

Copyrighted Material

LeAnne Campbell, PhD

# THE CHINA STUDY COOKBOOK

REVISED AND  
EXPANDED EDITION

*with Over 175 Whole Food,  
Plant-Based Recipes*

INCLUDING  
75 New  
Recipes

FOREWORD BY  
T. Colin Campbell, PhD

LeAnne Campbell

The China Study Cookbook: Revised and Expanded Edition with Over 175  
Whole Food, Plant-Based Recipes



[continue reading](#)

She also offers a appearance inside her organization, Global Roots, which strives to generate sustainable communities around the world and 3) selecting locally grown organic produce whenever possible maximizes nutritional value. Most of LeAnne' Packed with tips about substitutions and keeping foods nutrient-wealthy, The China Study Cookbook shows you how to transform your wellbeing and the health of your entire family members— Written by LeAnne Campbell, child of The China Research coauthor T. Colin Campbell, The China Research Cookbook is currently expanded to feature even more delicious, easy-to-prepare plant-based dishes—without added fat and minimal glucose and salt. It reveals that a entire foods, plant-based diet plan is the best way to avoid widespread growth of obesity, diabetes, cardiovascular disease, and tumor.s recipes follow 3 important principles: 1) optimal nutrition is founded on eating foodstuffs, not taking supplements; 2) the closer foods are with their native says when eaten, the higher their long-term health benefits;with more than 175 mouthwatering recipes and stunning all-fresh photography With 2 million copies sold, The China Study has been hailed as probably the most important health insurance and nutrition books ever published. Inside, discover time-tested favorites and brand-new meals: Almond-Topped Blueberry Coffee Cake Ensalada Azteca Green Banana Cassava Soup Peanut Butter Pubs Cassava (Yuca) con Cebollas Dark Bean Chipotle Burgers Sweet Potato Enchiladas Interest Fruit Bliss Cheese(much less) Cake Delight LeAnne invites you into her kitchen to talk about the quality recipes she uses to nourish her personal family.Enjoy the revised and extended edition of the bestselling China Study Cookbook—through entire foods, plant-based eating. This fresh edition of the bestselling China Research Cookbook puts the groundbreaking scientific findings of The China Research on your plate.along with contributing to the fitness of your community and the world—all while enjoying incredible meals.



[continue reading](#)

