

# [PDF] The Karma Chow Ultimate Cookbook: 125+ Delectable Plant-Based Vegan Recipes For A Fit, Happy, Healthy You

Tony Horton, Melissa Costello - pdf download free book



#### Books Details:

Title: The Karma Chow Ultimate Cookb

Author: Tony Horton, Melissa Costell

Released: 2012-10-01

Language:

Pages: 256

ISBN: 0757316336

ISBN13: 978-0757316333

ASIN: 0757316336

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review

"I like this book because it is easy for people who are just beginning on their vegan path, but also offers recipes that are original enough for the people who are vegan for a while already."

--She Likes Bento

(She Likes Bento *She Likes Bento*)

"If you are looking for a healthy dish to add to your table, The Karma Chow Ultimate Cookbook is a great addition to anyone's kitchen. Vegans, vegetarians and meat-eaters alike will find a recipe or tip that is delicious and wholesomely good."

--Melody Lim (Melody Lim *elephant journal*)

### **The Karma Chow Ultimate Cookbook: 125+ Plant-Based Recipes for a Fit, Happy, Healthy You**

Melissa Costello, foreword by Tony Horton. HCI, \$18.95 trade paper

This imaginative and accessible collection from Costello, a nutritionist and founder of the health/weight loss program Karma Chow, is heavy on instruction and light on politics. Costello chooses to inform rather than sell readers on her wellness program, giving a wealth of options that include meat-, dairy-, and egg-free meals. A medley of the familiar—mac and cheese (made with coconut or almond milk), corn chowder, enchiladas and "un-shepherd's pie"—rest comfortably next to soon-to-be favorites like pumpkin pie waffles, pad Thai, and smoky tempeh chili. Those new to vegetarian or vegan cooking will appreciate the lengths Costello goes to, to minimize the need for esoteric, hard-to-source ingredients; notes on substitutions and resources are provided. Nutritional information is given for every dish... Even a carnivore will appreciate chili sweet potato batons, wild mushroom quinoa pilaf, and raw Thai slaw, a flavorful medley of cabbage, bell pepper, snow peas, and carrots in a zesty Thai dressing. Costello offers a terrific resource for vegans and vegetarians who want to expand their options, as well as those interested in eating healthier meals.

--Publisher's Weekly

"This particular cookbook gives us 125 easy plant-based recipes that are easy to follow, using common ingredients, and they actually taste great. I for one can't eat something if it doesn't taste good, no matter how healthy it is for you. But as, I rolled up my sleeves and started preparing meals from this cookbook, I was pleasantly surprised that even my family enjoyed the dishes. It has now become one of the staples in my cookbook library."

--Nancy B, Book Bargains and Previews

"[Karma Chow Ultimate Cookbook] is filled with beautiful photos and easy-gourmet dishes refreshingly presented, from performance-boosting breakfasts and entrees to decadent desserts. An outstanding resource, especially for fitness buffs. I can't wait to try the Banana Chia Pancakes with Coconut Crème Sauce, Quinoa Protein Brekkie Bowl, and Cha Cha Enchiladarole."

--Elisa Bosley, Delicious Living magazine.

"Missy knows how to craft recipes that not only taste good but are also good for you, whether your goal is to lose weight or put on muscle. After all, she was Tony Horton's personal chef. She's a great chef—but you don't have to be one to get the most from her book."

—Rebecca Swanner, Beachbody

"The Karma Chow Ultimate Cookbook: 125+ Plant-Based Vegan Recipes for a Fit, Happy, Healthy You comes from a creator and celebrity chef who shares her collection of over a hundred recipes for any following a vegan or vegetarian lifestyle. She's personal chef to celebrity fitness guru Tony Horton and in the course of keeping him and her other clients happy, her approaches to food have evolved to offer a wide range of dairy- and animal-free appetizers, breakfasts, dinners and more. From Koren-Style Tempeh Tacos with Red Dijon Sauce to Strawberry Crème Mousse with Pistachio Nut Topping, this is packed with gourmet formulas for vegan success."

—Alma H. Bond, Midwest Book Reviews

"In the nearly 20 years I've been a vegetarian, I've made several attempts to go vegan but never lasted more than a few weeks... But after reading The Karma Chow Ultimate Cookbook, I might seriously reconsider."

—Lisa Brown, The Joplin Globe

**Review** "I'm a fitness guy and fitness is my life. Melissa's food is not only amazingly delicious, but it provides me with the fuel I need to sleep well, heal my body, and perform better every day. She has a true gift in the kitchen and can turn any dish into a delectable creation. Try her recipes and you'll be hooked too."

From the Foreword by Tony Horton, creator of the bestselling P90X (Tony Horton)

---

- Title: The Karma Chow Ultimate Cookbook: 125+ Delectable Plant-Based Vegan Recipes for a Fit, Happy, Healthy You
- Author: Tony Horton, Melissa Costello
- Released: 2012-10-01
- Language:
- Pages: 256
- ISBN: 0757316336
- ISBN13: 978-0757316333
- ASIN: 0757316336

