

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

Written by an experienced cook and vegetarian with celiac disease, this groundbreaking cookbook offers a wide variety of gluten-free recipes for vegans and vegetarians. From authentic egg fried rice to mouth-watering curries, soups, salads and comfort food like "chicken" noodle casserole, there's a wide range of recipes to suit every palate. The vegetarian and vegan gluten-free cookbook makes use of ingredients that don't contain gluten, like: vegetables, fruits, spices, dairy, tofu, beans, rice, Quorn patties and Bragg's liquid aminos. Processed foods like tortilla wraps and gluten-free pastas are used sparingly in a select number of recipes. Natural sweeteners like agave are favored over sugar. Full nutritional information accompanies each recipe. This is a must-have addition to any gluten-free vegan or vegetarian kitchen.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

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

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“waking up” to the Word of Wisdom!

The bestselling author and internationally celebrated physician and expert on nutrition offers an appealing, approachable health solution—eat the foods you love to lose weight and get healthy. For years, we’ve been told that a healthy diet is heavy on meat, poultry, and fish, and avoids carbohydrates, particularly foods high in starch—empty calories harmful to our bodies. But what if everything we’ve heard was backwards? High in calories and cholesterol, animal fats and proteins too often leave you hungry and lead to overeating and weight gain. They are often the root causes of a host of avoidable health problems—from indigestion, ulcers, and constipation to obesity, diabetes, heart disease, and cancer. On the other hand, complex carbohydrates like whole grains, legumes, tubers, and other starches provide your body with essential proteins and nutrients that satisfy the appetite while simultaneously fighting illness. But Americans eat far too few calories from carbohydrates—only about forty percent, according to Dr. John McDougall, internationally renowned expert on nutrition and health, featured on the documentary *Forks Over Knives*. *The Healthiest Diet on the Planet* helps us reclaim our health by enjoying nutritious starches, vegetables, and fruits. McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldn’t eat to prevent disease, slow the aging process, improve our physical fitness, be kind to the environment, and be our most attractive selves. Featuring two dozen color photos and mouth-watering, easy-to-follow recipes for buckwheat pancakes, breakfast tortillas, baked potato skins, rainbow risotto, red lentil soup, green enchiladas, dairy-free lasagna and pizza, and more, *The Healthiest Diet on the Planet* will help you look great, feel better, and forever change the way you think about health and nutrition.

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. The first four-color *Forks Over Knives* cookbook: head chef Darshana Thacker offers 150 delicious, all-new, easy-to-prepare whole-food, plant-based recipes for internationally inspired meals. The 2011 documentary *Forks Over Knives* ignited a revolution, empowering people to live healthier and happier lives. The film revealed the indisputable link

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between the average American diet—heavy in meat, dairy, and refined foods—and heart disease, stroke, cancer, and diabetes. It also showed how, by focusing on a whole-food, plant-based diet, these chronic illnesses could not only be prevented, but sometimes even reversed. Through its meal plans, website, and New York Times bestselling cookbooks, Forks Over Knives has proven that a diet based on fruits, vegetables, tubers, whole grains, and legumes isn't just good for you, it tastes good too. Now, Forks Over Knives shows you how to take your whole-food kitchen to the next level, adding international flair to every meal. Forks Over Knives: Flavor! showcases dozens of recipes—all exclusive to this book—accompanied by eighty gorgeous photographs that capture the flavors of cuisines from around the world, including: Black Bean Chilaquiles with Fire-Roasted Tomatillo Salsa Moo Shu Vegetable Wraps with Hoisin Sauce Polenta Pizza with Summer Garden Vegetables Persian Yellow Split Pea and Eggplant Stew Thai Red Curry Noodles with Stir-Fry Vegetables German Marble Cake with Raspberries Sure to please health-conscious eaters and the most discriminating palates, these oil-free, plant-based riffs on culinary favorites teach readers new techniques and introduce them to heady spice blends and a wide range of ethnic traditions from around the globe. Convenient, affordable, and wildly creative, Forks Over Knives: Flavor! is a must-have for the health-conscious cook.

Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In Isa Does It, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

Lose weight, lower cholesterol, and improve your health, one delicious bite at a time in this companion to the runaway New York Times bestseller The Engine 2 Diet. The Engine 2 Diet has sold hundreds of thousands of copies and inspired a plant-based food revolution. Featuring endorsements from top medical experts and a food line in Whole Foods Market, Engine 2 is the most trusted name in plant-based eating. Now, readers can bring the Engine 2 program into their kitchens with this cookbook companion to the original diet program. Engine 2 started in a firehouse in Texas, and if Texas firefighters love to eat this food, readers nationwide will eat it up, too! The Engine 2 Cookbook packs the life-saving promise of the Engine 2 program into more than 130 mouth-watering, crowd-pleasing recipes, including: Mac-N-Cash Two-Handed Sloppy Joes Terrific Teriyaki Tofu Bowl Badass Banana Bread

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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.

A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal *China Study*—called the "Grand Prix of epidemiology" by the *New York Times*. But what *The China Study* lacks is a plan. Dr. McDougall grounds *The Starch Solution* in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal,

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but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including:

- 5-Ingredient Peanut Butter Bites
- Banana Zucchini Pancakes
- Sick Day Soup
- Lentils and Sweet Potato Bowl
- PB Ramen Stir Fry
- Tofu Veggie Gravy Bowl
- Jackfruit Carnita Tacos
- Depression Era Cupcakes
- Real Deal Chocolate Chip Cookies

With a foreword by Michael Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

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.

This is more than a tale of mutual rescue. This is an epic story of friendship and strength. Eric was 150 pounds overweight, depressed, and sick. After a lifetime of failed diet attempts, and the onset of type 2 diabetes due to his weight, Eric went to a new doctor, who surprisingly prescribed a shelter dog. And that's when Eric met Peety: an overweight, middle-aged, and forgotten dog who, like Eric, had seen better days. The two adopted each other and began an incredible journey together, forming a bond of unconditional love that forever changed their lives. Over the next year, just by going on walks, playing together, and eating plant-based foods, Eric lost 150 pounds, and Peety lost 25. As a result, Eric reversed his diabetes, got off all medication, and became happy and healthy for the first time in his life -- eventually reconnecting with and marrying his high school sweetheart. *WALKING WITH PEETY* is for anyone ready to

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make a change in his or her life, and for everyone who knows the joy, love, and hope that dogs can bring. Discover how to “feed your family a plant-based diet that is delicious, cost-effective, and easy” (Mayim Bialik, author of *Mayim’s Vegan Table*) with this complete and accessible cookbook filled with more than 125 delicious and kid-friendly recipes and plenty of tips for raising a whole-foods-loving family. After the trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution, more and more people continue to adopt a whole-food, plant-based lifestyle. Now, doctors Alona Pulde and Matthew Lederman share those same values for the entire family. Filled with more than 125 quick and easy recipes, helpful tips, and the latest in scientific findings, *Forks Over Knives Family* teaches you why whole food, plant-based eating is the best way to keep your family well-nourished through the years. Beginning with pregnancy and moving into the teenage years, this guide tackles all the most important topics to keep your family’s health on track, from dealing with allergies to traveling to parties and play dates, and more. Providing an in-depth look at the role of nutrition at every stage of a child’s development and bolstered by easy-to-understand tips and tricks, “*Forks Over Knives Family* serves up delicious, whole food recipes that everyone in your house will enjoy” (Michelle and Matt, authors of the New York Times bestseller *Thug Kitchen*).

Five years ago, popular blogger Brandi Doming of *The Vegan 8* became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

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

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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.

Features over one hundred plant-based recipes, including muesli, black-eyed pea salad, German sauerkraut soup, coconut curry rice, and savory spaghetti squash.

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? 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

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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.

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe
- An easy-to-use glossary demystifying any ingredients that may be new to the reader
- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help make menu planning easy and painless
- Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free

With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

The definitive guide to the optimum diet for health and wellness, from the founder of Whole Foods Market and the doctors of Forks Over Knives THE WHOLE FOODS DIET simplifies the huge body of science, research, and advice that is available today and reveals the undeniable consensus: a whole foods, plant-based diet is the optimum diet for health and longevity. Standing on the shoulders of the Whole Foods Market brand and featuring an accessible 28-day program, delicious recipes, inspirational success stories, and a guilt-free approach to plant-based eating, THE WHOLE FOODS DIET is a life-affirming invitation to become a Whole Foodie: someone who loves to eat, loves to live, and loves to nourish themselves with nature's bounty. If Whole Foods Market is "shorthand for a food revolution" (The New Yorker), then THE WHOLE FOODS DIET will give that revolution its bible - the unequivocal truth about what to eat for a long, healthy, disease-free life.

Finding plant-based recipes? Easy. Dealing with the social, cultural, and emotional aspects of being vegan in a non-vegan world? That's the hard part. The Joyful Vegan is here to help. Many people choose veganism as a logical and sensible response to their concerns about animals, the environment, and/or their health. But despite their positive intentions and the personal benefits they experience, they're often met with resistance from friends, family members, and society at large. These external factors can make veganism socially difficult—and emotionally exhausting—to sustain. This

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leads to an unfortunate reality: the majority of vegans (and vegetarians) revert back to consuming meat, dairy, or eggs—breaching their own values and sabotaging their own goals in the process. Colleen Patrick-Goudreau, known as "The Joyful Vegan," has guided countless individuals through the process of becoming vegan. Now, in her seventh book, *The Joyful Vegan*, she shares her insights into why some people stay vegan and others stop. It's not because there's nothing to eat. It's not because there isn't enough protein in plants. And it's not because people lack willpower or moral fortitude. Rather, people stay vegan or not depending on how well they navigate the social, cultural, and emotional aspects of being vegan: constantly being asked to defend your eating choices, living with the awareness of animal suffering, feeling the pressure (often self-inflicted) to be perfect, and experiencing guilt, remorse, and anger. In these pages, Colleen shares her wisdom for managing these challenges and arms readers—both vegan and plant-based—with solutions and strategies for "coming out vegan" to family, friends, and colleagues; cultivating healthy relationships (with vegans and non-vegans); communicating effectively; sharing enthusiasm without proselytizing; finding like-minded community; and experiencing peace of mind as a vegan in a non-vegan world. By implementing the tools provided in this book, readers will find they can live ethically, eat healthfully, engage socially—and remain a joyful vegan.

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

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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.

The ultimate plant-based Indian cookbook by the creator of VeganRicha.com, featuring breakfasts, snacks, one-pot meals, mains, flatbreads, and desserts. From delicious dals to rich curries, flat breads, savory breakfasts, snacks, and much more, this vegan cookbook brings you Richa Hingle's collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and new Indian flavor profiles that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the senses, including: • Mango Curry Tofu • Whole Roasted Cauliflower in Makhani Gravy • Baked Lentil Kachori Pastries • Quick Tamarind-Date Chutney • Avocado Naan • Fudgy Cardamom Squares The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and for entertaining guests. "One of the Best Vegan Cookbooks of 2015"—Vegetarian Times "Whether you have a love affair with Indian food or are new to the flavors of one of the world's greatest cuisines, you will be dazzled by Richa's recipes and accessible style. . . . I can't wait to keep cooking from one of the best cookbooks on Indian food (vegan or not) I've ever seen." —Colleen Holland, co-founder of VegNews Magazine

Make any recipe vegan or vegetarian to suit your preference Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK's diverse, modern guide offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals. The 500-plus recipes are vegan but flexible. You can choose whether to make the Rancheros with Avocado with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter. ATK's plant-based eating strategy is easy, budget-friendly, and inclusive--cuisines around the world are rich with boldly flavored, naturally vegan dishes. Drawing inspiration from them, these recipes showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and also showcases ATK's practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to

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transform a burger from the "vegan option" into the best option); discover how to boost umami flavor using tomato paste, dried mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and storage strategies, the plethora of plant-based meat and dairy options, and how to meet nutritional needs.

Is Your Kitchen a PlantPure Kitchen? The grassroots plant-based nutrition movement inspired by the film PlantPure Nation has helped foster a growing community of whole food, plant-based eaters. Key to its success has been the PlantPure Director of Culinary Education Kim Campbell's inspiring and delicious recipes. In 2015, her cookbook, The PlantPure Nation Cookbook, helped change the way people view the food they put in their bodies. Now, Campbell is back with even more inventive recipes bursting with flavor in The PlantPure Kitchen. Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plant-pure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more. Whether you are new to the lifestyle or looking to expand your own recipe repertoire, The PlantPure Kitchen makes committing to your health through eating plant-based exciting, accessible, and easy! From dips and spreads, like Crockpot Apple Butter, to classic dinners, like Welsh Rarebit, The PlantPure Kitchen's recipes will inspire you to lead a more plant-pure life. Recipes include: Strawberry Rhubarb Streusel Muffins Asian Noodle Salad Southwestern Chili Mac Potato-Crusted Mushroom Quiche Welsh Rarebit Slow Cooker Jackfruit Tacos Hot Fudge Sundae Cake Featuring a foreword by T. Colin Campbell, coauthor of the groundbreaking national bestseller The China Study, this book will become a kitchen staple for PlantPure veterans and newcomers alike.

The # 1 New York Times bestseller--now in trade paperback for the first time! In this #1 New York Times bestseller (originally published as My Beef with Meat), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

The groundbreaking New York Times bestseller that will transform your health—with 300 whole-food, plant-based recipes to help you lose weight, prevent disease, and thrive The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine—and the Forks Over Knives way is your solution. Forks Over Knives—the book, the film, and the movement—is the international phenomenon that first emphasized the benefits of plant-based eating, and thousands of people have cut out meat, dairy, and oils from their diet and seen amazing results. If you're one of them, or you'd like to be, you need this cookbook. Forks Over Knives—The Cookbook proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, and his collaborators transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant "Steaks" Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great

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Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Join the Forks Over Knives movement and start cooking the plant-based way today—it could save your life!

The instant New York Times bestseller. A groundbreaking method to master all types of diabetes by reversing insulin resistance. Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. While it may improve short-term blood glucose control, such a diet also increases the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease. The revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes. As the creators of the extraordinary and effective Mastering Diabetes Method, Khambatta and Barbaro lay out a step-by-step plan proven to reverse insulin resistance—the root cause of blood glucose variability—while improving overall health and maximizing life expectancy. Armed with more than 800 scientific references and drawing on more than 36 years of personal experience living with type 1 diabetes themselves, the authors show how to eat large quantities of carbohydrate-rich whole foods like bananas, potatoes, and quinoa while decreasing blood glucose, oral medication, and insulin requirements. They also provide life-changing advice on intermittent fasting and daily exercise and offer tips on eating in tricky situations, such as restaurant meals and family dinners. Perhaps best of all: On the Mastering Diabetes Method, you will never go hungry. With more than 30 delicious, filling, and nutrient-dense recipes and backed by cutting-edge nutritional science, Mastering Diabetes will help you maximize your insulin sensitivity, attain your ideal body weight, improve your digestive health, gain energy, live an active life, and feel the best you've felt in years.

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

When Catherine, at age 46, tired of her cycle of never-ending dieting, decided to take a different approach to losing weight, she quickly realized that her new whole food, plant-based lifestyle was the key to long-term good health. She dropped 80 pounds, gained incredible energy, and found herself showered with compliments about how she was glowing and looking younger than ever before. Her life took a turn

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when a friend told her that she needed to teach people how to eat this way. She became certified in plant-based nutrition and became the founder of Plant to Plate Education. As a passionate health and wellness coach, she focuses on public speaking, employee-wellness programs, and cooking events with the message of encouraging others to eat more plants at every meal. Each and every day she feels blessed that she is able to share her message of plant positivity with so many. The Plant to Plate Cookbook is filled with inspiration for overall good health and easy recipes to get the reader started on their plant-based journey.

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.

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.

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Following on from the best-selling Vegan Made Easy cookbook, author and vegan YouTube celebrity cook, Anja Cass, has put together another 110 easy to follow plant based recipes in The Cooking With Plants Cookbook! With easy to follow step by step instructions, full colour photographs for each recipe and a full range of Breakfasts, Mains, Snacks, Sides, Condiments, Sauces and Desserts, this amazing collection of plant based recipes will allow you to eat well and feel great at every meal! A must have for your kitchen, The Cooking With Plants Cookbook will leave you saying "Mmmm...yum" every time you cook!

A whole food plant based lifestyle prevents and reverses heart disease, the leading killer of 1 in 3 Americans, it also helps with Type 2 diabetes, autoimmune issues, kidney disease and most chronic diseases from which Americans suffer. This book can help you make the switch to eating healthier.

Being a vegan does not necessarily mean you are eating healthy food. Marketers want you to believe that if they put the word "vegan" on their package, it is automatically healthy. Nothing could be further from the truth. Fast-food fries and a soda are vegan. That is why it is important to understand the difference between good food and bad food. Whole-food plant-based eating is good for you. It is instinctive, based on fruits, vegetables, legumes, nuts, and whole grains. Common sense, and scientific studies, tell us that these foods should compose most of our diets for good health and longevity. Many vegan cookbooks are filled with unhealthful, often complicated recipes that not only don't include much in the way of whole food but also contain piles of fat, salt, and sugar in one form or another. In contrast, this book offers recipes and tips on how to incorporate these foods into your everyday diet. It is meant for the beginner as well as experienced vegans wishing to expand their food repertoire. It also includes shopping advice, and tips on how to keep it up in social settings and outings, no matter how un-vegan your hometown may be. For ease and speed, each recipe has two sections: the Essentials and Extra Detail. The Essentials serves as a minimum reminder of what you need to know to put the recipe together. The Extra Detail section gives expanded advice to follow the first time you make the recipe. Each recipe has a photo, so you have an idea of what the finished product should look like. The photos are not super glitzy, but do show what the food really looks like.

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! Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In Plant-Powered Families, Burton shares over 100 whole-food, vegan recipes—tested and

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approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie Vanilla Bean Chocolate Chip Cookies Cinnamon French Toast No-Bake Granola Bars Creamy Fettuccine Sneaky Chickpea Burgers Apple Pie Chia Pudding Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —Plant-Powered Families is a perfect reference for parents raising "weegans" or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. Plant-Powered Families also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

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.

Bestselling authors Kathy Freston and Rachel Cohn join together to create a toolbox of resources to aid socially aware teens and young adults interested in adopting a vegan lifestyle. *The Book of Veganish* contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 70 simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, *The Book of Veganish* will allow existing and aspiring vegans to feel confident about their new lifestyle choices.

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