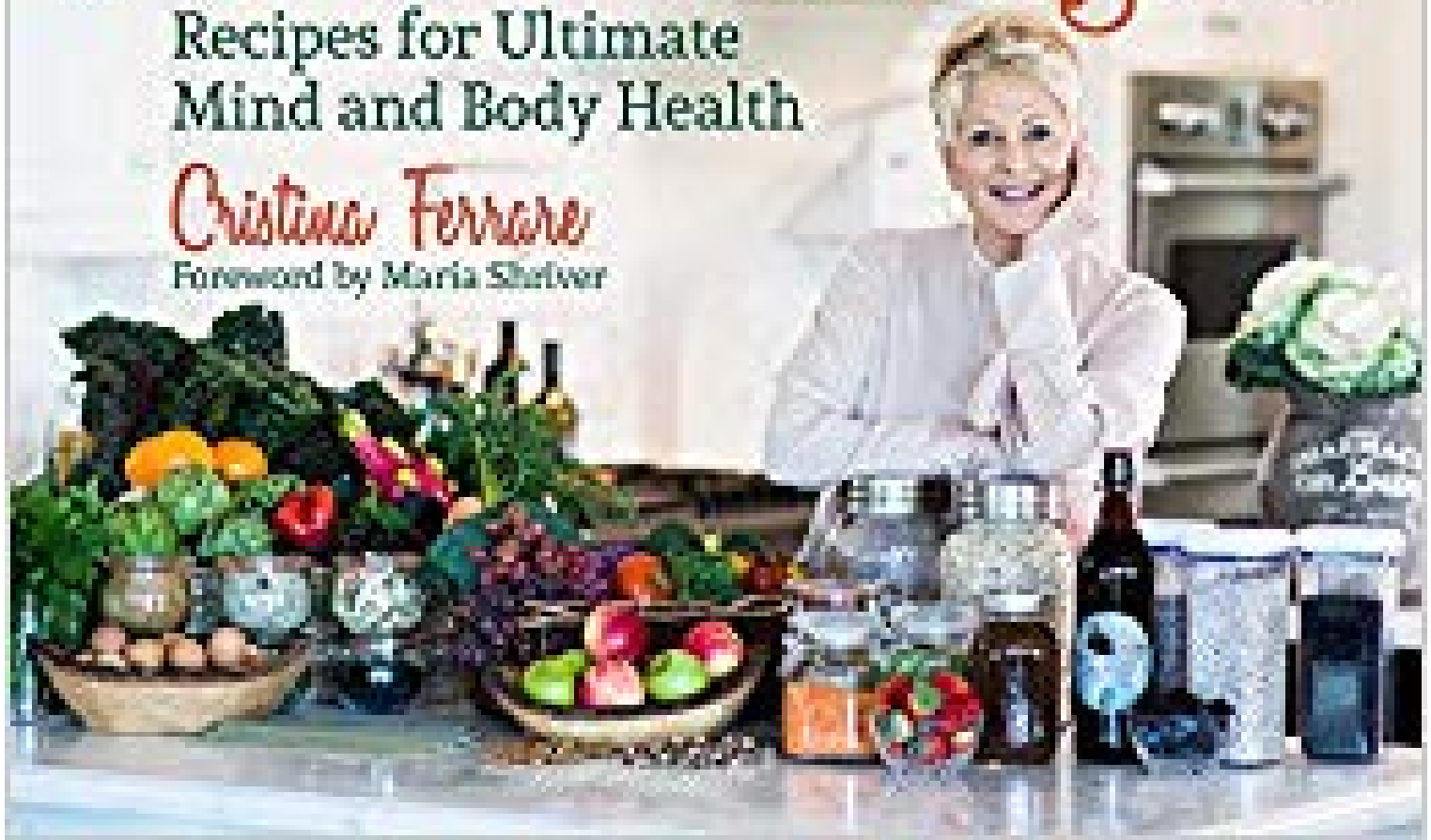


Food *for* Thought

Recipes for Ultimate
Mind and Body Health

Cristina Ferrare

Foreword by Maria Shriver



Cristina Ferrare and

Food for Thought: Recipes for Ultimate Mind and Body Health



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Take the first rung on the ladder towards ultimate wellness with Food for Thought and join Ferrare in your kitchen as she teaches you how consuming the foods you like will keep you healthy, vital, and strong. NY Times bestselling author, chef, TV personality, and entrepreneur Cristina Ferrare shares delicious and healthful recipes from the meals she makes for her family and friends. With her simple, creative dishes, you can explore everything from the significance of a nutritious breakfast to the surprising techniques the shape of a food can provide us clues about the section of our body it'll nourish. Heal your body, protect your brain, and enrich your life.



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Thank you, Cristina! I ordered this book due to the fact I have most of Cristina's other books and We've admired her for years. Thank you, Cristina! I know she thoroughly researched her ingredients (the info she provides relating food items to particular body parts is fantastic) and she spent considerable time and effort developing these quality recipes using several of these foods. She's passionate about posting all she's learned all about good nutrition and just why we all need to change our method of eating to be able to assist in preventing Alzheimer's disease (hence the title Food for Thought) and to enjoy a more healthy lifestyle. That said, I applaud her attempts and actually find many of these recipes "doable" (is that a word? I believe I'm going to start a new lifestyle, a single recipe at the same time. I've been following her on FB and frankly didn't know if I'd such as this new way of cooking she's adopted but I understood her known reasons for changing her way of eating and cooking food.) and plan on making many of them. Do I talk about that the photography is fantastic? Makes me desire to rush to your kitchen to prepare some Avocado Toast and some Peanut Butter Amazeballs!



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