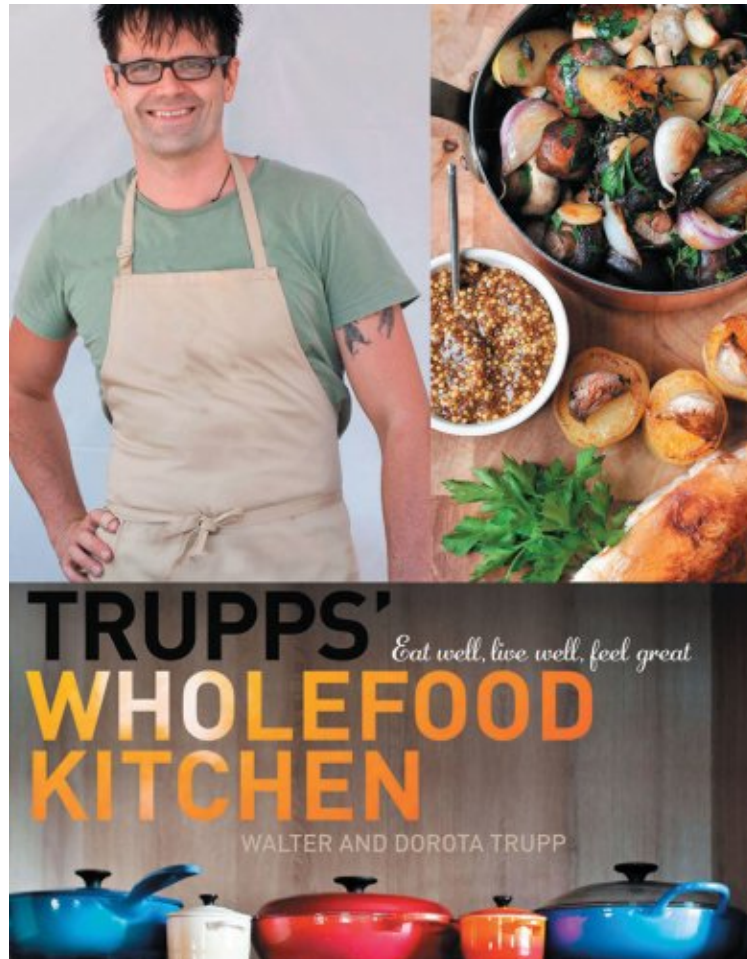


[PDF] Trupp's Wholefood Kitchen: Eat Well, Live Well, Feel Great

Trupp's Wholefood Kitchen: Eat Well, Live Well, Feel Great

Walter Trupp, Dorota Trupp
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Walter Trupp, Dorota Trupp : Trupp's Wholefood Kitchen: Eat Well, Live Well, Feel Great before purchasing it in order to gage whether or not it would be worth my time, and all praised Trupp's Wholefood Kitchen: Eat Well, Live Well, Feel Great:

0 of 0 people found the following review helpful. Trupp`s Wholefood KitchenBy Blair FoieThis book provides nutrition information based on the teachings of the Weston Price foundation and recipes for dishes that use whole and organic foods to promote good health and well being. The text contains over seventy recipes with step-by-step instructions and also includes variations for vegans and vegetarians. There is a strong preference toward organic and biodynamic produce and also a detailed description of the benefits of free-range and organic meats.If you are interested on what fats to use for cooking and how to decipher a food label or how food allergies develop as well as in facts about the most toxic additives used in processed foods such as monosodium glutamate, artificial sweeteners or supermarket seafood, then this is the book for you. The text provides a detailed description of many of the chemicals found in our kitchen environment, including plastics, non-stick pans, antibacterial, microwaves and preservatives from

processed foods (to name just a few). It is good to see a cookbook venture into this uncharted territory and present it in such an accessible manner. The book is beautifully designed and contains plenty of bright and glossy photographs. Enjoy it with a glass of wine (organic of course) and a generous serving of their cider-braised mussels. 1 of 1 people found the following review helpful. Trupp's Wholefood Kitchen: Eat well, live well, feel great. By Success This is a wonderful cookbook. It's full of delicious step-by-step recipes, full color photographs, and great facts about the health benefits of different foods such as vegetables and herbs. This is a welcome guide especially for a bachelor like me. I can't wait to create my first masterpiece!

Based on the latest nutritional research, this book is packed with recipes that use clean, whole, and organic foods to promote good health and well-being. Gorgeously illustrated and with step-by-step instructions, the book contains more than 70 delicious and easy-to-make recipes; from beef bourguignon and cider-braised mussels to waffles and chocolate tofu cheesecake. Accounting for the benefits of natural foods and explaining how food affects both the mind and body, this cookbook is filled with ingredient shopping tips and many gluten-free, vegetarian, and vegan alternatives.

About the Author Walter Trupp is a former executive head chef at the Marco Pierre White as well as a chef for some of the most prestigious restaurants in Austria, England, and Australia. Dorota Trupp is a nutritionist. She and Walter cofounded the Trupp Cooking School;