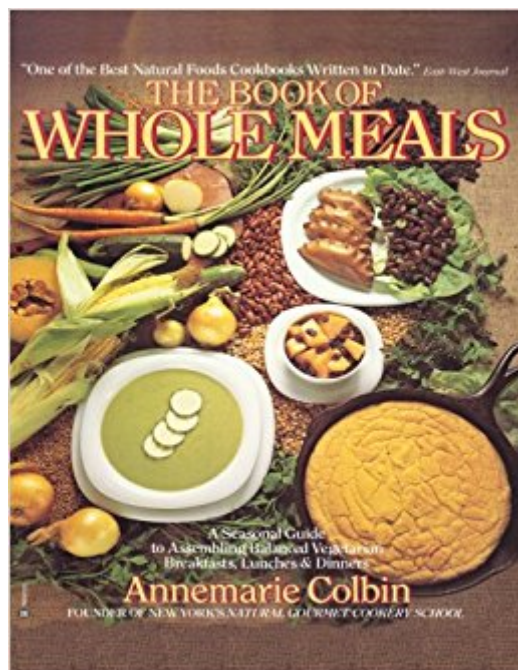




The book was found

The Book Of Whole Meals: A Seasonal Guide To Assembling Balanced Vegetarian Breakfasts, Lunches And Dinners



Synopsis

"It is difficult to imagine a better course for practicing, would-be, or even part-time vegetarians," said The New York Times of Annemarie Colbin's cooking classes. And, in this book, the founder of the successful Natural Gourmet Cookery School in New York City offers a whole year's worth of her popular classes. **The Book Of Whole Meals**-- Provides a sound holistic nutritional philosophy on which to base your food choices-- Gives thorough instructions on how to set up a kitchen and a well-stocked pantry-- Offers varied menus for each season: dozens of whole breakfasts, lunches; and dinners, using the fruits and vegetables of the season-- Shows how to make quick meals with leftovers, without sacrificing taste or nutrition-- Teaches you how to maximize efficiency and grace in the kitchen with time-saving hints for organizing every step of food preparation...and more! Voted one of ten best cookbooks by New Age Journal readers.

Book Information

Paperback: 240 pages

Publisher: Ballantine Books; Reissue edition (October 12, 1985)

Language: English

ISBN-10: 0345332741

ISBN-13: 978-0345332745

Product Dimensions: 8.5 x 0.6 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 16 customer reviews

Best Sellers Rank: #441,219 in Books (See Top 100 in Books) #106 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#) #531 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#) #597 in [Books > Cookbooks, Food & Wine > Cooking Education & Reference > Essays](#)

Customer Reviews

"A pleasure to read."--Vegetarian Times

"It is difficult to imagine a better course for practicing, would-be, or even part-time vegetarians," said The New York Times of Annemarie Colbin's cooking classes. And, in this book, the founder of the successful Natural Gourmet Cookery School in New York City offers a whole year's worth of her popular classes. **The Book Of Whole Meals**-- Provides a sound holistic nutritional philosophy on which to base your food choices-- Gives thorough instructions on how to set up a kitchen and a

well-stocked pantry-- Offers varied menus for each season: dozens of whole breakfasts, lunches; and dinners, using the fruits and vegetables of the season-- Shows how to make quick meals with leftovers, without sacrificing taste or nutrition-- Teaches you how to maximize efficiency and grace in the kitchen with time-saving hints for organizing every step of food preparation...and more!Voted one of ten best cookbooks by New Age Journal readers.

Fantastic book. Each section focused on foods that are seasonal. I like how each meal is really a meal plan and allows you to prepare for dinner, breakfast, and lunch using the leftovers. Great tasting, fresh food makes our tummies happy.

I am not a vegetarian but I would like to become one. I bought this book because it offered balanced vegetarian breakfasts, lunches and dinners - just what I was looking for. However, the dinners are HUGE! Of course, a person does not have to cook every dish on the menu, and she does state that, but the whole reason I was drawn to this book was I wanted a book that would say, "Here eat this and you'll get all the nutrients you'll need as a vegetarian." I did not have a problem, as one reviewer did, with the idea that I would need ingredients from dinner, for example, for breakfast the next day. In fact I liked that idea. The first fall menu is: Miso Soup, Brown Rice, Aduki Beans, Sauteed Carrots, Onions and Squash and Cabbage Salad. Doesn't that sound great? For this meal, she writes that you will need TWO 2 or 3 quart covered pots, a 4-quart pressure cooker or 3-quart covered pot, plus a skillet or saucepan. Do you have, or usually need, that many pots? I don't. The next day after cooking this dinner, you use the left-over rice for breakfast, the left-over aduki beans for a soup for lunch and the left-over sauteed carrots-onions-squash in a dish of fried rice with vegetables, also part of the lunch. I like that. I will screw up my courage eventually to try to see how I can use this book, perhaps even buy some more pots and whatever, but I wish someone had written a review warning me about the cooking vessels needed to do the menus as written. (Waffle iron needed for breakfast number three, by the way.)

The book gives a lot of good information, but I'm disappointed with the black graphics. For the price, I think it should have color photos instead of the tacky black and white drawings!

Wonderful recipes...will last you a lifetime

Met expectation

I eat macrobiotically, and although this book is not macro specific, it does a GREAT job laying out how to plan meals to minimize time spent cooking...

I find it interesting, but most of the recipes call for miso which I am having a hard time getting. I am not vegetarian and wanted to try after I heard her lecture. I will see how one of her other books help me with my quest in healthy eating.

seems to be not directed in any one direction for food nutrient values or sense for what to do or not do nutritionally.

[Download to continue reading...](#)

The Book of Whole Meals: A Seasonal Guide to Assembling Balanced Vegetarian Breakfasts, Lunches and Dinners Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook,Quick Easy Meals) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes (Best on the Planet) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge Æ& –â œ Whole Foods Diet Æ& –â œ Whole Foods Cookbook Æ& –â œ Whole Foods Recipes (Whole Foods - Clean Eating) The Paleo Diet Cookbook: More Than 150 Recipes for Paleo Breakfasts, Lunches, Dinners, Snacks, and Beverages VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME -

VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES
Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 50 Dutch Oven Recipes For The Vegetarian ãçâ –â œ Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Dump Dinners: Top 50 Dump Dinners Meals On A Budget-Eat Good And Cheap On A Super Tight Budget Bed and Breakfasts 26TH ED (Complete Guide to Bed & Breakfasts, Inns & Guesthouses)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)