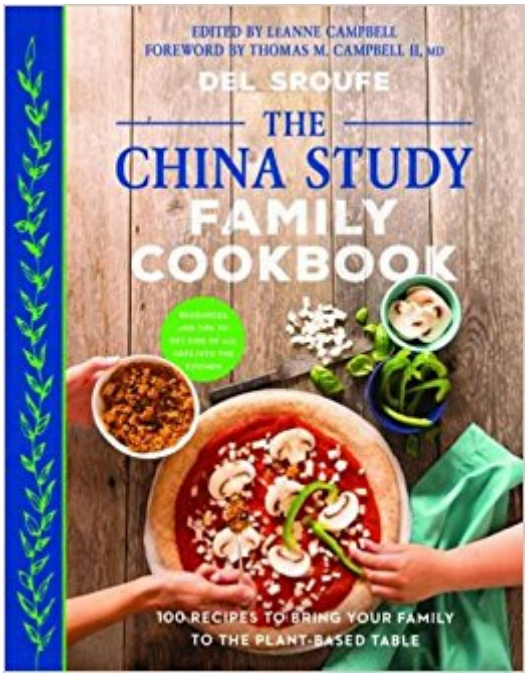
Ebook Directory
the best source of ebook

The book was found

The China Study Family Cookbook: 100 Recipes To Bring Your Family To The Plant-Based Table



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Bring the Whole Family to the Plant-Based Table with Fun and Delicious Recipes You know the benefits of a plant-based dietÃ¢â ¬â •itÃ¢â ¬â„¢s the best choice for your own health and well-being, not to mention the planetÃ¢â ¬â„¢s. But now you need to successfully navigate the transition and convince your family to do the same . . . or at least eat a few more veggies.Ã Â The China Study Family Cookbook is the family-friendly cookbook and guide youÃ¢â ¬â„¢ve been waiting for. ItÃ¢â ¬â„¢s time to make plant-based eating easier and even more rewarding for your familyÃ¢â ¬â •no matter your lifestyle.Ã Â The China Study Quick & Easy Cookbook and Forks Over KnivesÃ¢â ¬â •The Cookbook author Chef Del SroufeÃ¢â ¬â„¢s 100 easy, flavorful recipesÃ¢â ¬â •with family classics reinvented for todayÃ¢â ¬â„¢s health-conscious cooksÃ¢â ¬â •include:Ã Â Sloppy Joes White Bean and Squash Chili Tater Tots Sausage Gravy and Biscuit Casserole Mac and Cheese Breakfast Tacos Apple Butter Pizza Whoopie PiesÃ Â The China Study Family Cookbook offers stories from plant-based advocates (including The China Study coauthor T. Colin Campbell) whose whole families have adopted a plant-based lifestyleÃ¢â ¬â •and how they got their spouses and children on board. It also gives tips for getting your kids involved in the kitchen and fostering their love of plant-based cooking. The China Study Family Cookbook even includes strategies to negotiate the family menu from families made up of both those who eat plant-based and those who donÃ¢â ¬â„¢t.Ã Â Edited by The China Study Cookbook author LeAnne Campbell and with a foreword from The China Study coauthor and The Campbell Plan author Thomas M. Campbell II, MD, The China Study Family Cookbook is the ultimate guide to helping your family discover the joys and benefits of plant-based eating.

Book Information

Paperback: 288 pages
Publisher: BenBella Books (May 30, 2017)
Language: English
ISBN-10: 1944648119
ISBN-13: 978-1944648114
Product Dimensions: 7 x 0.8 x 8.9 inches
Shipping Weight: 1.2 pounds (View shipping rates and policies)
Average Customer Review: 4.4 out of 5 stars 38 customer reviews
Best Sellers Rank: #31,270 in Books (See Top 100 in Books) #14 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Cooking with Kids #58 inÃ Â Books > Cookbooks, Food &

Wine > Cooking by Ingredient > Vegetables #138 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

"A delight to browse through and inspiring to plan menus with, The China Study Family Cookbook is an enthusiastically and unreservedly recommended addition to personal, family, and community library cookbook collections." Ã¢â ¬â •Midwest Book Review

Del Sroufe's passion for cooking began at eight years old and never faded. In 1989 he went to work for one of ColumbusÃ¢â ¬â„¢ premier vegetarian restaurants, the King Avenue Coffeehouse, where he honed his craft as a baker and chef. Sroufe opened DelÃ¢â ¬â„¢s Bread, a vegan bakery, before beginning vegan meal delivery service in 2001, serving eclectic plant-based cuisine to Columbus residents. During this time, he developed what became a very popular cooking class series, sharing many of the delicious recipes he had created over the years.In 2006, Sroufe joined Wellness Forum Foods as co-owner and chef, where he continued the tradition of delivering great tasting, plant-based meals to clients in Columbus as well as throughout the continental U.S. Sroufe also joined The Wellness Forum as a member where, after a lifetime of yo-yo dieting, he has lost over 200 pounds on a low fat, plant-based diet. He continues to teach cooking classes at local venues like Whole Foods, Community Recreation Centers, and The Wellness Forum. Sroufe is the author of The China Study: Quick & Easy Cookbook, as well as Forks Over Knives—The Cookbook, a vegan cookbook companion to the acclaimed documentary Forks Over Knives.

These recipes are really good. The pictures are well done and are printed on nice paper (not thin). The book is printed in the USA. The recipes use ingredients that you can find at your local grocery store. There are recipes that have just a few ingredients and some that have over 10. Anyone that can boil water can make these :-). If you find some recipes that seem bland, just remember that when switching from a standard American diet to a plant based diet, your taste buds need a few weeks to adjust. So just kick up the spices a notch and roll with it! Hit that buy button and get yourself healthy!

Great book and excellent recipes.

Wow - great stuff in this book! Highly recommend it!

Great condition! Timely shipping. The book is wonderfully witty and informative too!

Love the recipes!

Great recipes the whole family can enjoy

"The China Study Family Cookbook" is a whole food, plant-based (vegan) cookbook containing 100 recipes. It's intended for families, so most of the recipes were for 4 or 6 or 8 people. The author also explained how to get kids involved with making the food (and so many of the recipes are fairly easy to make). He also assumed that the reader had little experience in the kitchen, so he explained things like knife safety.The cookbook is targeted at people who are used to popular, Standard American Diet foods. He has healthy versions of hot cocoa, baked donuts, Mac & Cheese (with no cheese), meatballs (with no meat), and so on. The intent is for a similar taste and texture experience, but with much healthier ingredients. Some recipes did use gluten-containing grains or tree nuts (if this is a concern for you), but others didn't. There were pictures of the finished products, many of which looked very tasty.There were also some short articles about people who went vegan, why, and how they did it when the rest of their family wasn't interested in eating vegan. Overall, I'd recommend this cookbook to people with families who are interested in adding more whole-food, plant-based meals to their diet.I received an ebook review copy of this book from the publisher through NetGalley.

I'm looking forward to trying many of these plant-based recipes and am impressed with the China Study series of books.

Download to continue reading...

The China Study Family Cookbook: 100 Recipes to Bring Your Family to the Plant-Based Table Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug

Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) China: China Travel Guide: 101 Coolest Things to Do in China (Shanghai Travel Guide, Beijing Travel Guide, Backpacking China, Budget Travel China, Chinese History) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes The China Diet Study Cookbook 30 Day Challenge: Plant Based Recipes, the Vegan Solution for Healthy Whole Food Vegetarian Living and Rapid Weight Loss The New Mexico Farm Table Cookbook: 100 Homegrown Recipes from the Land of Enchantment (The Farm Table Cookbook) The Blue Bloods Cookbook: 120 Recipes That Will Bring Your Family to the Table China Travel Guide: Best of Beijing - Your #1 Itinerary Planner for What to See, Do, and Eat in Beijing, China: a China Travel Guide on Beijing, Beijing ... (Wanderlust Pocket Guides - China Book 2) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) International Travel Maps China, Scale 1:3,800,000: Changchun, Beijing, Xian, Wuhan, Shanghai, Hong Kong, Taipei, Yellow Sea, East China Sea, South China Sea, Seoul, Delhi, Calcutta, Hanoi: Itmb China 2008 Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Veggie Burgers: 150 Delicious Vegan Burger Recipes: Easy, Healthy Vegan, Vegetarian, Veggie Burgers (Plant Based, How Not to Die, The China Study) Plant Based Diet: A Beginners' Guide to Choosing and Adopting a Whole Foods, Plant Based Diet The Whole Foods Plant Based Diet: A BeginnerÃ¢â ¬â„¢s Guide to a Whole Foods Plant Based Diet

Contact Us

DMCA

Privacy

FAQ & Help