



The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great

By Neal Barnard, Robyn Webb

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In Dr. Neal Barnard's *Get Healthy, Go Vegan Cookbook*, the country's leading diabetes team weighs in on America's hottest dietary trend. The cookbook is based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes. In fact, it's also beneficial for weight loss, the reversal of heart disease, and the improvement of many other conditions. Dr. Barnard and nutritionist Robyn Webb now offer easy, delicious meals to improve your health.

Featuring 125 flavorful recipes, readers will find all-occasion dishes that use familiar ingredients and require minimal effort. All recipes are free of animal products, low in fat, and contain a low-to-moderate glycemic index.

Barnard and Webb explain how diet changes can have such dramatic health effects and provide simple ways to get started. With convenient menus, scientifically proven advice, and inspiring stories from real people who have used Barnard's recommendations to turn their health around, there's no better cookbook to help you eat well and feel great.

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- Sales Rank: #21102 in Books
- Published on: 2010-06-08
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .50" w x 7.00" l, .89 pounds
- Binding: Paperback
- 248 pages

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Editorial Review

Review

Blogcritics.org , 6/17/10

“This man is seriously into nutrition. But what about taste? Barnard and Webb’s recipes are especially appealing to those who are not fans of TVP (texturized vegetable protein)...The first fifty pages of *The Get Healthy, Go Vegan Cookbook* serve as a primer on vegan cooking, the health-benefits of a vegan diet, and nutrition...For the appetizer lover, there are plenty of spreads and finger foods...Ethnic dishes, main dishes, soups, desserts—there’s plenty to tempt you...Bottom Line: Would I buy *The Get Healthy, Go Vegan Cookbook*? With vegetarians and vegans in my family, I need it on my kitchen bookshelf, but—let’s face it—there are plenty of offerings that everyone, regardless of diet, can enjoy.”

VegNews, July/Aug 2010

“For those just getting started on a plant-based diet, Neal Barnard, MD, and Robyn Webb offer the ultimate start-up guide...Eye-opening facts help give those on the fence a final push, and first-hand testimonials are sure to inspire change...All dishes are simple, low fat, and yummy...Once you’re on the road to a healthy, plant-based lifestyle, it’s the perfect volume to pass on to a friend.”

Bergen Record, 6/28/10

HealthyVoyager.com, 8/2/10

“I was over the moon when I received [Dr. Barnard’s] cookbook. Teamed up with nutritionist Robyn Webb, these 2 knock it out of the park! What is great about this cookbook is that it isn’t just recipes. It explains the benefits of a plant based diet as well as covering how the recipes in the book will assist you in reaching optimal health...Just looking at the ingredients and the variety of dishes is enough to get your salivary glands going...You can’t go wrong with *The Get Healthy, Go Vegan Cookbook*!”

Midwest Book Review, August 2010

“Any library strong in vegan cookbooks must have [this]...It packs in over a hundred easy recipes and pairs them with color photos and explanations from a noted physician who explains the basics of a vegan diet and its health benefits. The dishes are based on ordinary ingredients and take no time...Any vegan collections must add this!”

Curled Up With A Good Book, September 2010

The Hippo, 7/15/10

“A nice place to turn for some general vegan-diet information...The recipes are straightforward and cover a lot of comfort foods...that can help you transition from foods you may be eating to a meat-and-dairy-free lifestyle.”

Sacramento Book Review, 7/23/10

“The science is explained fully in an undeniable way, complete with testimonials, and tips are given to help

readers transition...Most [recipes] are simple and quick to make, containing ingredients found in any grocery store. The dishes themselves sound delicious; any foodie inclined toward eating healthy will surely find themselves drooling in anticipation...This one is definitely recommended.”

“Talk of the Town” (WTVF), 7/26/10

“How can any dish taste great without cheese? You would be surprised and delighted with the offerings from authors Barnard and Webb.”

“Showcase[s] the merits of a vegan diet. Most dishes are simple, many with fewer than 10 ingredients and three steps, making it ideal for novices.”

Bookviews, July 2010

“There’s plenty of diversity among the recipes that include green chile and oyster mushroom crepes, sweet potato soup, and even snacks. All recipes are low in fat. If you’re new to the vegan lifestyle, this book will appear intriguing.”

Treehugger.com (discussing the Sun Dried Tomato Spread pg 162), 6/30/10

“This sun-dried tomato spread is so creamy, people might think it has mayonnaise in it, but the secret is silken tofu...This is a great spread to have on hand. It’s delicious as a base for a grilled vegetable sandwich, or you can spread it on a bagel instead of cream cheese and it’s quite satisfying.”

Tucson Citizen, 7/14/10

“[Barnard’s] 125 recipes stress convenience, versatility, and taste...Whether your goal is take the plunge and go vegan or you just want to eliminate some meats from your diet and substitute more healthy alternatives, this cookbook will be helpful.”

San Francisco Book Review, 7/12/10

“I can’t help but be thrilled by receiving a *good* vegan cookbook to review...It’s vegan in every sense of the word, but I love that the emphasis is on eating a well-balanced, whole foods diet, rather than creating poor substitutions of everyone’s meat-filled favorites...Another thing I love about this book is that the author, Neal Barnard, MD, is promoting a vegan diet for scientifically sound reasons—reasons that are thoroughly explained in the first few chapters...Let *The Get Healthy, Go Vegan Cookbook* serve as a reminder to you all that cooking vegan does not have to be a daunting idea! This book is full of good meal ideas that are healthy, delicious, and remarkably simple to make.”

Foodista.com, 7/12/10

“Make[s] it easier than ever for those willing to take the plunge to assemble healthy, delicious vegan meals...This is a great book for those who aren’t big on tofu or other texturized vegetable protein—Dr. Barnard and Webb focus on vegetables and yummy carbs such as rice or polenta to round out meals. This is a great addition to any cook’s bookshelf, regardless of diet.”

GoDairyFree.org

“Features all-occasion recipes that use familiar ingredients and require minimal effort.”

VegNews, December 2010

“Favorite Vegan MD”

Library Journal, 5/21/10

“A terrific lifestyle guide for anyone wishing to lose weight, cut cholesterol, and reverse the symptoms of type 2 diabetes. After they detail the science behind a low-fat vegan diet, the authors include tons of simple, healthful breakfast, lunch, and dinner recipes for a variety of palates...Recipes are short and contain detailed information on calories, saturated fat, and vitamins and minerals...A good complement to Donna Klein’s *Vegan Italiano* and *The Mediterranean Vegan Kitchen*, this is recommended for vegetarians and those looking to expand their diabetic cookbook collection.”

About the Author

Neal Barnard, MD, is founder and president of the Physicians Committee for Responsible Medicine and author of fifteen health and nutrition books.

Robyn Webb, MS, is food editor of the ADA's *Diabetes Forecast* magazine. They each live in Washington, DC.

Users Review

From reader reviews:

Robin Millard:

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Corey Mullen:

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Gary Landrum:

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Jodie Jennings:

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