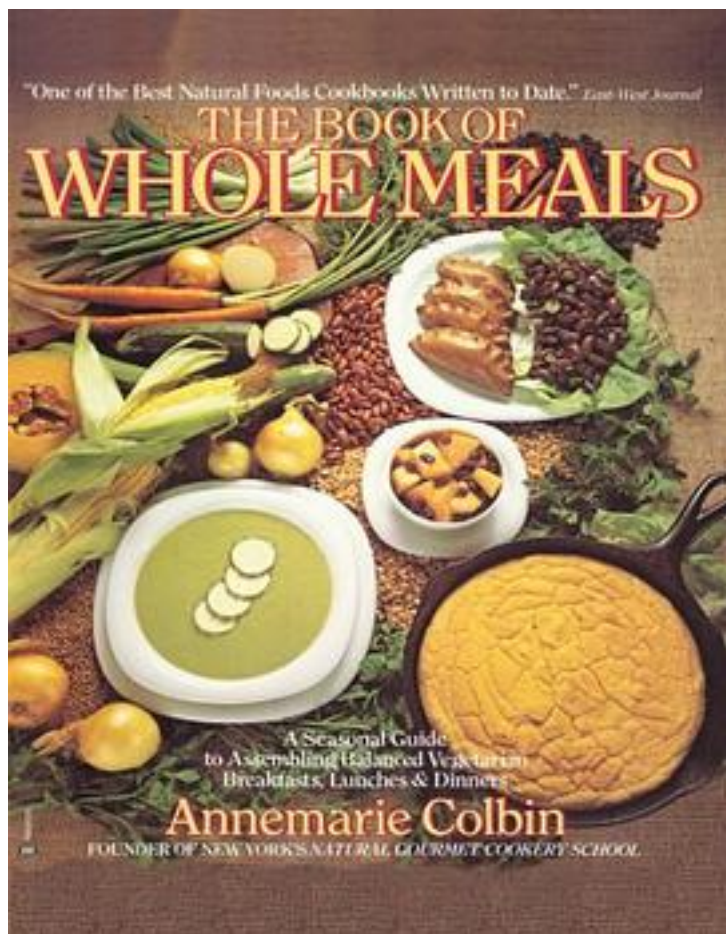


# Book of Whole Meals



[Book of Whole Meals\\_ 下载链接1\\_](#)

著者:Colbin, Annemarie

出版者:Ballantine Books

出版时间:1985-10

装帧:Pap

isbn:9780345332745

"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.

作者介绍:

目录:

[Book of Whole Meals\\_ 下载链接1](#)

标签

评论

-----  
[Book of Whole Meals\\_ 下载链接1](#)

书评

-----  
[Book of Whole Meals\\_下载链接1\\_](#)