



The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs

From BenBella Books

Download now

Read Online →

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books

Following her bestselling *The China Study Cookbook*, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in *The China Study All-Star Collection*.

Featuring your favorite chefs and cookbooks authors, *The China Study All-Star Collection* includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the *New York Times* bestseller *Forks Over Knives Cookbook*; Laura Theodore, host of PBS' *Jazzy Vegetarian*; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by *The China Study*.

Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving.

With an introduction from *The China Study* co-author Dr. T. Colin Campbell, *The China Study All-Star Collection* is the ultimate plant-based cookbook for healthful, savory eating.

↓ [Download The China Study All-Star Collection: Whole Food, P...pdf](#)

📖 [Read Online The China Study All-Star Collection: Whole Food, ...pdf](#)

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs

From BenBella Books

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books

Following her bestselling *The China Study Cookbook*, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in *The China Study All-Star Collection*.

Featuring your favorite chefs and cookbooks authors, *The China Study All-Star Collection* includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the *New York Times* bestseller *Forks Over Knives Cookbook*; Laura Theodore, host of PBS' *Jazzy Vegetarian*; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by *The China Study*.

Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving.

With an introduction from *The China Study* co-author Dr. T. Colin Campbell, *The China Study All-Star Collection* is the ultimate plant-based cookbook for healthful, savory eating.

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books Bibliography

- Sales Rank: #30275 in Books
- Published on: 2014-05-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 7.25" w x .75" l, .0 pounds
- Binding: Paperback
- 304 pages

 [Download The China Study All-Star Collection: Whole Food, P ...pdf](#)

 [Read Online The China Study All-Star Collection: Whole Food, ...pdf](#)

Download and Read Free Online The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books

Editorial Review

About the Author

LeAnne Campbell, PhD, has been cooking whole foods, plant-based meals (WFPB) for over 25 years and has raised two athletic sons, now 21 and 20 years of age, on a WFPB diet. When not preparing quick, delicious and satisfying meals, she's working with schools, teachers, artists and community groups, locally and internationally, on initiatives that foster the development of vibrant, inclusive and sustainable communities. This work is accomplished through GlobalRoots.net and as the president and founder of this organization, she develops, implements and directs a wide-range of community based educational programs. One example is the "Total Health Experience", a week long program -- or pathway, to achieve optimal health. She has a B.S. and Masters degree from Cornell University in Human Service Studies and a PhD from UNC Chapel Hill in the area of Culture, Curriculum and Change.

For more than 40 years, **T. Colin Campbell, PhD**, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant years of peer-reviewed research funding and authored more than 300 research papers. The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine.

Users Review

From reader reviews:

Lonnie Hammer:

Now a day people that Living in the era wherever everything reachable by interact with the internet and the resources inside it can be true or not require people to be aware of each details they get. How people have to be smart in acquiring any information nowadays? Of course the answer is reading a book. Reading a book can help persons out of this uncertainty Information specially this The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs book because book offers you rich info and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it you know.

Janet Thaxton:

The reason why? Because this The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I were you I will go to the guide store hurriedly.

Armando Morris:

Within this era which is the greater man or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple way to have that. What you need to do is just spending your time not very much but quite enough to experience a look at some books. On the list of books in the top checklist in your reading list is definitely The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs. This book and that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking up and review this guide you can get many advantages.

Joseph Rankins:

Publication is one of source of expertise. We can add our know-how from it. Not only for students but additionally native or citizen want book to know the upgrade information of year to year. As we know those guides have many advantages. Beside most of us add our knowledge, can also bring us to around the world. By book The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs we can acquire more advantage. Don't that you be creative people? To be creative person must prefer to read a book. Just simply choose the best book that suitable with your aim. Don't become doubt to change your life at this book The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs. You can more appealing than now.

**Download and Read Online The China Study All-Star Collection:
Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs
From BenBella Books #6GC27TUZ9EH**

Read The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books for online ebook

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books books to read online.

Online The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books ebook PDF download

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books Doc

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books Mobipocket

The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books EPub

6GC27TUZ9EH: The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs From BenBella Books