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The Book of Whole Meals: A Seasonal Guide to Assembling Balanced Vegetarian Breakfasts, Lunches and Dinners

Annemarie Colbin

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"It is difficult to imagine a better course for practicing, would-be, or even part-time vegetarians," said The New York Times of Annemarie Colbin's cooking classes. And, in this book, the founder of the successful Natural Gourmet Cookery School in New York City offers a whole year's worth of her popular classes.

The Book Of Whole Meals
-- Provides a sound holistic nutritional philosophy on which to base your food choices
-- Gives thorough instructions on how to set up a kitchen and a well-stocked pantry
-- Offers varied menus for each season: dozens of whole breakfasts, lunches; and dinners, using the fruits and vegetables of the season
-- Shows how to make quick meals with leftovers, without sacrificing taste or nutrition
-- Teaches you how to maximize efficiency and grace in the kitchen with time-saving hints for organizing every step of food preparation...and more!

Voted one of ten best cookbooks by New Age Journal readers.

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Exactly why? Because this The Book of Whole Meals: A Seasonal Guide to Assembling Balanced Vegetarian Breakfasts, Lunches and Dinners is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of benefits than the other book have such as help improving your ability and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the guide store hurriedly.

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