

# COOKING THE WHOLE FOODS WAY: YOUR COMPLETE, EVERYDAY GUIDE TO HEALTHY, DELICIOUS EATING WITH 500 RECIPES, MENUS, MEAL PLANNING, TECHNIQUES, BUYING

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...



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Author	Christina Pirello
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## Reader's Opinions

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...