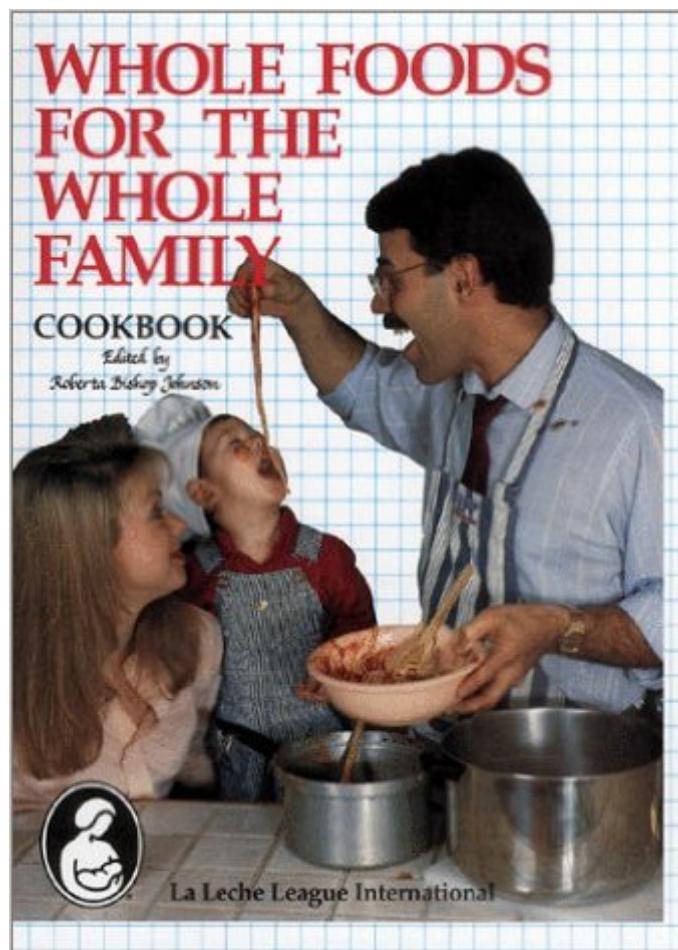


The book was found

Whole Foods For The Whole Family Cookbook



Synopsis

Book: Whole foods cookbook

Book Information

Plastic Comb: 302 pages

Publisher: La Leche League Intl; Spi edition (November 1993)

Language: English

ISBN-10: 0912500433

ISBN-13: 978-0912500430

Product Dimensions: 1 x 8 x 9.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #869,715 in Books (See Top 100 in Books) #193 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #1544 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference #170409 in Books > Textbooks

Customer Reviews

I have done a LOT of research on the best eating plan and cookbook for our family: an elderly person with diabetes, a sixty-plus person with high cholesterol and an overweight person with hypoglycemia. I wanted an eating plan that emphasized natural, whole foods as opposed to processed and refined foods. Unfortunately, most of those types of cookbooks were for vegetarians or vegans. We believe that God created animal products for our nourishment as well as plant products, so we were not interested in becoming vegetarians or vegans. When I ran across this cookbook, I was thrilled. I had the original 1970's LaLeche League Cookbook and liked it, but it is out of date as far as our current nutritional knowledge goes. So I was glad to see that they had produced a newer cookbook.

Pros:

- 1) Outstanding cover and binding! Every cookbook should be so well made.
- 2) Recipes from, and tested by, "real" people as opposed to fancy chefs or paid testers.
- 3) Whole foods, but not "weird" ingredients
- 4) Nutrition information after each recipe so special diets can be followed if needed.
- 5) Divided by breakfast foods, lunches, snacks, breads, dinners, desserts, home-made versions of store bought products.
- 6) More than just a cookbook-many helpful comments. For example: "This is a great recipe for busy mothers. Assemble in the morning while you are getting breakfast." or "This goes well with poultry."
- 7) Offers many alternative ingredient choices
- 8) Got two books for the price of one from LaLeche League. Whole Foods From the Whole World was included.

Con: The last edition was in 1993. A new edition needs to be done to include the

lastest information in nutrition.

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Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Foods for the Whole Family Cookbook Whole: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents 30 Day Whole Foods Cookbook: 90 Delicious Recipes to Plan the Diet, Start Whole Food Challenge, Lose Weight and Change Your Life The Whole Foods Allergy Cookbook, 2nd Edition: Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love (Everything®) The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love Natural Born Feeder: Whole Foods Whole Life Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) 30-Day Whole Food Cleanse: Plant Based Whole Foods for Beginners Promoting Health and Academic Success: The Whole School, Whole Community, Whole Child Approach

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