



Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Recipes, Menus, Meal Planning, Techniques, Buying

Christina Pirello , Bill Tara (Foreword by)

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Christina Pirello takes the mystery out of preparing whole foods and adds a liberal sprinkling of fun. Along with great recipes, what this cookbook is really about is changing the way you think about the foods you choose. More than simple substitutions -- brown rice syrup instead of sugar, brown rice instead of white -- Christina offers a cookbook that can change your life and how you live it day to day.

Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Recipes, Menus, Meal Planning, Techniques, Buying Details

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Author : Christina Pirello , Bill Tara (Foreword by)

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From Reader Review Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Recipes, Menus, Meal Planning, Techniques, Buying for online ebook

jen says

This is a good cookbook for healthy ideas, but I don't love all of the flavors so I haven't used it as much. It's based on macrobiotic principles but it's not bland or boring at all.

Julie says

inspiring story of curing leukemia through healthy eating. lots of salt used in recipes :(

Kate says

Good cookbook but it should be called "Cooking The Macrobiotic Way." I can see how the title can be deceiving. Overall, I like it.

Nicole says

really good clean food that helps your brain! The author is entertaining and engaging.

Kelly says

This cookbook was quite a disappointment. The author has a nice story in the beginning about how she is basically able to beat terminal cancer by changing her diet. It's a good story, but not medically sound in my opinion. Also, the author mentions how easy her recipes are and also seems shocked that people actually buy salad-in-bag (or box) instead of the whole head of lettuce and accompanying veggies. I, for one, cook for one, so I don't want to buy a whole head of lettuce and throw half away. Also, I don't want to buy a bag of carrots just for one carrot (salad bars in grocery stores don't exist in my town yet). Anyway, I guess that's not really surprising since she is cooking "whole" foods. But ultimately, none of the recipes looked appealing, and I didn't make a single one. See, the ingredients are not easy-to-find, at least here in my 35,000 person town. I mean, I can buy miso at the health foods store, but she's got like 5 different kinds of miso, and it's almost every recipe. Other ingredients like brown rice syrup (?) and brown rice vinegar just don't seem everyday to me. Most of the recipes are Asian and have Asian produce, which is also a problem for me. Maybe this would be a good book if you live down the street from an amazing Farmer's Market.

I tried this book because it's 100% vegan, which justifies it's only star in my rating.

missy jean says

Macrobiotic recipes. I tried a couple of recipes I liked, but I can't really stand the taste of sea vegetables (which are important in macrobiotic cooking, apparently) so a lot of the recipes look gross to me.

Summer says

Lots of soy, wheat and other things I would not care to eat. If you eat wheat, soy and corn, you are sure to find some good recipes.

H.A. Fowler says

Excellent resource! Hundreds of vegan, whole food recipes, along with invaluable information on cooking healthy foods from the familiar to the downright weird. If you want to live vegan, or just get some recipe ideas, this is a good place to start.

Jennifer says

I have had this book for years . I'll flip through it once in a while but have yet to make a recipe from it that was memorable or that I would make again.

I think I was put off by this book because the author is kind of preachy about the Macrobiotic diet and even claims it cured her of a deathly illness.

Kerin says

She talks about how different foods affect your body, digestion, metabolism, blood sugar, etc. It's not boring though. I wasn't able to keep it long enough to try any of the recipes but they definitely look good. I'm especially interested in trying her breads and sweets b/c she bakes without any sugar, butter or eggs. She was a pastry chef before she got into macrobiotics so talks about how "healthy" baked goods usually taste awful and she kept trying recipes until hers tasted good. I'd like to test them out.

Dorothy says

I've been really into reading cookbooks lately. I don't really understand the macrobiotic thing though. some people say it's just eating whole foods. others take it further by saying you only eat what is grown locally. i'm more into the local thing. i made a bunch of recipes and was happy with half. she has encouraged me to use

brown rice syrup over other sugars.

Jo-Ann Murphy says

One of my favorite cookbooks. Great recipes!

Erica says

Some recipes are really good, some just lack a bit in the flavor department. The Tofu Pot Pie is a winner in our house. The cinnamon buns were also a hit when I made them.

C.A. says

TRUST ME, if anyone knows how to heal their lives with food it is Christina! She has an AMAZING cooking show on PBS, look for it on your local tv! SHE'S GREAT, AND INSPIRING! And not only that but eating healthy vegetarian meals saved her life, and it can save your life too!

CAConrad
<http://CAConrad.blogspot.com>

Beth Lequeuvre says

Hard to find (or pronounce) not in my price range ingredients along with a palate that doesn't quite match mine. I think it's a good idea, just wasn't turned into a convert.
