** Hatherleigh Press

The long-awaited cookbook companion to the revolutionary New York Times bestseller Prevent and Reverse Heart Disease. "I hope you'll treat yourself to one of these recipes and just open that door. I guarantee you won't close it!" —Samuel L. Jackson Hundreds of thousands of readers have been inspired to turn their lives around by Dr. Caldwell B. Esselstyn's Jr.'s bestseller, Prevent and Reverse Heart Disease. The plant-based nutrition plan Dr. Esselstyn advocates based on his twenty-year nutritional study—the most comprehensive of its kind—is proven to stop and reverse even advanced coronary disease, and is built on the message the Esselstyn family has lived by for years: Your health is truly in your own hands, and what you eat matters. Mother-daughter team Ann and Jane Esselstyn have decades of experience developing delicious, healthful recipes for both their family and Dr. Esselstyn's many grateful patients. Now, they combine their expertise to offer you the cookbook companion to Dr. Esselstyn's groundbreaking book, with more than

125 easy and mouthwatering recipes, brimming with nourishment for your heart and your overall health. From their quick and easy meals like Fast Pasta and Greens and delicious "Sloppy Joes" to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls, these recipes will empower you to reclaim your health and discover the pleasures of eating plant-based.

**Vegan Recipes from The TrueNorth Health Center** Page Street Publishing

Go plant-based with Steph and Adam, YouTube's most popular meal preppers. Eating a plant-based diet—one that embraces veggies and ditches the meat, eggs, and dairy—is one of the easiest ways to improve your health. Whether you're ready to go entirely vegan or just want to incorporate more plant-based meals into your diet, Steph and Adam will show you how to plan and prep ahead, so your meals are ready to go when you're ready to eat. Flexible meal plans include all your favorite foods and flavors, from mac and cheese to mashed potatoes, all made with plant-based, whole-food ingredients. \* Over 60 plant-based recipes for breakfasts, mains, snacks, and desserts \* Get-started guide walks you through the basics of plant-based eating \* Soy-free, grain-free, and paleo-friendly tags make it easy to find recipes that fit your diet \* Flexible build-a-meal strategies let you choose your favorite flavors \* Easy-to-follow meal plans take the guesswork out of what to make \* Nutritional information for every recipe to help manage macros and achieve diet goals.

The Plant-Based Diet for Beginners The Experiment

From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and

author of the New York Times bestselling book *How Not to Die*, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages that's a perfect gift for healthy conscious eaters. Dr. Michael Greger's bestselling book, *How Not to Die*, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, *The How Not to Die Cookbook* puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in *The How Not to Die Cookbook* offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health. Rooted in the latest nutrition science, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer, healthier life. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life—*The How Not to Die Cookbook* is destined to become an essential tool in healthy kitchens everywhere.

[Surprising Insights from a Whole Food, Plant-based Perspective](#) Simon and Schuster

New York Times Bestseller What happens when you eat an apple? The answer is vastly more complex than you imagine. Every apple contains thousands of antioxidants whose names, beyond a few like vitamin C, are unfamiliar to us, and each of these powerful chemicals has the potential to play an important role in supporting our health. They impact thousands upon thousands of metabolic reactions inside the human body. But calculating the specific influence of each of these chemicals isn't

nearly sufficient to explain the effect of the apple as a whole. Because almost every chemical can affect every other chemical, there is an almost infinite number of possible biological consequences. And that's just from an apple. Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional "gold standard" of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies trying to prove there is a chemical in milk or pre-packaged dinners that is "good" for us, but they provide little insight into the complexity of what actually happens in our bodies or how those chemicals contribute to our health. In *The China Study*, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in *Whole*, he explains the science behind that evidence, the ways our current scientific paradigm ignores the fascinating complexity of the human body, and why, if we have such overwhelming evidence that everything we think we know about nutrition is wrong, our eating habits haven't changed. *Whole* is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, a scientific tour de force with powerful implications for our health and for our world.

[Vegan, Gluten-Free, Oil-Free Recipes for Lifelong Health](#) BenBella Books, Inc. International Latino Book Award winner, Best Cookbook More than just a cookbook, *Decolonize Your Diet* redefines what is meant by "traditional" Mexican food by reaching back through

hundreds of years of history to reclaim heritage crops as a source of protection from modern diseases of development. Authors Luz Calvo and Catriona Rueda Esquibel are life partners; when Luz was diagnosed with breast cancer in 2006, they both radically changed their diets and began seeking out recipes featuring healthy, vegetarian Mexican foods. They promote a diet that is rich in plants indigenous to the Americas (corn, beans, squash, greens, herbs, and seeds), and are passionate about the idea that Latinos in America, specifically Mexicans, need to ditch the fast food and return to their own culture's food roots for both physical health and spiritual fulfillment. This vegetarian cookbook features over 100 colorful, recipes based on Mesoamerican cuisine and also includes contributions from indigenous cultures throughout the Americas, such as Kabocha Squash in Green Pipian, Aguachile de Quinoa, Mesquite Corn Tortillas, Tepary Bean Salad, and Amaranth Chocolate Cake. Steeped in history but very much rooted in the contemporary world, Decolonize Your Diet will introduce readers to the energizing, healing properties of a plant-based Mexican American diet. Full-color throughout. Luz Calvo and Catriona Rueda Esquibel are professors at California State East Bay and San Francisco State University, respectively.

They grow fruits, vegetables, and herbs on their small urban farm. This is their first book.

**The PlantPure Kitchen** Rockridge Press

Following her bestselling *The China Study Cookbook*, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in *The China Study All-Star Collection*. Featuring your favorite chefs and cookbooks authors, *The China Study All-Star Collection* includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the New York Times bestseller *Forks Over Knives Cookbook*; Laura Theodore, host of PBS' *Jazzy Vegetarian*; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by *The China Study*. Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving. With an introduction from *The China Study* co-author Dr. T. Colin Campbell, *The China Study All-Star Collection* is the ultimate plant-based cookbook for healthful, savory eating.

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