



The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes

Del Sroufe

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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 Macarons

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.

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Ida Hamilton:

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Rose Watkins:

A lot of people always spent their very own free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to cover but this book provides high quality.

Angela Kiefer:

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Michael Rahn:

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