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Mayim's Vegan Table: More than 100 Great-Tasting and Healthy Recipes from My Family to Yours (Paperback)

By Jay Gordon, Mayim Bialik

INGRAM PUBLISHER SERVICES US, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. While she's an actress with a Ph.D. in neuroscience, at the end of the day Mayim Bialik is a mom, one who knows what it's like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your family, you want healthy meals, but also food that everyone, kids and parents, can enjoy, and a balanced lifestyle that's inexpensive and fuss-free. Not only does Mayim's Vegan Table share more than 100 easy plant-based recipes for dishes that are as good to eat as they are good for you, but Mayim has also teamed up with pediatrician Jay Gordon to offer: Basic nutritional information about a plant-based diet The real deal on raising kids on a plant-based diet (myths and misperceptions, debunked) Vegan family essentials (including a list of what to always keep in the pantry) Tips and strategies for easy meal planning and healthy eating out And, of course, the food: you'll find recipes for Mayim's favorite breakfasts, snacks, lunches, dinners, and desserts, including...


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-- Dr. Thaddeus Turner PhD

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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