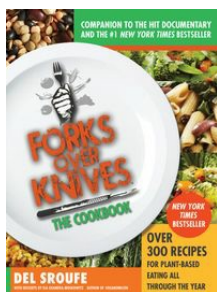


# FORKS OVER KNIVES - THE COOKBOOK: OVER 300 RECIPES FOR PLANT-BASED EATING ALL THROUGH THE YEAR

"Forks Over Knives," both the documentary and companion book, appeared on the scene in 2011 with an astonishing but simple claim: Following a fully plant-based diet can save your life. By avoiding meat, fish, eggs, dairy, and emphasizing whole, unrefined plant foods, millions of people have begun to notice staggering improvements to their physical fitness, weight, blood sugar and cholesterol levels, lifestyle, and overall health--including preventing, managing, or recovering from...



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## Reader's Opinions

Wow!! I have made at least 10 of the recipes in this book and have not come up with a fail yet! Moreover my entire family enjoys these recipes, including a very picky 5yo. While I agree with author's point of view that a plant based lifestyle is healthy, I would still appreciate the...

I am eating my way through this cookbook and writing reviews of the recipes at [www.freshandfaithful.com](http://www.freshandfaithful.com) I have not made every recipe yet but so far I have really enjoyed making food that is both healthy and tasty. I also like that everything in this book follows...