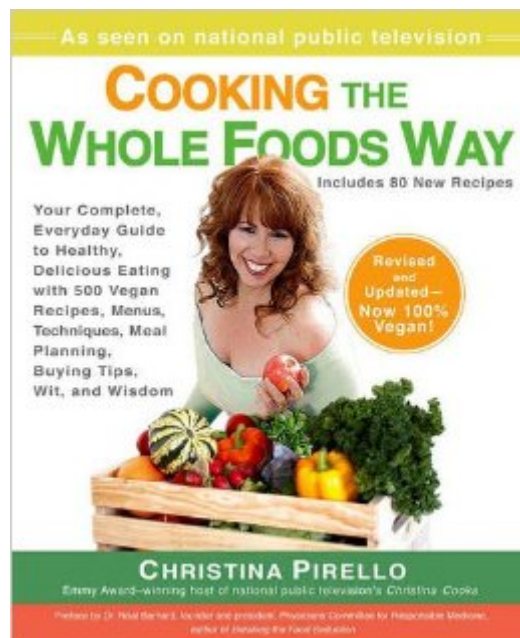


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# Cooking The Whole Foods Way: Your Complete, Everyday Guide To Healthy, Delicious Eating With 500 Vegan Recipes , Menus, Techniques, Meal Planning, Buying Tips, Wit, And Wisdom



## 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

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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.

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