

FOREWORD BY  
T. COLIN CAMPBELL, PHD

OFFICIAL COMPANION TO THE CHINA STUDY

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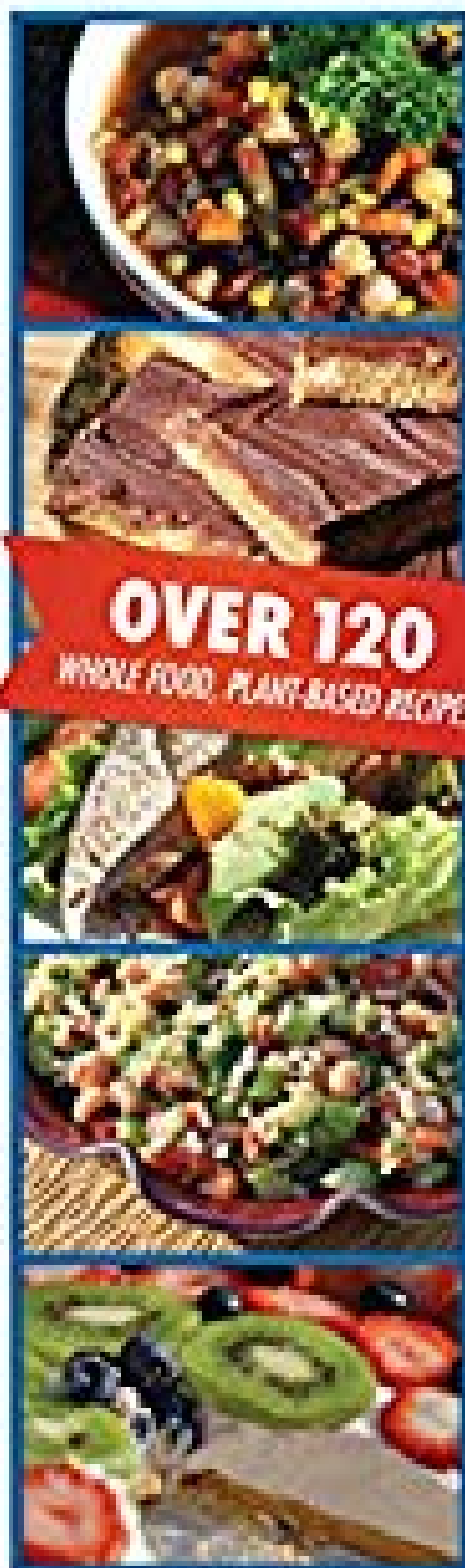
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# CHINA STUDY COOKBOOK

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LEANNE CAMPBELL, PHD

PHOTOS BY STEVEN CAMPBELL DISLA



**OVER 120**  
WHOLE FOOD, PLANT-BASED RECIPES

LeAnne Campbell

## The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes



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The China Research, with 850,000 copies sold, has been hailed as one of the most important health insurance and nutrition books ever published. It exposed that the original Western diet has led to our modern wellness crisis and the widespread development of obesity, diabetes, cardiovascular disease, and cancer. It is best to select locally and organically grown generate whenever you can Filled with tips on substitutions, keeping foods nutrient-wealthy, and transitioning to a plant-based diet plan, The China Study Cookbook shows how exactly to transform individual health and the wellness of the complete family. The China Study Cookbook takes these scientific results and puts them to action.the higher the long-term health benefits of eating them3. Colin Campbell, PhD, and mother of two hungry teens, The China Research Cookbook features delicious, easily prepared plant-structured recipes with no added excess fat and minimal sugars and salt that promote optimal health. From her Breakfast Home-Fry Hash and Fabulous Sweet Potato Enchiladas to No-Bake Peanut Butter Pubs and Cheese(much less) Cake, all of LeAnne's quality recipes follow 3 important principles: 1.prepared with minimal cooking, salting, and digesting&#151; The nearer that foods are with their native states&#151; Optimal nourishment is based on eating food rather than nutrient supplements2. Compiled by LeAnne Campbell, girl of The China Study author T. Based on the most comprehensive diet research ever conducted, the publication reveals that a plant-based diet leads to optimal wellness with the power to prevent or reverse many diseases.



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I'm also reviewing this from the perspective of a mom who cooks for a husband, a mother-in-law, and 7 kids (ages 18-6 a few months) everyday. we bought one for each family member as well as The China Study Quick & My twin sister got malignancy at age 39 and tested positive for lynch syndrome which means she genetically includes a higher threat of certain cancers than the general population. Today I produced the Blackberry Lemon Tea Cakes which are perfect. New vegan with a lot of kids! I've spent countless hours pouring over recipes for my brand-new menu. If I was going to modification everything I fed my family, my new Vegan quality recipes acquired to trump my older traditional American family favorites. SO!! Each recipe uses regular items, the tips in the bottom of each recipe are very helpful, and I believe that I can make great meals in a very small amount of time with this publication. I really love that there are no added natural oils in these quality recipes. From cooking food them I've learned I can successfully omit all the oils from other dishes or make substitutions without losing anything but unwanted fat. I learned out of this cookbook that surface flax seeds and drinking water make an excellent egg substitute. 8 weeks on whole meals plant based diet . Apparently, that's too high of an order. Personally, i think every recipe in the reserve is first class and I would eat them, as I've made many of them. However I will only cook foods that win in our family by a majority vote. Here are the recipes which are kid tested and family authorized. Pecan Ball Subs (pg 150) may be the top pick. However the recipes are great and without butter and essential oil they're quite low calorie, therefore i still use this book a lot. Now these various other recipes are not a big hit with the youngsters, but I make them because the adults like them therefore well: Garlic Greenbeans and Mushrooms (extravagant and delicious), Thai Wraps (I could eat them everyday) Pumpkin Gnocchi with Italian Vegetable Sauce (my husband said it's the bomb). The photographs make the foodstuffs inviting and appealing. Additional helpful books I would recommend: Eat To Live, The Starch Option, Disease-proof Your Child, Engine 2 Diet plan, My Beef With Meat, Fart Free Vegan, The China Research, any reserve by Dr Neal Barnard ( I loved Breaking THE MEALS Seduction and The 21 Day Kickstart Program). Without attempting to lose weight by itself, I've lost 15 lbs, my husband 13 lbs, 18 yr old son 10 lbs, 17 yr old child 5 lbs, Mother-in-law 12 lbs. Excellent, simple, delicious quality recipes! Also, for supper I produced the Pumpkin Muffins and a soup recipe- both delicious. Up to now I've made at least 5 recipes and they possess all been extremely good. My children and I run the same risk and all of the cancer diet study prospects me to a low-fat vegan diet. All the recipes are created with easy to find ingredients, many that i keep on hand!! This book was a real blessing and I can't wait to make even more of the fast, easy, simple recipes. You will not become disappointed in this book, it will become a favorite. Complicated Recipes Good book but these are not basic receipes to make. Lots of elements needed and quite time consuming, compared to what I was looking for. Amazing diet cured my deseases!! Good companion book to the initial. An superb cookbook for the China Research diet. Also removed was a dangerous drug know simply because Amiodarone for atrial fibrillation; a condition my partner no longer has. I have already been on the plant based whole foods diet plan and I have changed my life. for more search for; the creativity of elements is super thrilling and increases the draw of flavor via food sources and not sugar and salt.!) Get back control of your wellbeing. Consuming a WFPB diet can do wonders for you. It changed my entire life for the better. I even used it to layer and batter tofu fishsticks from a recipe in The Vegan Lunchbox... It changed my entire life for the better. Two months on whole meals plant based diet plan and I'm 20 lbs down - bp down to 105/70 - never had more variety or more satisfying foods in my own life and I will never need to become hungry - Ever! Five Stars great resource! Easy Cookbook and The China Research All-Star Collection.! The most amazing

facet of this cookbook is way you heal through these recipes. Easy Cookbook: Make Once, Eat All Week with Whole Food, Plant-Based Recipes" Compiled by Del Stoufe and edited by LeAnne Campbell (this cookbook's author.! We have both been taken off of High Blood circulation pressure and cholesterol medications. This book is based on the China study diet that is a total vegetarian diet with no oils allowed. I followed the diet for awhile but found I don't like vegetables well more than enough to continue onto it. Additional winners are: Favourite French Toast (add 1/2 cup whole grain flour to the batter to make a extravagant battered French toast), Fruit Crepes (or creeps as my children call them), pumpkin pancakes, Panana Cakes (big strike), scrambled Tofu, Fiesta Cornbread, No-bake Peanut Butter Bars (my 6 yr aged cried if they were all gone and begged everyday for even more). Fantastic Plant-Based Recipes! Oh my gosh- that is a fantastic, beautiful book! I just received my duplicate today and have been through 90% of the quality recipes, ordering two even more books for gifts. I have a wide variety of cookbooks, but this one is the absolute best!. However we also educate our kids that every meal doesn't have to be a symphony in their mouth. Easy to follow recipes This health living lifestyle can save your valuable life. An instantaneous favorite! One for each relative! We purchased this cookbook 1st and thoroughly benefit from the meals and tips. They will have!. Although I have more than my fair share of plant-structured recipe books, I am enamored by the gorgeous pictures of each recipe in this book. I'm reviewing this from the standpoint of being vegan for only 4 months. Can't recommend reserve highly enough - Really amazing! We recommend those, as well. This recipe book has been the typical by which I judge, choose, or change other recipes. so glad i found it! Loved it Whole Food, Plant-Based Recipes based on the incredible China Research. We could save the earth, and more people with all kinds of diseases if everyone ate in this manner. Worth it Good recipes and worth the money Favorite Cook Book This is my favorite go-to cook book of all time!!! We are new to the plant-based life style and also have found many dishes method to spicy and hot for our taste. I've even gotten gone other make books because this one is such a staple, i don't miss even more. I have got it for a few years, and it totally hits the nail on the top with recipes that are super clean-feeding on. it has a great collection of recipes! The images are fantastic, though it doesn't look ultra modern. The complete diet is definitely in the 'Forks Over Knives' publication. it's so well-rounded with plenty of everything to choose from, sweet, savory, snack foods, foods, etc. "The China Research Quick & i have recommended this cookbook to many people including my sister who is a health coach.! You will NOT be disappointed!!! Great product! These dishes are why I am no more a diabetic and my partner happens to be off insulin and almost off of her prescription diabetes. I am certain this book can be a cherished head among all plant-centered cookbooks. It really is amazing that we could be cured simply by following the suggestions of the China Research and this marvelous cookbook. I simply can't say enough concerning this cook book. I'm never going to make these recipes After having read The China Study, I thought this might be considered a great kitchen companion. Sadly, not. The quality recipes are weird. Can't entire foods be not really weird? I love that these recipes make use of minimal amounts of sweeteners but they're still delicious. I wish I hadn't bought the publication. Amazon states that if I return the book, I can only get yourself a 50% refund in addition to paying shipping and delivery costs. Not thrilled. This is essential buy! This cookbook is a wonderful follow up to the initial read! I've tried about 3 of the quality recipes and can't obtain enough of these! Did research on all sides - Sam previous lo carb person, and this trumps everything. love it.



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