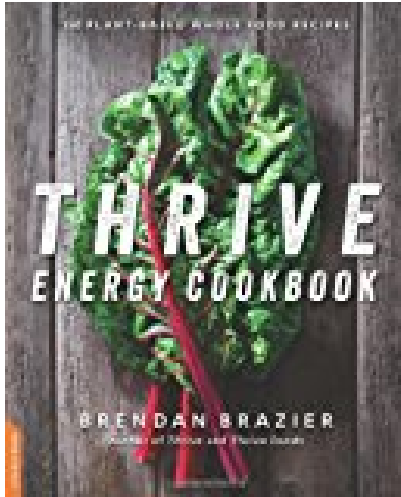


Thrive Energy Cookbook 150 Plant-Based Whole Food Recipes



BOOK DETAILS

- Author : Brendan Brazier
- Pages : 320 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 0738217409

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BOOK SYNOPSIS

Packed with 150 plant-based, nutrient-dense, whole food recipes developed within the Thrive nutritional philosophy, Thrive Energy Cookbook brings concepts that started the functional, plant-based nutrition revolution to life. Recipes are all vegan and allergen-free (or with gluten-free options) to eliminate wheat, yeast, gluten, soy, refined sugar, and dairy from your diet. Easy-to-make and performance-enhancing, these chef-created recipes merge purpose driven functionality (every ingredient has a nutritional purpose) with mouth-watering appeal. From the alkaline-forming, plant protein-packed Vanilla-Almond-Mocha Motivator Smoothie to Roasted Red Pepper & Sweet Potato Soup, Thai Green Curry Rice Bowl, and desserts such as Raspberry Chocolate Pomegranate Tart, Thrive Energy Cookbook will have you quickly preparing nutrient-packed and delicious dishes.

THRIVE ENERGY COOKBOOK 150 PLANT-BASED WHOLE FOOD RECIPES -

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