



# **The Book of Whole Meals: A Seasonal Guide to Assembling Balanced Vegetarian Breakfasts, Lunches and Dinners**

*Annemarie Colbin*

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"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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