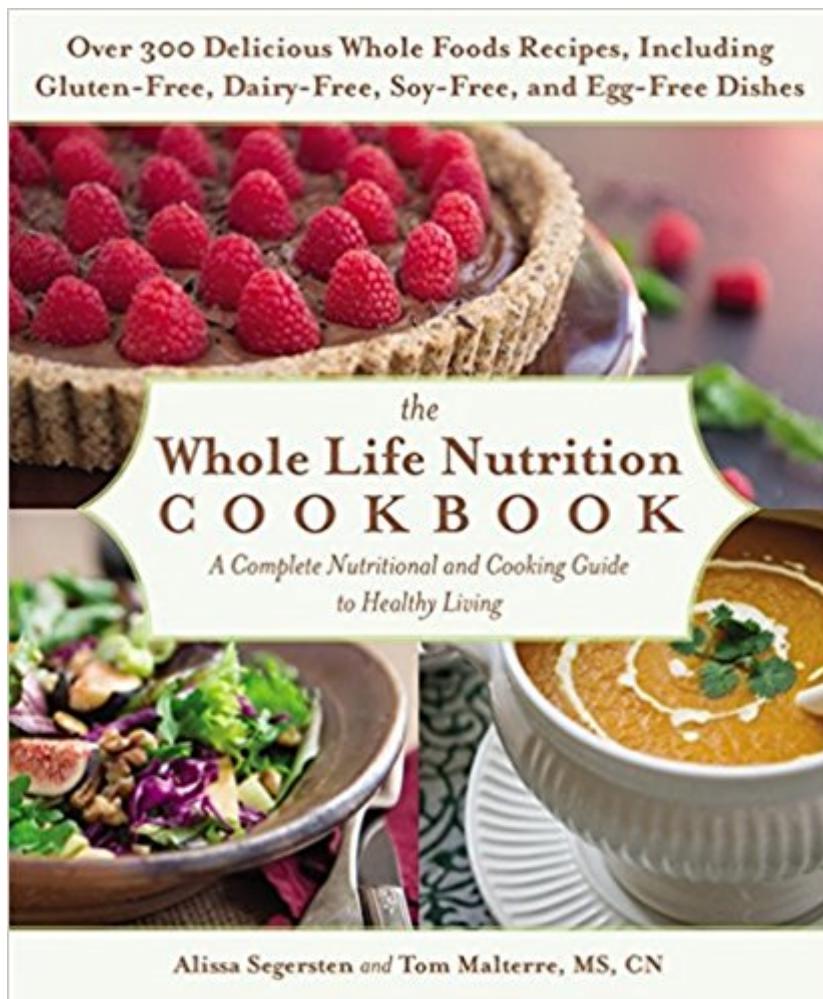


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# The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, And Egg-Free Dishes





## **Synopsis**

Food is powerful medicine and whole foods, or foods in their natural unrefined forms, offer us vitamins, minerals and antioxidants that prevent diseases and create a state of balance and health within us. Nutritionist Tom Malterre and Chef Alissa Segersten understand that food can be both healing and delicious and in **THE WHOLE LIFE NUTRITION COOKBOOK** they provide information on the importance of living a whole foods lifestyle, and how to transition into one. Readers will learn to prepare foods that promote optimal health, prevent disease, and energize the body. With over 300 delicious, nourishing recipes, readers will discover amazing, new ways to cook whole grains, fish, poultry, meat and veggies. **THE WHOLE LIFE NUTRITION COOKBOOK** includes:

Evidence-based information on whole foods Gluten-free, dairy-free, egg-free, and soy-free recipes A complete guide to stocking your whole foods pantry The whole story on the current diet trends and how to adapt them to best serve your individual needs The real story behind toxicity in food and avoiding PCBs GMOs and non-organics Recipes that any vegan, vegetarian, carnivore or omnivore will love Whether serving breakfast, lunch, dinner, snacks or desserts, readers will enjoy their food while healing their immune system, decreasing the inflammation that causes disease, balancing hormones and promoting better overall health.

## **Book Information**

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## **Customer Reviews**

Alissa Segersten is a cooking instructor and author of the food blog, [www.nourishingmeals.com](http://www.nourishingmeals.com), empowering people with cooking skills and knowledge of whole foods so that they may reconnect

with pleasure in eating delicious, nourishing food. Tom Malterre, MS, CN, is a certified nutritionist who holds two degrees in nutritional sciences, and is a faculty member of the Autism Research Institute. He coaches physicians and other health care practitioners on using Functional Medicine principals in their clinical practices, and travels the U.S. and Canada lecturing on the biochemical interactions within the body and their relationship to diet.

I have had the original Whole Life Nutrition cookbook since it came out and I LOVE this new version. The original has been my most used cookbook over the years, hands down! This new book includes the very latest nutrition science, and I especially appreciated the information and perspective on all the latest diets including the paleo diet. There are new chapters, and several new recipes. There is a whole chapter on cultured foods. I believe there are over 300 recipes altogether. We really enjoyed the new Quinoa tortillas and the grain free and vegan Apple Walnut Crisp. This book still contains many of our old favorites like Red Lentil Dal, Coconut Vegetable Curry, Wild Salmon with Lemon, Garlic and Thyme, Home-Style Chicken and Vegetable Stew, Raw Energy Balls, and Lemon Blueberry Pudding (I first made this pudding nearly 9 years ago and still remember my first taste, it gave me the satisfaction to continue my first elimination diet!) There are several smoothie and salad recipes that are delicious, and have been a great launching point for a whole foods lifestyle. I did not notice the use of xanthan gum in the baked goods, which is okay with me. Instead I did see chia seeds, which we love to incorporate. The recipes have definitely been updated. I have been cooking with the Whole Life Nutrition recipes for years and I am confident that they are as creative and well developed as the previous versions. And the photos! So beautiful! I wasn't crazy about the index at first, but I am getting used to it, and I am still giving this book 5 stars because the recipes and information are the best I have found. I am very pleased to have this update on my favorite book :)

Absolutely love this cookbook!! My family and I have recently switched over to an organic, non-GMO lifestyle and this book was full of fresh, interesting recipes to try. I watched Tom on the documentary "Origins" and found him to be very knowledgeable and interesting. His cookbook is no less informative! Learning about the benefits of gut health and how to make your own fermented foods was all new to me. I've tried many recipes throughout the book and love them all, from the spiced granola to curried vegetables. The only downside is that many of the recipes ask you to use specialized ingredients that can be expensive. I usually buy a few at a time and then make a bunch of recipes with that ingredient in it (ex. Coconut flour or arrowroot powder). This is not a beginner

cookbook, so be prepared for lots of chopping and a little more time cooking. But it is SO worth it! The food is delicious, nutritious, balanced and my little kids even enjoy it. Highly recommend for those who are trying to change to a healthier lifestyle and enjoy trying new foods. You won't be disappointed!

This cookbook has been a staple for years, and I come back to it over and over again for its clean eating, wholesome foods approach that's full of flavor. It's extremely approachable for people of all diet types, including vegetarians and vegans. My current favorites are the Kale and Hazelnut Pesto and the Almond and Artichoke Pate. I find new treasures in this cookbook all the time. Love Tom and Alissa's approach to eating for nourishment and health.

I ordered this book after my daughter tested positive to gluten, dairy, and egg allergies so that I could get some recipe ideas on what exactly to cook. It's been a huge help and I've made several of the recipes and they've been really good. Highly recommended for GF DF people.

Lots of great health information in the first part of the book. Very think book full of many healthy receipts. I made the chocolate fudge, no sugar, used dates instead, plus many other healthy ingredients and no cooking, just refrigerate. I was pleasantly surprised how it does taste just like fudge!

The Whole Life Nutrition Cookbook is a wonderful tool to aid in obtaining a healthy nutritious lifestyle. During this day and age when health conditions are striking people at younger ages, people more than ever are realizing the need to practice healthy eating. This cookbook contains a wealth of nutrition facts which is very informative and clearly the information has been well researched. From food allergies to sensitivities, to the healing abilities of certain foods and ways of eating, it provides recipes that will completely change your life. These are recipes that work for the whole family without sacrificing taste and flavor. What I love about this cookbook is that it contains a variety of recipes that work for the time that I have to devote to cooking as well as knowing that I am making healthy decisions for myself as well as my family. The choices we make in our diet affect our overall health. After all, we are what we eat.....

When it arrived I immediately sat down to peruse the mouth watering photos and then to delve into a chapter on my most recent food exploration--cultured foods. We've been enjoying Ali's recipes

and learning about nutrition from Tom for over a decade. You can count on them to evolve along with the latest research. These recipes take the deprivation out of a food sensitivity diet and turn it into an opportunity to experience more healthy( and tasty) alternatives. The book doesn't stop at the inspiration of recipes and nutritional advice. Thorough explanations of ingredients and steps allow me to modify any recipe to my specific needs. And then, there is list of resources for harder to find ingredients. Whole Life Nutrition is an invaluable resource for the "how" and "why" of healthy cooking.

I bought this book thinking it was their other one, and didn't really want to go through the hassle of returning it. It's a good book with simple recipes. I actually really like the fermenting chapter in the book. These two are so full of information, that's why I kept the book. Essentially as a reference.

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