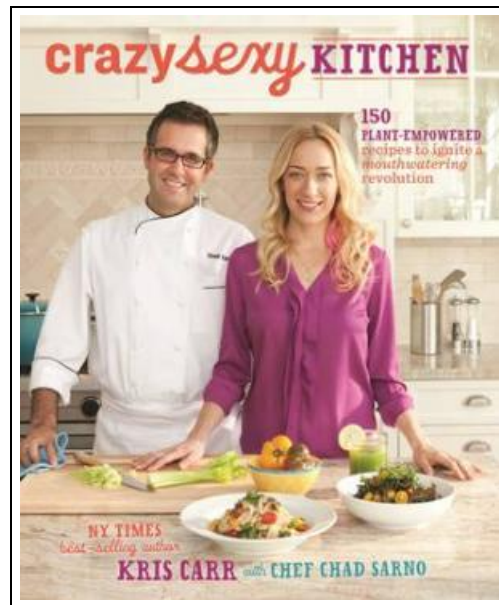


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(Prof. Charles Boehm)

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Paperback. Book Condition: New. Not Signed; In Crazy Sexy Kitchen, the woman who made prevention hot is now making it delicious! New York Times best-selling author Kris Carr gives us a veggie manifesto for gourmands and novices alike, and it's filled with inspiration, education and cooking tips, plus more than 150 nourishing, nosh-worthy recipes. Infused with her signature humour, style and wit, Crazy Sexy Kitchen redefines the kitchen as headquarters for a wellness revolution. You'll soon come to see that the goodness born in your kitchen will reach deep into the rest of your life: enriching your health, your home, your heart and the planet. Crazy Sexy Kitchen gives you all the tools and know-how you need to adopt a joyful and vibrant plant-powered lifestyle that harmonises your beautiful body at the cellular level. It's a celebratory way of living that's deeply connected, healthy, awake and engaged. Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You'll start with a detailed review of what makes up a Crazy Sexy Diet. Next you'll learn how to stock your culinary arsenal with the best kitchen tools and equipment. Kris will also prep you with basic cooking skills and lingo. Then you can jump full force into delectable recipes that will fill your belly from morning to night. Handy symbols, like gluten-free, soy-free, kid-friendly and, for the time pressed, Crazy Sexy Quickies, help you easily identify the recipes that are perfect for your dietary and lifestyle needs. Not sure how to put a whole meal together? No problem. Crazy Sexy Kitchen covers that, too, with a hearty dose of menu plans and recipes to inspire and delight. Joined by celebrated Whole Foods chef Chad Sarno, Crazy Sexy Kitchen offers mouthwatering recipes designed to nourish the body while impressing your...



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