



EatingWell Fast Flavorful Meatless Meals: 150 Healthy Recipes Everyone Will Love (Hardback)

By Jessie Price, The Eatingwell Test Kitchen

WW Norton Co, United States, 2011. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. The American diet is changing-for the better-as more and more Americans are opting to go vegetarian at least a few times a week. Meatless Mondays, a nonprofit initiative launched in association with Johns Hopkins School of Public Health in 2003 to reduce meat consumption to improve personal health and the health of the planet, has attracted a growing fan base. It has garnered the support of dozens of universities and restaurants, entire cities (San Francisco, CA, and Ghent, Belgium), and celebrities, including Mario Batali, Al Gore, and Gwyneth Paltrow. EatingWell Fast Flavorful Meatless Meals reports on the latest science, which shows that eliminating meat-even a few times a week-can have a host of health benefits, including improved blood pressure, decreased risk of heart disease, lowered cholesterol, and better weight control. Just replacing meat with starchy refined carbs, cream, and cheese may be eating vegetarian -but it's not eating healthfully. EatingWell shows you how to plan a well-balanced vegetarian diet full of whole grains, fruits...



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