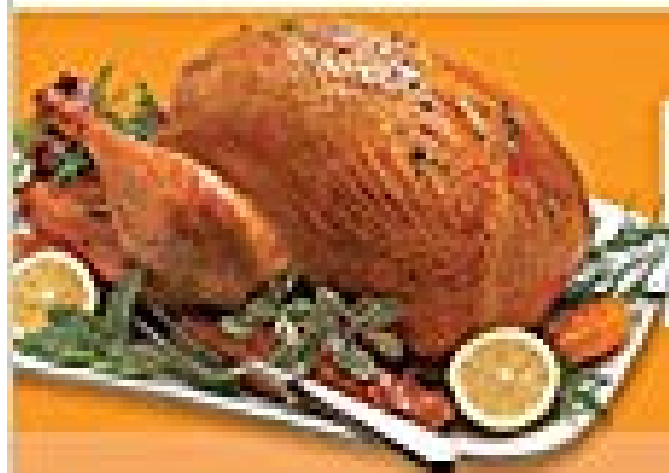


"What a simple, accessible book with mouthwatering recipes from all around the world! I plan to use this book as a resource guide and as a gift for all the people I truly care about."

Ann Louise Gittleman, Ph.D., C.N.S., bestselling and New York Times bestselling author of *The Fat Flush Plan* and *Before the Change*



The Healthiest



Meals

on Earth

The Surprising,
Unbiased Truth
about What
Meals to Eat
and Why

Jonny Bowden, Ph.D., C.N.S.

Best-selling author of

The 150 Healthiest Foods on Earth and
The Most Effective Natural Cures on Earth



Jonny Bowden

The Healthiest Meals on Earth: The Surprising, Unbiased Truth About What Meals to Eat and Why



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Now in a new, smaller format The Healthiest Meals on the planet contains recipes for more than sixty meals and drinks that use nutritious and healthy cooking methods. The poly-meals are designed to be eaten three-to-five times weekly. Forty dishes will combine to generate ten different "poly-meals," specially crafted meals that contain key nutrition found to promote long-term health. They include Lovely and Thai Spicy Shrimp and Fruits in addition to Persian Poultry with Autumnal Accompaniments. Another ten quality recipes are one-pot meals offering Slow-Cooker Chicken Curry. Jonny provides healthy cooking tips, along with an evaluation of the foods in each recipe. A chapter on drinks will include nutritious smoothies, "green drinks," and others. Side dishes, such as Chilly Strawberry Soup, and desserts, such as for example Raw Chocolate Fondue, are also presented.



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