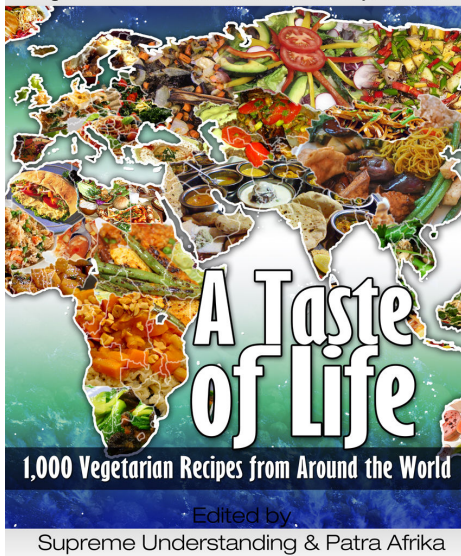


Bring the cuisines of over 200 countries into your home!



A TASTE OF LIFE

1,000 OF THE WORLD'S BEST VEGETARIAN RECIPES

Now you can enjoy the delicious and exotic cuisines of the entire world, all without leaving the comfort of your home! Not only is this book packed with over 1,000 easy-to-prepare ideas for appetizers, salads, soups, sauces, entrees, and desserts, the recipes are all vegetarian!

Studies have shown that a plant-based diet can help reduce the risk

of many preventable diseases, and can actually allow you to eat MORE without gaining as much weight. So everything you find will be good to your taste buds AND good for your health! What more could you ask for?

How about handy guides on HOW to cook healthy meals, how to create a meal plan, where to shop for the best and cheapest ingredients, and the health benefits of over 100 fruits, vegetables, and spices?

Over a thousand delicious vegetarian dishes, plus raw foods recipes, over 100 juices, smoothies and herbal teas, and a comprehensive nutritional guide!

Specs

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Book Highlights

How to Cook Ethnic Food	8
Tips and Tools of Healthy Eating	14
How To Become A Vegetarian	16
Conversions for Fruits, Vegetables	362
Restorative Powers of Fresh Juices	363
Spending Less to Feed More	367

A Cookbook Like No Other!

This is not your ordinary cookbook. This isn't even your ordinary vegetarian cookbook. While other cookbooks focus on a specific region, or offer only a smattering of selections, this book is filled to the brim with over 1,000 delicious and exotic recipes from the cuisines of over 200 nations. And we've worked countless hours to select recipes that are not only tasty, but affordable and easy-to prepare, so that just about anyone can change their diet with this book! We've even included articles that will help a novice cook become a master chef in no time: We'll show you how to set up your kitchen, how to cook using a variety of methods, how to plan your meals, and how to shop so that you can feed more while spending less.

We'll show you how to incorporate fresh produce in your diet until you've transitioned to where it is you want to be. At the same time you'll be totally eliminating the toxins that your body can't process or isn't meant to digest.

Wholesale and Fundraising

We have Options Tailored To Fit Your Needs!

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