



# **Real Food for Healthy People: A Recipe and Resource Guide for Whole Food Plant Based Cooking**

*Carol D'Anca*

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## **Real Food for Healthy People: A Recipe and Resource Guide for Whole Food Plant Based Cooking** Carol D'Anca

Carol D'Anca integrative nutritionist and gourmet cook is reinventing whole food plant based cooking and elevating it to a delicious, elegant and healthful cuisine. Her extraordinary recipes and culinary tips have delighted students at her cooking school, "The Academy of Plant Based Cooking and Nutrition" and are now beautifully presented and artfully photographed in this recipe and resource guide.

More than a cookbook, "Real Food for Healthy People" serves as a resource guide for organizing the kitchen, stocking the pantry and learning basic culinary tips that are extremely helpful when preparing a whole food plant based diet.

Carol's unique combination of her Mediterranean background, clinical nutritional training and gourmet cooking skills makes this distinctive book a go to staple for plant based cooks.

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