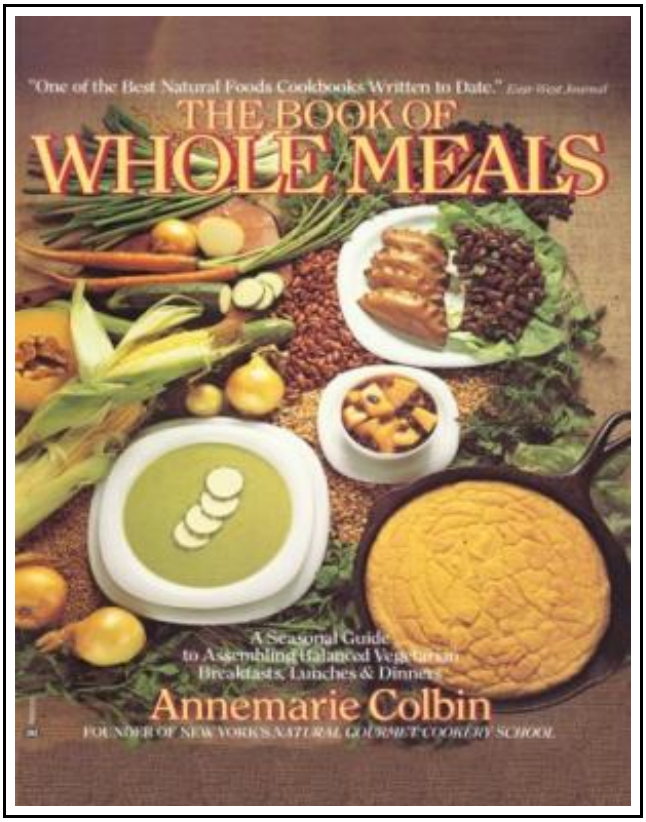
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Random House USA Inc, United States, 1992. Paperback. Book Condition: New. Reissue. 274 x 211 mm. Language: English . Brand New Book. It is difficult to imagine a better course for practicing, would-be, or even part-time vegetarians, said The New York 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.

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