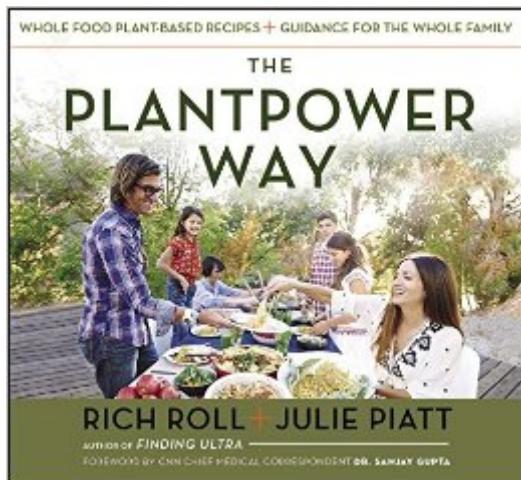


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The Plantpower Way: Whole Food Plant-Based Recipes And Guidance For The Whole Family



Synopsis

A transformative family lifestyle guide on the power of plant-based eatingâ "with 120 recipesâ "from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piattâ Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt,â The Plantpower Way shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, The Plantpower Way has more than 120 delicious, easy-to-prepare whole food recipes, includingâ hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core,â The Plantpower Wayâ is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. The Plantpower Wayâ is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

Book Information

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Customer Reviews

This is a beautiful, valuable book. First, the photos are gorgeous: not just of the food, but of the feeders and the fed. Julie and Rich and their family share their lifestyle in a way that feels welcoming and intimate; we're given a seat at their table, and we get to hang out in their kitchen before the party as well. Another thing I love about this book is its deft balancing of big ideas and tiny

details. The recipes, lists of kitchen gadgets, pantry management tips, and guidance for changing habits complements the larger vision: remaking ourselves into the best possible versions we can imagine. One wonderful example: Julie (an inspired and inventive cook but by no means a trained chef) tells a story about a professional chef attending one of her early cooking demos. After the class, he approached and asked her, one pro to another, about her choice of a particular knife to cut the zucchini. She replied, slightly embarrassed, that it was the closest knife. It's a great metaphor for our own paths of transformation. Many times I've aspired to some standard of perfection, only to give up when I couldn't attain it. Many times I've wished I could start somewhere else, further down the path, rather than where I am in this perfect moment. Cutting the zucchini with the closest knife reminds me that I can only start where I am, and that my own sincere, mindful efforts are all that's ever needed to begin the process of change. The other thing this book did for me was reinforce how absolutely possible such a transformation is. When I first heard about Rich Roll, it was in the context of the story he told in his previous book, *Finding Ultra*.

There are so many good things about this book it's hard to find a starting place. So let's just start with the food. I've had the good fortune of eating many of the recipes and they're all truly delicious. Easy enough to make quickly, but with flavors and presentations that seemingly make you a gourmet vegan chef. BUT, one of the coolest things about this is you don't have to be vegan to enjoy these. Julie and Rich have had years of needing to please the most carnivorous of friends and family and it really shows in the recipes. No one will miss the meat. What struck me was that the book really doesn't fit into the cookbook genre. It's full of interesting stories and useful information and it really feels personal. There are a million beautiful pictures throughout the book, taken over years, that really give a private look into their lives. Looking through the pictures it becomes very clear this book is truly an authentic expression of how this family lives. No smoke and mirrors here folks- this is the real deal, which is incredible inspiration that this way-of-life is completely doable. I've been using it as more of a lifestyle guide than just a standard cookbook. It lays out the foundation of how to live a healthy life, fueled by plants, in an easily digestible way. I thought I had my hands full with one child but if they can meet the needs and cravings of four kids with these tools and recipes then I think my one is going to be just fine- she's already picking out her favorites. If you're new to the plant-based movement this is the book for you. If you're old hat then you'll love this new take. I've been following Rich and Julie and their podcast (*The Rich Roll Podcast*) for years because the content of the podcast never disappoints.

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