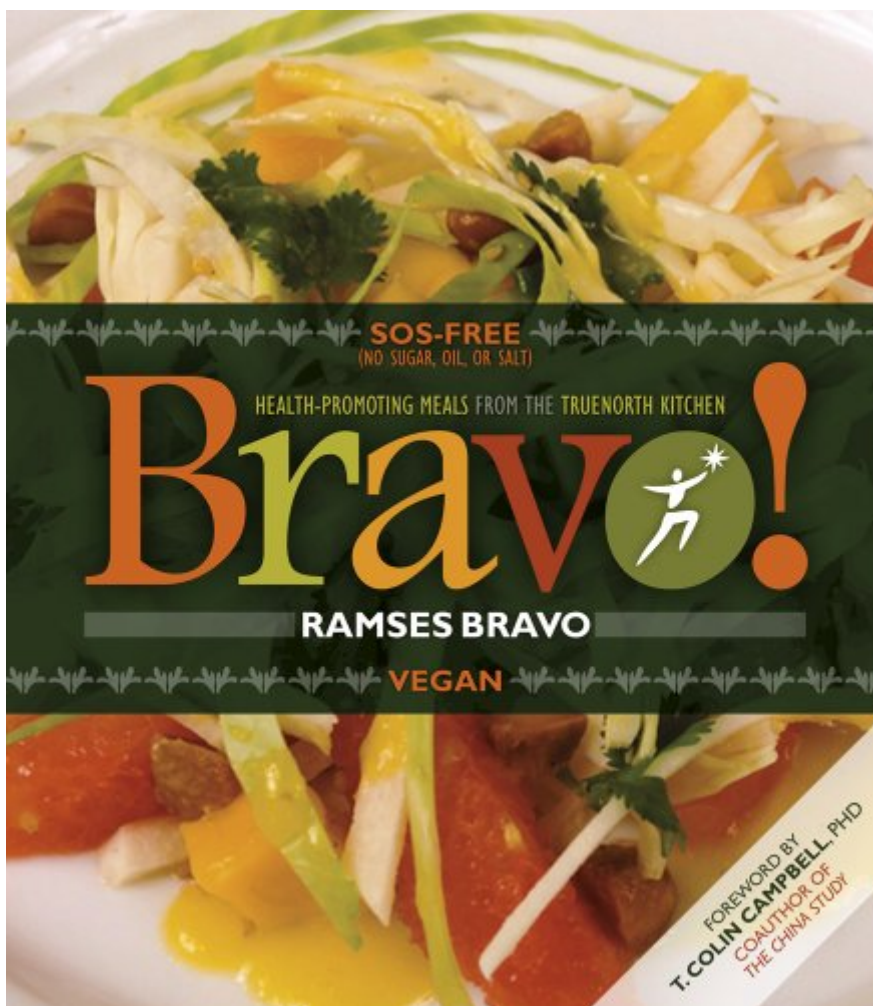




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# Bravo!



## Synopsis

Foreword by T. Colin Campbell, PhD Bravo! is a collection of delicious, health-promoting recipes from the TrueNorth Health Center in Santa 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 days of menus to get them started. Nutritional analyses accompany all of the recipes and menus.

## Book Information

File Size: 6198 KB

Print Length: 160 pages

Publisher: Book Publishing Co. (May 24, 2012)

Publication Date: May 24, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00865SK4O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #254,048 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #58

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt #103

inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt #136 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

Great Cookbook written by the Chef at The Inpatient fasting clinic that my MD and Chiropractor work out of. Easy to do and tasty recipes and because he works for this clinic I know that they are all healthy as well which is a huge plus. Since I am Vegan as well as doing my best to avoid added bad fats, salt and sugar and highly process foods in my diet these recipes work well for me as they are all free of those items as well. Good book and highly recommend it.

I was very excited to get this vegan cookbook, but there are too many ingredients that are not readily available. The recipes sound great, but I need to go somewhere that carries all the exotics. There is no Whole Foods in our area. I did learn that you don't need to add liquid in order to saute your onions, and that was a bonus. I will try it again.

I LOVE this cookbook. I eat mostly low fat raw, no sos, and am amazed at how spectacularly tasty food with no oil, salt or sugar can be! Only a truly great chef can do this. All the other raw low fat recipes I've tried made me feel deprived. I eat a tremendous amount of salad greens and before this could not find one low fat salad dressing recipe I really loved. All of them are great. Not to mention all the sauces for my steamed veggies.. there are lots of fairly gourmet recipes for family gatherings too so no one has to pity me for my unappetizing plate. Even my husband who is very entrenched in his Sicilian family foods, thought some of the recipes sounded appetizing. Thanks for making food pleasurable for me again!

My family often turns their collective noses up at the no-salt, no-oil vegan food I make, but not these recipes! They are a hit at my house! Which makes me very happy!

Great book for plant based recipes. My only complaint is that they could have used more color photos instead of black and white. Great selection of recipes and menus. Some ingredients may be tough to find in certain areas, but the recipes seem simple and easy to follow.

Great cookbook. This is a more complicated cookbook as it is written by a professional chef. Some recipes require hard to find food items but it's fun cooking with new foods. This is a cookbook for a more experienced cook - not your first cookbook.

We've made several recipes from the book and have found the intro part invaluable. Everything we've made has tasted great and we use the simple veg broth recipe all the time to improve the flavor of other foods. He's a great chef and this is a great book.

I haven't finished trying all the recipes in this book. I have learned some new things about cooking and have liked everything I've made. I like that it doesn't depend on mockmeats or strange ingredients for the recipes and instead has real food that anyone would eat. My only problem is that every once in a while I come across a term that puzzles me. Like "granulated garlic". There is the

assumption that you know what these are and no explanation is provided. This is why I removed one star. Otherwise this is an excellent choice for anyone who wants to make good food.

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