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Unprocessed: How to achieve vibrant health and your ideal weight.

By Chef AJ



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Unprocessed: How to achieve vibrant health and your ideal weight. By Chef AJ

Chef AJ has a unique ability to create healthy foods that taste great. Whether you want to lower your cholesterol, prevent or reverse many common lifestyle diseases, lose weight or just look and feel great, Chef AJ can show you how to incorporate more fresh fruits and vegetables in your diet in ways that are easy, delicious and fun.

Foreword by Dr. Hans Diehl and endorsed by several giants in the field of plant-based nutrition, including:

- Dr. T. Colin Campbell (*The China Study*)
- Rip Esselstyn (*The Engine 2 Diet*)
- Dr. Joel Fuhrman (*Eat To Live*)
- Dr. Matthew Lederman & Dr. Alona Pulde (*Keep It Simple, Keep It Whole: Your Guide To Optimum Health*)
- Dr. John McDougall (*The McDougall Program*)
- Dr. Pam Popper (Executive Director of the *Wellness Forum*)

"Chef AJ knows her way around a kitchen. She's been doing this for thirty years and it shows. All her recipes are incredibly easy to make, really healthy, but totally tasty in every way. She's a gifted chef."

Rory Freedman, Best-selling coauthor of *Skinny Bitch*

"Chef AJ knows how to make tasty food and how to make it healthy. It's very special. Try it and you'll like it."

T. Colin Campbell, PhD, author of *The China Study*

"Chef AJ's book *Unprocessed* deserves a special spot on the bookshelf of all people serious about their health and personal appearance."

Mary and John McDougall, M.D., authors and founders of the *McDougall Program*

"Chef AJ is one of the few chefs in the world who can design dishes that not only meet my dietary guidelines, but are delicious, too. She represents the best of everything; she's entertaining and engaging, and makes healthy food totally acceptable for everyone. This book is a must-have for the person who wants to not only eat well, but enjoy eating well, too."

Dr. Pam Popper, Executive Director of the *Wellness Forum*

"Chef AJ is unmatched in her ability to take nothing but whole foods and make them taste so delicious. Couple that with her generosity and passion, and she herself is a recipe for success. It's about time the world got to taste these treats!"
Alona Pulde, M.D. & Matthew Lederman, M.D. authors of *Keep It Simple, Keep It Whole: Your Guide To Optimum Health*

"Half confessional memoir, half delectable recipes, *Unprocessed* is a 100 percent inspirational, educational, and gastronomical fodder from Abbie Jaye, aka Chef AJ. A junk-food vegetarian since forever, AJ turned to a whole-foods diet to cure her ailments, and now preaches to anyone and everyone through her culinary classes and laugh-a-minute lectures. The recipes are all sugar-, salt-, and oil-free, and all delicious. How can you not like a book that starts with desserts?"
VegNews Magazine

UNPROCESSED will show you how you can achieve optimum health, vibrant energy and your ideal weight, simply by eating real, whole foods and avoiding processed food.

This book features:

- 11 Appetizers
- 11 Beverages and Smoothies
- 14 Enticing Entrees
- 12 Salads and Dressings
- 10 Savory Soups
- 16 Sensational Sides
- 21 Decadent Desserts
- 14 Truffles

All recipes are vegan, gluten-free, oil-free, salt-free and refined sugar-free.

Chef AJ shares her personal story detailing the dangerous health consequences of an unhealthy diet, and the body's miraculous ability to recover and thrive when fed healthy, whole foods. An inspirational, fun read.

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Editorial Review

About the Author

Chef AJ has followed a plant-based diet for over 33 years. She works as a chef and culinary instructor in Los Angeles. She is also the creator and co-producer of www.HealthyTasteofLA.com, an annual event in Redondo Beach, California where the finest in plant based cuisine meets the best in nutritional science.

Co-author **Glen Merzer** is a playwright and screenwriter living in Los Angeles. He is co-author with Howard Lyman of "Mad Cowboy" and with Howard Lyman and Joanna Samorow-Merzer of "No More Bull!".

Users Review

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Is it anyone who having spare time subsequently spend it whole day by watching television programs or just telling lies on the bed? Do you need something totally new? This Unprocessed: How to achieve vibrant health and your ideal weight. can be the response, oh how comes? It's a book you know. You are and so out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

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