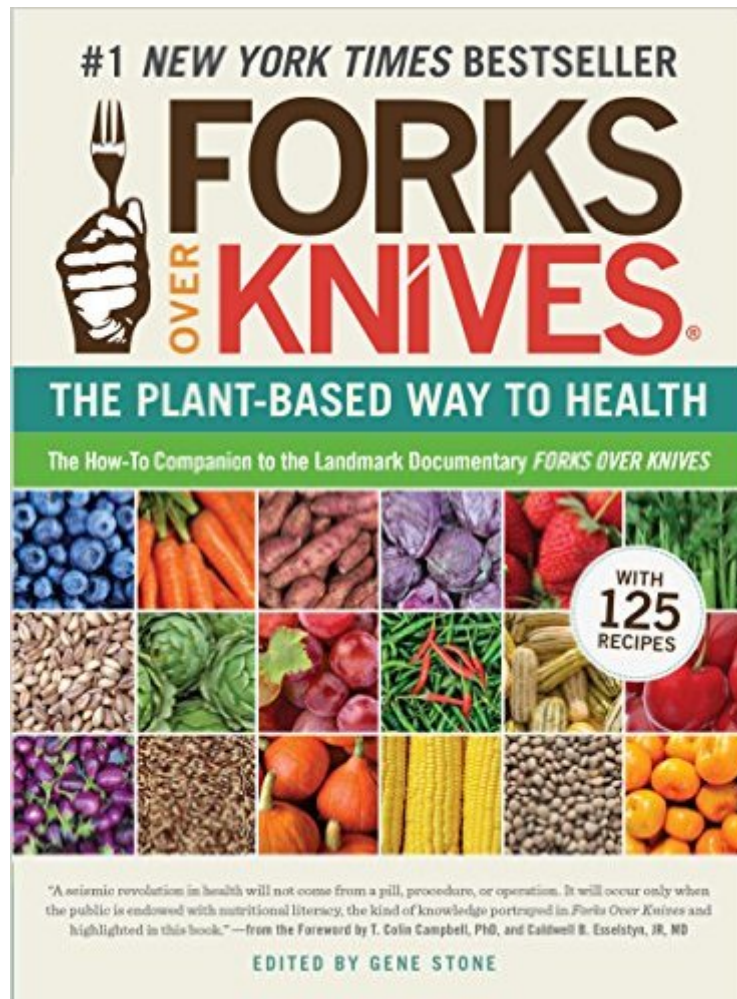


The book was found

# Forks Over Knives: The Plant-Based Way To Health



## Synopsis

#1 New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastierâlearn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knivesâthe book, the film, the movementâis back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If youâre among themâor youâd like to beâyou need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you canât eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipesâclassic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Â Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple CompoteSalads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea StewPasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring VegetablesStir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant & SteaksâBaked and Stuffed Vegetables: Millet-Stuffed Chard RollsThe Amazing Bean: White Beans and Escarole with ParsnipsGreat Grains: Polenta Pizza with Tomatoes and BasilDesserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over KnivesâThe Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way todayâit could save your life!

## Book Information

Series: Forks Over Knives

Paperback: 224 pages

Publisher: The Experiment; 1 edition (June 28, 2011)

Language: English

ISBN-10: 1615190457

ISBN-13: 978-1615190454

Product Dimensions: 6.3 x 0.6 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (807 customer reviews)

Best Sellers Rank: #4,735 in Books (See Top 100 in Books) #11 inÂ Books > Health, Fitness &

Dieting > Diets & Weight Loss > Vegetarian #18 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #24 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

The book "Forks Over Knives" does a wonderful job of performing two disparate tasks: It provides concise explanations of why a whole-foods, plant-based diet is healthiest for people, the planet, and the animals, and it offers a wide range of amazing recipes to help people get started. The editor pairs these tasks to perform one goal: to help people live healthier lives through their food choices. The book does this in three parts: (i) why a plant-based diet is best for your health, the planet, and the animals (37 pages); (ii) basic facts on plant-based foods (19 pages), and (iii) recipes (133 pages). While the bulk of the book is for recipes, there is a lot of powerful information in the first two parts that has appeal for anyone from the newcomer to the most informed, with topics as diverse as the environmental impact of food choices to nutrition labels. Even after having read literally dozens of books on plant-based foods and having finished Campbell's eCornell course in plant-based nutrition, I became more informed after reading the first two parts. The third part is filled with tempting recipes from some of the top plant-based chefs who refuse to compromise on health to sell meals. The writing style is, for lack of a better word, "comfortable". You can almost imagine yourself having a casual discussion with 11 experts on healthy eating, with insights that would surprise your general practitioner, but with language suitable for the layperson. My only qualms with the book are with the image quality of the graphs and people, which are technically disappointing, although still discernable, and with the arrangement of the bios, which seems out of order with their contributions.

[Download to continue reading...](#)

Shooter's Bible Guide to Knives: A Complete Guide to Hunting Knives, Survival Knives, Folding Knives, Skinning Knives, Sharpeners, and More  
Forks Over Knives: The Plant-Based Way to Health  
The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet  
Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives, raw till 4, whole 30, Slow cooker, crockpot, Cast Iron)  
Forks Over Knives: The Cookbook (Turtleback School & Library Binding Edition)  
Forks, Knives and Spoons The Illustrated Directory of Knives, Daggers & Bayonets: A visual encyclopedia of edged weapons from around the world, including knives, daggers, ... and khanjars, with over 500 illustrations  
Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1)  
Vegan Raw Food Cookbook Part 2:

More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) American Premium Guide to Knives & Razors Including Sheath Knives: Identifications and Value Guide The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes for the Real World The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) How Not To Die: 50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications The 22-Day Revolution Cookbook: The Ultimate Resource for Unleashing the Life-Changing Health Benefits of a Plant-Based Diet Thrive Foods: 200 Plant-Based Recipes for Peak Health The Ultimate Book of Dad Jokes: 1,001+ Punny Jokes Your Pops Will Love Telling Over and Over and Over...

[Dmca](#)