

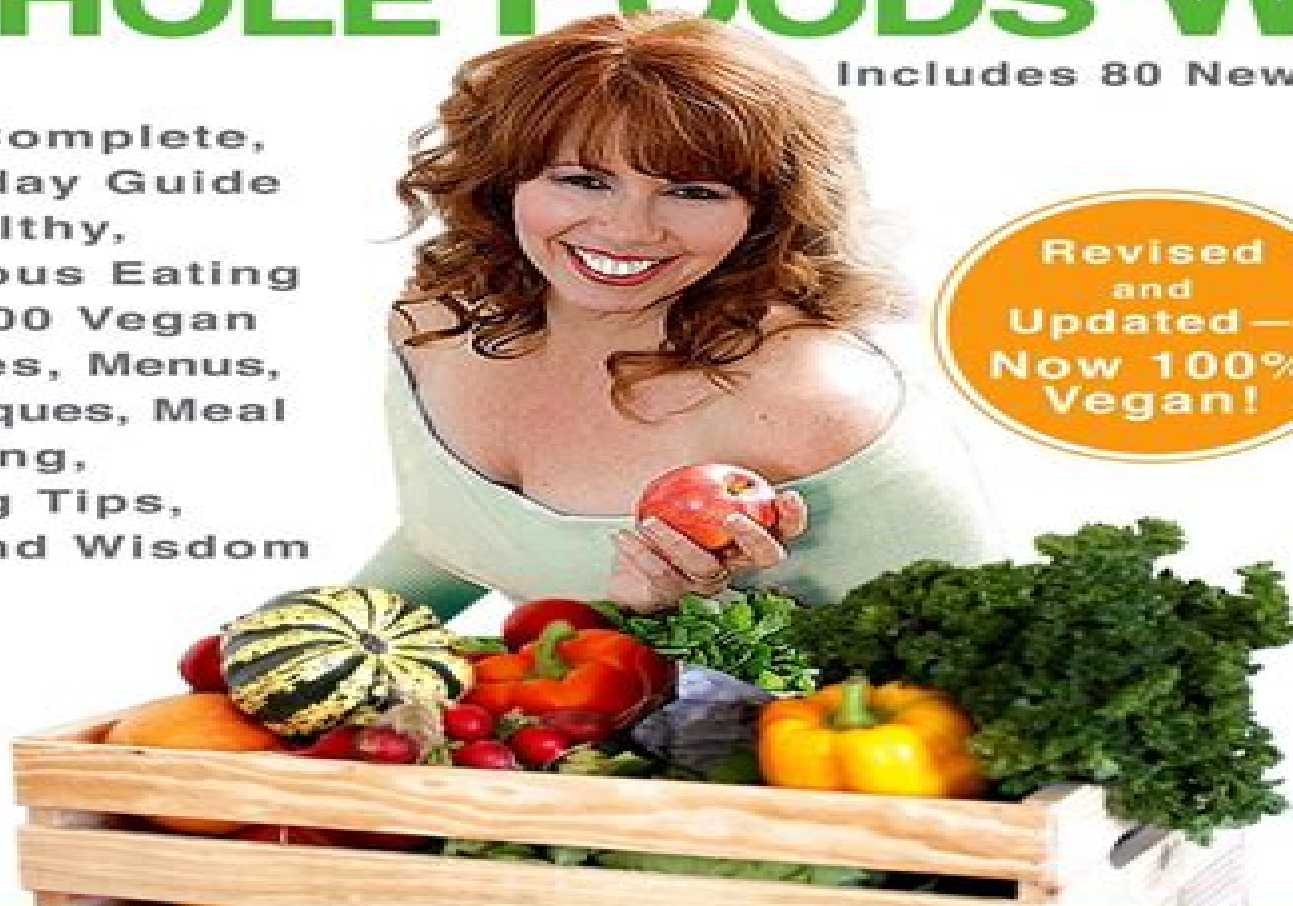
As seen on national public television

COOKING THE WHOLE FOODS WAY

Includes 80 New Recipes

Your Complete,
Everyday Guide
to Healthy,
Delicious Eating
with 500 Vegan
Recipes, Menus,
Techniques, Meal
Planning,
Buying Tips,
Wit, and Wisdom

Revised
and
Updated —
Now 100%
Vegan!



CHRISTINA PIRELLO

Emmy Award-winning host of national public television's *Christina Cooks*

Preface by Dr. Neal Barnard, founder and president, Physicians Committee for Responsible Medicine,
author of *Breaking the Food Seduction*

Cooking The Whole Foods Way

Brendan G. Carr



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