



**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**

Christina Pirello

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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.

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