



The Balanced Plate: More Than 150 Flavorful Recipes That Nourish Body, Mind, and Soul (Paperback)

By Renee Loux

RODALE PRESS, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In her first book, Living Cuisine , Renee Loux showed how nutritious and satisfying raw foods cuisine can be. Now she takes a broader look at the benefits a diet rich in natural, whole foods. Under the banner of nutritional cross-training, Renee outlines the basic principles of such dietary plans as macrobiotics and Ayurveda, and dishes up flavourful whole foods recipes for optimal health - including Ratatouille Thin Crust Pizza, Roasted Spring Vegetable Salad, and Lemon Vanilla Ginger Snaps - with a nod to gluten-free living, blood sugar balance, and boosted immunity. You are what you eat, Renee explains, but you are also what you use to clean your house and your skin, and so sprinkled throughout the book readers will find ideas for introducing the whole-foods philosophy to their home and beauty routines, including tips for composting and choosing a healthy water filter. Part eco-friendly cookbook and part organic lifestyle guide, this new book presents the essential elements of living well through whole foods, and living responsibly for a sustainable future.



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Reviews

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