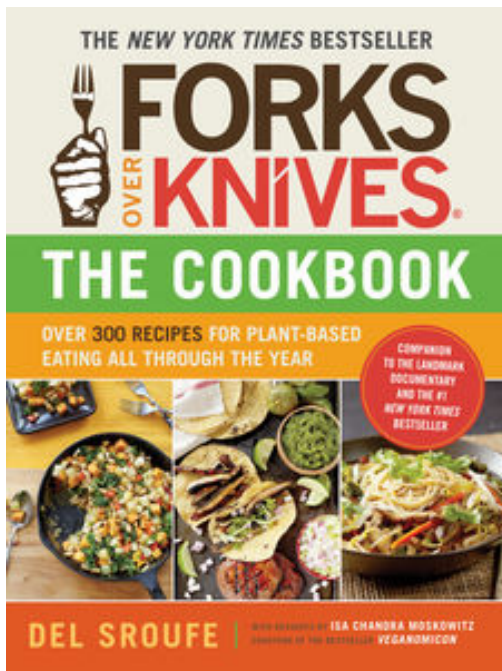


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A whole-foods, plant-based diet that has never been easier or tastier—learn to cook the *Forks Over Knives* way with more than 300 recipes for every day!

Forks Over Knives—the book, the film, the movement—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 you're among them—or you'd like to be—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 *can'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 recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year:

Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote
Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew
Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables
Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant “Steaks”
Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls
The Amazing Bean: White Beans and Escarole with Parsnips
Great Grains: Polenta Pizza with Tomatoes and Basil
Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more!

Simple, affordable, and delicious, the recipes in *Forks Over Knives—The Cookbook* put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

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If you realize your forks over knives—the cookbook so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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