

# [PDF] Thrive Foods: 200 Plant-Based Recipes For Peak Health

- pdf download free book

---

## Books Details:

Title: Thrive Foods: 200 Plant-Based

Author:

Released: 2011-09-06

Language:

Pages: 376

ISBN:

ISBN13:

ASIN: B005J4TC7E



[\*\*CLICK HERE FOR DOWNLOAD\*\*](#)

---

pdf, mobi, epub, azw, kindle

## Description:

**Review** "I am forever grateful to this book and to Brendan...I have noticed increased energy and more restful sleep. My desire for sugar and salt is waning, and what's more, I am following these recipes and loving them."

- **Hugh Jackman**

"Brendan's book clearly shows that choosing to eat plants instead of animals is not only the best thing you can do for your own health, but also for the health of the planet. *Thrive Foods* keeps me healthy and performing at my best, even throughout the longest of tours."

- **Moby**

"Drawing from studies performed by top international organizations, Brendan cuts through the clutter. Putting information into clear and relatable terms, he effectively illustrates the easiest, most immediate, and dramatic form of activism we can all participate in: choosing our food.

- **Elizabeth J Kucinich**

**Director Government Affairs, PCRM**

"In *Whole Foods to Thrive* Brendan makes the art of healthy eating and the concept of a nutrient dense diet easy to understand and compelling to follow. A must read."

- **Terry Tamminen**

**Former Chief Policy Advisor to Governor Schwarzenegger, President of Seventh Generation Advisors**

"The world needs to move away from meat. As Brendan Brazier so convincingly shows, a plant-based diet is better for the planet and better for human health. His wonderfully inventive vegan recipes give us food that is both nutritious and inviting."

- **Chris Goodall**

**Bestselling author of *How to Live a Low Carbon Life***

**From the Author** In the *Thrive Foods*, I introduce something called the Nutrient-to-Resource Ratio, which considers the amount of each natural resource that goes into food production in exchange for the amount of nutrients that food offers. Based on these findings, I then make suggestions as to what foods are most beneficial to personal health as well as environmental preservation. **The goal is simple: get as high a level of health-boosting micronutrients from food, while expending the smallest amount of each natural resource to do so.** (Essentially, it's a mathematical way of saying plant-based whole foods make a lot of sense). There are also 200 recipes, including a few from my favorite North American restaurants, as well as a few of my favorite chefs.

---

- Title: Thrive Foods: 200 Plant-Based Recipes for Peak Health
  - Author:
  - Released: 2011-09-06
  - Language:
  - Pages: 376
  - ISBN:
  - ISBN13:
  - ASIN: B005J4TC7E
-

