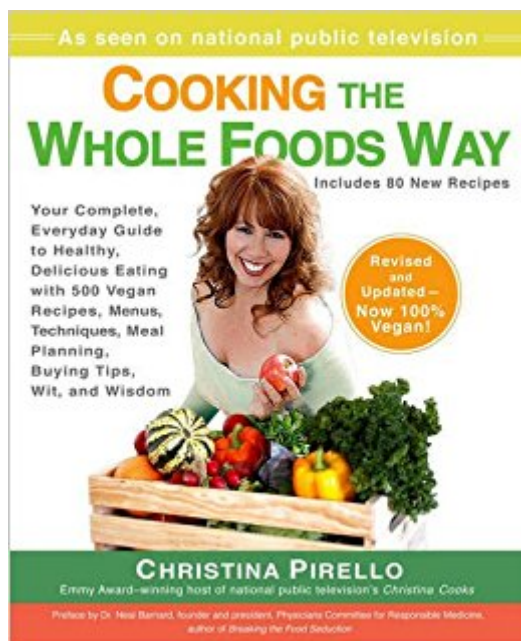


The book was found

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

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Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Christina Pirello takes the mystery out of preparing whole foods and adds a liberal sprinkling of fun. Out with processed and chemically enhanced food. Out with dairy, sugar and meat. In with whole grains, vegetables, fruit, beans and fish. From savory soups to innovative entrees and delectable desserts, Christina includes more than 500 recipes and ideas to make wholesome eating an everyday event. Along with great recipes, what this cookbook is really about is changing the way you think about the foods you choose. More than simple substitutions - brown-rice syrup instead of sugar, brown rice instead of white - Christina offers a cookbook that can change your life and how you live it day to day. With menu examples, tips on meal planning, a shopping guide, product-resource list and extensive glossary, Christina makes healthy eating a most delicious adventure.

In 1983, Christina Pirello was diagnosed with an acute form of leukemia. With little prospect of help from conventional therapies, she turned to a nutritional program using a whole foods approach. Now, after more than 15 years cancer-free, Christina Pirello is the Emmy award-winning host of Christina Cooks! on National Public Television, teaching whole foods cooking classes and lecturing nationwide. Christina is the author of *Cooking the Whole Foods Way*, *Christina Cooks*, and, most recently, *This Crazy Vegan Life*. She and her husband publish a natural foods magazine, *Macrochef*.

I love Christina's programs, and recipes. This cookbook is re-energizing my vegetarian diet of many years, which had become rather boring. I noticed some readers were upset about certain ingredients not sold in their cities. For those readers that live in remote areas where some items aren't available, it's perfectly okay to substitute something you prefer, OR, you can check out [...] for a long list of companies which sell organic vegetarian foods online. I have no connection with that site, other than using it, and I don't know Christina Pirello personally, though I'd love to meet her.

cooking the whole foods way is a great vegan cookbook as above same author she is the queen of vegan cooking variety to your taste. you might like all of the recipes i'm sure there's something that would be to your liking give it a try as stated before i have all of her cookbooks. & i am not a straight vegan though i have tried some of her recipes

The first copy I have of this book is in paperback which I bought around 10 years ago and has been used so much it is now in tatters. Not long after buying a kindle last year, I was really pleased to discover there is a kindle version (until then I'd even thought about buying another paperback copy) and I decided to get it as a back-up to the book in case any of the loose pages went missing. When I went to download it, I read that this is the updated version (done by the author, Christina Pirello) - added bonus! As someone who is very familiar with the paperback version, I know exactly what I need to type in to do a recipe search and can easily find what I'm looking for - I do wonder if it would be so easy to use if someone didn't have that familiarity and this was their first venture into whole foods. About the book: Christina Pirello has done an excellent job in explaining the whole foods diet, how to organize menus, how to shop, what types of foods to use, cooking methods... there is a mix of simple recipes to more complex ones to suit every occasion and different skills... I really appreciate the way she shares her enthusiasm for food and have used so many of her recipes,

either as they are or making adjustments to suit my taste and availability of ingredients; some ingredients I have never been able to find here and I have loved the challenge of coming up with something more locally available to produce a wonderful meal. Over the years, I have recommended this book and Christina's site to so many people - now my sister has just bought a copy and I can't wait to see what she thinks!

Good recipes in here, but some of them are kinda bland, and some of the ingredients are hard to find.

I became vegan a few months ago after reading "The Kind Diet" I tried many of the recipes in that book and found most of them bland. I am so glad I found "Cooking the Whole Foods Way"! I've made many of the recipes and they have all been fantastic! I love the upbeat and honest approach that Christina Pirello takes! It's a fun read with a ton of helpful information about Macrobiotics as well. It was getting tough for me to support my vegan lifestyle when I was making dinners that were bland for my fiance and I. Now, he always likes what I make and seems surprised that my meals are free of animal products. If you are considering going vegan or just need some inspiring/easy recipes, I would definitely recommend this book!

Always researching healing with foods. Saw Christine on a PBS show, and loved her bubbly personality. Originally ordered on my iPad, then bought the book. Wow, what a story. Anyway, love the details & menu plans. No not a complete advocate, as trying to get hubby (with RA) to follow is next to impossible, however do try & incorporate where I can. Reading this book, brought on additional research on pH, so also have "The Ultimate pH Solution". Some of the receipts have ingredients that are not easy to find.

I have been watching this cooking show on PBS for awhile and love it. Also, I have lost 100 lbs and would like to keep the weight off in a healthy, fun, easy, and tasty way. Therefore, I purchased this book. It is very fun and informative....quite easy to understand since she does explain the reasons behind her methods. The recipes are not too complex...I am too busy to spend a lot of time cooking. So far, all of the recipes that I have tried have been easy, tasty and filling for a longer period of time -- contrary to the fast food alternative.

LOVE IT

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