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In the foreword to the cookbook, T. Colin Campbell, author of The China Study (and the father of cookbook author LeAnne Campbell), acknowledges that for adults used to the typical American diet, switching to a plant-based, no-added-fat diet can be challenging.

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Written by LeAnne Campbell Disla,
daughter of "The China Study" author T.
Colin Campbell, PhD, and mother of two

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hungry teenagers, "The China Study Cookbook" features delicious, easily prepared plant-based recipes with no added fat and minimal sugar and salt that promote optimal health.

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Cookbook, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based recipes that are quick, easy, and multipurpose. Edited by LeAnne Campbell, author of The China Study Cookbook , this book guides you to spend a couple of hours one day a week preparing meals ahead of time.

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The China Study Cookbook - Center for Nutrition Studies

He continues to teach cooking classes at local venues like Whole Foods, Community Recreation Centers, and The Wellness Forum. Sroufe is the author of

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The China Study: Quick & Easy Cookbook, as well as Forks Over Knives—The Cookbook, a vegan cookbook companion to the acclaimed documentary Forks Over Knives.

**Amazon.com: The China Study
Family Cookbook: 100 Recipes ...**

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Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health is a book by T. Colin Campbell and his son, Thomas M. Campbell II. It was first published in the United States in January 2005 and had sold over one million copies as of October 2013, making it one of America's best-selling

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books about nutrition.

Leanne Campbell

The China Study - Wikipedia

The China Study—Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies

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in three things: breakfast, lunch, and
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Nobody knows this better than Chef Del Sroufe, author of the New York Times bestseller Forks Over Knives The Cookbook and Better Than Vegan. In The

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into a documentary film titled Forks Over Knives released in 2011. If nothing else, the movie likely will be an interesting subject to discuss over a meal.

"The China Study" Diet: What to Eat or Not to Eat

The China Study Cookbook author, Leanne Campbell, is the daughter of T.

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Colin Campbell, co-author of The China Study. This cookbook is representative of how the Campbell family eats at home, and is in line with the type of plant-based eating The China Study encourages. A couple of notes about the recipes in general. This is a no-added oils book ...

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**The China Study Cookbook | The
Picky Vegan**

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Autor: LeAnne Campbell Pages: 208i>

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REOPES LEANNE CAMPBELL, PHD

FOREWORD BY T, COLIN CAMPBELL

COAUTHOR OF THE CHINA SWDY mm, jx

ACKNOWLEDGMENTS We went through several steps in putting together this cookbook, one of which involved testing the recipes.

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