



Three Plates at the Table (Paperback)

By Sheryl Ellinwood, Jamilee McQuivey

Write Place, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Three Plates at the Table is a landmark first: It provides three options for each recipe! It offers a wealth of nutritional information that shows why certain foods provide more energy, promote weight loss naturally, and alleviate many health problems. It also tells you what foods to avoid—foods that cause disease and early aging. Some facts will surprise you! Best of all, this huge recipe collection will please all palates. The taste-tested recipes come with options for vegetarians, vegans, and meat-eaters. Its recipes are: TASTY. Who says food that's good for you can't taste good? Three Plates at the Table proves it can! VARIED. Recipes range from Thai Fish Cakes and Greek Spinach Pie to standard favorites such as Macaroni Cheese, Meatloaf, and Chocolate Ice Cream. FLEXIBLE. Each recipe is uniquely formatted in three versions to please people with different eating preferences. PRACTICAL. With its easy-to-follow three-level system, this cookbook meets you wherever you are on your road to healthier eating. Sheryl Ellinwood is the author of the award-winning book, Empowered: A Woman-to-Woman Guide to Preventing and Surviving Breast Cancer. She is an artist with...



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