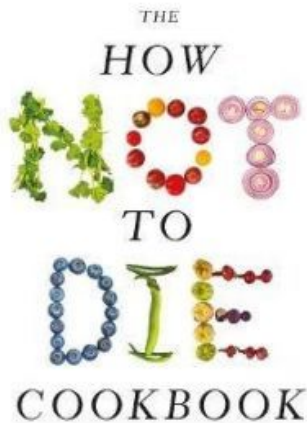


# [PDF] Read The How Not To Die Cookbook: Over 100 Recipes to Help Prevent and Reverse Disease Full eBook

FROM THE INTERNATIONALLY BESTSELLING AUTHOR OF *HOW NOT TO DIE*

Over 100 Recipes to Help  
Prevent and Reverse Disease



MICHAEL GREGER, MD  
Founder of NutritionFacts.org  
with GENE STONE  
Recipes by Robin Robertson

## Information:

**Author:** *Michael Greger*

**Format:** *272 pages*

**Dimensions:** *198 x 240mm*

**Publication date:** *28 Dec 2017*

**Publisher:** *Pan MacMillan*

**Imprint:** *MACMILLAN*

**Release location:** *London, United Kingdom*



## Description:

From the author of the international bestseller *How Not To Die* comes *The How Not To Die Cookbook* - a lavish, beautifully illustrated cookbook full of delicious recipes based on the groundbreaking nutritional science of the original book.

Dr Michael Greger, founder of the wildly popular website NutritionFacts, takes his comprehensive, lifesaving science into the kitchen. Why suffer from disease and ill health when the right food is proven to keep you healthy, and without the side effects of drugs? We can avoid heart disease, cancer and our other biggest killers if we use food as medicine, and the *How Not To Die Cookbook* offers a sustainable and delicious guide to preparing and eating the foods that will prevent and reverse fatal diseases.

Featuring over 100 easy-to-follow, beautifully photographed plant-based recipes, with plenty of recipes suitable for vegetarians and vegans, the *How Not To Die Cookbook* merges cutting-edge science with everyday ingredients from the supermarket to help you and your family eat your way to better health and a longer life.

## Related info:

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Dr Michael Greger reveals the foods that will help you live longer -- Daily Mail on How Not To Die Brims with valuable insights ... Vegetarian or not [How Not To Die] is a great way to improve your diet -- Financial Times on How Not To Die Dr Michael Greger presents the groundbreaking science on how simple plant-based food choices help us live healthier and happier lives -- Brian Wendel, Founder and President of Forks Over Knives on How Not To Die A new

way of looking at nutrition and health. Michael Greger shows people how to save their own lives -- Rip Esselstyn, author of *The Engine 2 Diet* on *How Not To Die* Empowering, groundbreaking, transformative work -- Kathy Freston, author of *Quantum Wellness* and *The Lean on How Not To Die* Michael Greger, MD, scours the world's scholarly literature on nutrition for the most interesting, groundbreaking and practical new research. His work at [Nutritionfacts.org](http://Nutritionfacts.org) and in *How Not To Die* features the latest science on nutrition and health to show how to treat and prevent disease -- Joel Furhman, author of *Eat to Live* on *How Not To Die* Not only does Dr Michael Greger drop a metric f\*ckton of evidence that a plant-based diet will save your damn life, he lays out the blueprint to make it happen -- Thug Kitchen on *How Not To Die*

## About Michael Greger

Michael Greger, M.D., is a physician, author, and internationally recognized speaker on a number of important public health issues. He is the author of the international bestseller *How Not to Die* as well as the cookbook based on his lifesaving science *The How Not To Die Cookbook*. He runs [NutritionFacts](http://NutritionFacts.org), the first science-based, non-commercial website to provide free daily videos and articles on the latest discoveries in nutrition.

Gene Stone has written many books on animal protection and plant-based nutrition, including the #1 New York Times bestseller, *Forks Over Knives*. He has also co-written the bestsellers *How Not to Die*, *The Engine 2 Diet* and *Living the Farm Sanctuary Life*.

Robin Robertson has developed recipes for and written more than twenty cookbooks, including *The How Not To Die Cookbook*, *Vegan on the Cheap*, *1,000 Vegan Recipes*, *Quick Fix Vegan*, and *Fresh from the Vegan Slow Cooker*. Before becoming a cookbook expert, she was a restaurant chef and cooking teacher. She is also the writer of 'The Global Vegan' column for *VegNews Magazine*.