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Createspace, United States, 2011. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Chef AJ has a unique ability to create healthy foods that taste great. Whether you want to lower your cholesterol, prevent or reverse many common lifestyle diseases, lose weight or just look and feel great, Chef AJ can show you how to incorporate more fresh fruits and vegetables in your diet in ways that are easy, delicious and fun. Foreword by Dr. Hans Diehl and endorsed by several giants in the field of plant-based nutrition, including: Dr. T. Colin Campbell (The China Study) Rip Esselstyn (The Engine 2 Diet) Dr. Joel Fuhrman (Eat To Live) Dr. Matthew Lederman Dr. Alona Pulde (Keep It Simple, Keep It Whole: Your Guide To Optimum Health) Dr. John McDougall (The McDougall Program) Dr. Pam Popper (Executive Director of the Wellness Forum) Chef AJ knows her way around a kitchen. She s been doing this for thirty years and it shows. All her recipes are incredibly easy to make, really healthy, but totally tasty in every way. She s a gifted chef. Rory Freedman, Best-selling coauthor of Skinny Bitch Chef AJ knows how to make tasty food and how to make it healthy. It s very special. Try it and you ll like it. T. Colin Campbell, PhD, author of The China Study Chef AJ s book Unprocessed deserves a special spot on the bookshelf of all people serious about their health and personal appearance. Mary and John McDougall, M.D., authors and founders of the McDougall Program Chef AJ is one of the few chefs in the world who can design dishes that not only meet my dietary guidelines, but are delicious, too. She represents the best of everything; she s entertaining and...

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