



Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy Eating

Christina Pirello

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In this collection of 500 recipes, Pirello takes the mystery out of preparing whole foods and adds a liberal sprinkling of fun. Along with great recipes, Cooking the Whole Foods Way offers menus, meal-planning tips, wit and wisdom, and a simple philosophy which discusses why we choose the foods we eat. Online promo.

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