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Campbell May 12, 2020 Plant-Based
Pizza Party Asian Vegan Dumplings
WHAT I EAT IN A DAY: Dr Barnard
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Diet? Cutting Nuts Out Your Diet? Big
Mistake ~~The 4 Rules For THRIVING~~
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Campbell's \"The China Study\" |

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LIVEKINDLY Companion

PlantPure Story ~~Easy Homemade~~

~~Granola \u0026amp; Mason Jar Oats~~

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~~Pie Lasagna Stew~~ Breakfast Potato

Casserole Arepas with Savory Black

Beans The Plantpure Nation

Cookbook The

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Nelson Campbell, executive producer, director and co-writer of 'PlantPure Nation' said Fort ... Campbell came out with his book, 'China Study' in 1983, which looked at 130 villages in that country ...

Plant-based diet revolution could start

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The members of the Vail Valley pod of PlantPure Communities are like, well, peas in a pod. What started as a 40-person group in September is now close to 100 strong, meeting once a month for a lively ...

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Local pod of PlantPure Communities
holding monthly pot lucks focused on
plant-based eating

Sponsored by the National Ag Science
Center in partnership ... CLASSICAL
CHILDREN'S BOOK CLUB Ongoing
Group geared for children 8 years old
and up. Each month club members will

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A revolution has begun... From a
creative team that includes the
producer and writer of Forks Over
Knives, the documentary film

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PlantPure Nation captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based

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approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director

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Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness

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business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens No-Bake Chocolate Pumpkin Pie Spinach Lasagna Green Pepper

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Tofu Scramble Reuben Casserole
With a foreword by Dr. Campbell, The
PlantPure Nation Cookbook is also
filled with tips, tricks, and grocery lists
for people interested in a whole food,
plant-based diet. And with intimate
background and behind-the-scenes
details from PlantPure Nation film, this

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companion cookbook is a must-have for stimulating healthful eating in your home. Join the revolution to jumpstart your health!

Over 150 Plant Based

Is Your Kitchen a PlantPure Kitchen?

The grassroots plant-based nutrition movement inspired by the film

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PlantPure Nation has helped foster a growing community of whole food, plant-based eaters. Key to its success has been the PlantPure Director of Culinary Education Kim Campbell's inspiring and delicious recipes. In 2015, her cookbook, The PlantPure Nation Cookbook, helped change the

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way people view the food they put in their bodies. Now, Campbell is back with even more inventive recipes bursting with flavor in The PlantPure Kitchen. Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new

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recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plant-pure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making

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recipes gluten-free, and a whole lot more. Whether you are new to the lifestyle or looking to expand your own recipe repertoire, The PlantPure Kitchen makes committing to your health through eating plant-based exciting, accessible, and easy! From dips and spreads, like Crockpot Apple

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Butter, to classic dinners, like Welsh Rarebit, The PlantPure Kitchen's recipes will inspire you to lead a more plant-pure life. Recipes include:

Strawberry Rhubarb Streusel Muffins
Asian Noodle Salad Southwestern
Chili Mac Potato-Crusted Mushroom
Quiche Welsh Rarebit Slow Cooker

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Jackfruit Tacos Hot Fudge Sundae
Cake Featuring a foreword by T. Colin
Campbell, coauthor of the
groundbreaking national bestseller
The China Study, this book will
become a kitchen staple for PlantPure
veterans and newcomers alike.

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New York Times Bestseller What happens when you eat an apple? The answer is vastly more complex than you imagine. Every apple contains thousands of antioxidants whose names, beyond a few like vitamin C, are unfamiliar to us, and each of these powerful chemicals has the potential to

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play an important role in supporting our health. They impact thousands upon thousands of metabolic reactions inside the human body. But calculating the specific influence of each of these chemicals isn't nearly sufficient to explain the effect of the apple as a whole. Because almost every chemical

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can affect every other chemical, there is an almost infinite number of possible biological consequences. And that's just from an apple. Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional "gold standard" of nutrition research has been to study one

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chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies trying to prove there is a chemical in milk or pre-packaged dinners that is "good" for us, but they provide little insight into the complexity of what actually happens in

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our bodies or how those chemicals contribute to our health. In The China Study, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in Whole,

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he explains the science behind that evidence, the ways our current scientific paradigm ignores the fascinating complexity of the human body, and why, if we have such overwhelming evidence that everything we think we know about nutrition is wrong, our eating habits

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haven't changed. Whole is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, a scientific tour de force with powerful implications for our health and for our world.

Features over one hundred plant-

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based recipes, including muesli, black-eyed pea salad, German sauerkraut soup, coconut curry rice, and savory spaghetti squash.

Over 150 Plant Based

Recipes
Lose weight, lower cholesterol, and improve your health, one delicious bite at a time in this companion to the

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runaway New York Times bestseller
The Engine 2 Diet. The Engine 2 Diet
has sold hundreds of thousands of
copies and inspired a plant-based food
revolution. Featuring endorsements
from top medical experts and a food
line in Whole Foods Market, Engine 2
is the most trusted name in plant-

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based eating. Now, readers can bring the Engine 2 program into their kitchens with this cookbook companion to the original diet program. Engine 2 started in a firehouse in Texas, and if Texas firefighters love to eat this food, readers nationwide will eat it up, too!

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The Engine 2 Cookbook packs the life-saving promise of the Engine 2 program into more than 130 mouth-watering, crowd-pleasing recipes, including: Mac-N-Cash Two-Handed Sloppy Joes Terrific Teriyaki Tofu Bowl Badass Banana Bread

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The #1 New York Times

bestseller--now in trade paperback for
the first time! In this #1 New York

Times bestseller (originally published
as My Beef with Meat), Rip Esselstyn

arms readers with the 36 most

powerful facts that prove, once and for
all, that a plant-based diet can save

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your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments

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are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

New York Times Bestseller A whole-

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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

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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

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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

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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

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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

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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

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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!

Over 150 Plant Based
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Bravo! is a collection of delicious, health-promoting recipes from the TrueNorth Health Center in Santa

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Rosa, California, whose dietary program has helped more than 7,000 people recover from numerous chronic diseases, including diabetes, high cholesterol, obesity, and hypertension. Included are tips and guidelines to help readers easily transition to a diet of nutritional excellence, along with 14

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days of menus to get them started.

Nutritional analyses accompany all of the recipes and menus.

Following the plant-based nutrition regimen presented in The China Study is now easier than ever before. When it comes to meal planning, do you find

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yourself deciding between healthy foods and quick options? Do you stare at the contents of your fridge, wondering what you can easily throw together? Even on a busy schedule, your meals can be simple, healthy, and delicious! You shouldn't have to sacrifice health or taste for efficiency in

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the kitchen. 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 China Study Quick & Easy Cookbook, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based

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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. Every dish follows the nutrition standards set forth by The China

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Study, ensuring optimal healthful and quality eating with whole food recipes such as: □ Fruit and Vegetable Curry □ Mushrooms Barbacoa □ Cauliflower Parmesan □ Sweet Potato Pie Muffins □ Banana-Coconut Macaroons With a foreword by The China Study coauthor Thomas Campbell, The China Study

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Quick & Easy Cookbook is the next step in transforming your kitchen, your time, and your life.

From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and author of the

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New York Times bestselling book How Not to Die, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages that's a perfect gift for healthy conscious eaters. Dr. Michael Greger's

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bestselling book, How Not to Die, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, The How Not to Die Cookbook puts that science into action. From Superfood Breakfast Bites to Spaghetti

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Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in The How Not to Die Cookbook offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health. Rooted in the latest nutrition science, these easy-to-follow, stunningly

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photographed recipes will appeal to anyone looking to live a longer, healthier life. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life—The How Not to Die Cookbook is destined to become an essential tool in healthy kitchens everywhere.

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