



More Choices: Eat Well - Live Well

Cheryl D., Ph.D. Thomas-Peters, James A. Peters

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This colorful cookbook - at 144 pages - features a wealth of recipes, resources, and ideas for creating flavor-rich meals using the natural goodness of plant-based foods: vegetables, fruits, nuts, legumes, seeds, and whole grains. Simple instructions make it possible to create nourishing meals in minutes. Each taste-tested, plant-based recipe includes a nutritional analysis, with options to include or not include dairy products or eggs. Special features include Planning Healthy Meals and a shopping guide to shorten your time at the market. A new bonus section, 12 Guidelines for a Better Lifestyle, offers easy-to-follow steps for a successful transition to glowing health, based on the latest evidence from science alongside ancient health secrets from Scripture. As you explore this book, prepare to eat, enjoy, laugh, and find new vigor and wholeness. Features: 30-Minute Meals Meal Planning 12 Guidelines to Health Recipes for: Irresistible Breakfasts High-Energy Lunches Quick and Easy Dinners Decadent Desserts What else is inside: Color photographs, index of recipes, Nutritional Analysis Guide, Smart Shopping Guide, and more. This is a nicely printed cookbook, varnish finish on cover, spiral bound. Recipes the whole family can enjoy; elegant or simple.

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