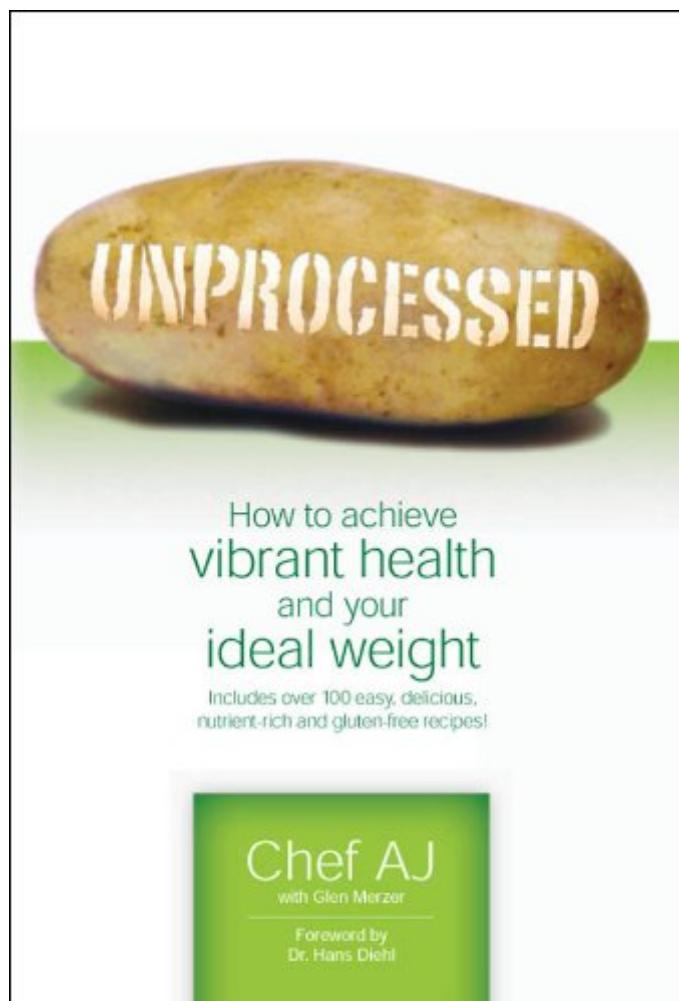


The book was found

# Unprocessed



## **Synopsis**

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) 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. By combining whole plant foods, you'll discover some fantastic dishes that you can make easily in your own kitchen. A delightful alternative to unhealthy processed foods, let Chef AJ show you how to achieve vibrant health while eating delicious food.

## **Book Information**

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## **Customer Reviews**

Chef AJ, in her book "Unprocessed," shares nutritional advice that she has learned from experts in the field of plant-based nutrition and gives the basis for forming her own diet regime, along with explaining her diet philosophy in a readable and friendly format. AJ enthusiastically motivates the reader to go on a whole-foods, nutrient-rich, plant-based diet, with no sugar, salt, or oil. Her reasons for adopting this healthy lifestyle are personal, which she openly shares with the reader, and she is hoping to convince others to try her way of eating so that they can overcome their addictions to food, cure their chronic illnesses, and lose unwanted pounds. Chef AJ "speaks" to the reader as a friend, giving support and understanding throughout, acknowledging that for some people the gradual approach may be best, rather than to drop all processed food at once. The "Yabbut" sections addresses people's excuses, and the resource section is helpful to those who are new to this way of eating, as well as to those who have lived a healthy lifestyle for awhile. The recipes are easy to follow, and leave room for the home cook's creativity. AJ has an informative section on what to buy in the grocery store and how to stock one's home with recommended ingredients and foods. She even addresses restaurant dining and how to eat healthfully when dining out. Pictures in the book would have been useful, but one can search You Tube for demonstrations of Chef AJ preparing some of the recipes. Also, Chef AJ gives her e-mail address so that the reader can contact her with any questions.

I met Chef AJ recently, we worked together at an event (HTLA). I really didn't know anything about her personal history or even about her, except that I knew she cooked plant-based and without oil, salt, sugar (SOS). After the event, Chef AJ graciously gave me a copy of her book as a thank you. I got busy reading it on the plane and started to laugh, and cry, and then I read the book a second time on the plane. Her story was absolutely amazing. It made me feel empowered; it was so brave of her to share something so personal and yet profound. We can all relate to it in some way and be inspired by her. As soon as I got off the plane, I called Chef Aj and asked her if she would autograph and send a copy to my mom, and she sent one to her, and my sister too. My mom is finally considering a full-time plant-based diet after reading Chef AJ's book. She's been eating some

plant-based meals, and thought that was enough, but somehow, Chef AJ got through to her in a way that I couldn't and now she's making real changes. As for my sister, she was already vegan, but Chef AJ inspired her to make her diet about being healthy and vegan, not just vegan. I have personally made 7 recipes from this book. My husband LOVES the hockey pucks and asks for them constantly. I make the Easy Be GReen smoothie at least once a week. I would make it everyday (I could never tire of it) except that I live in a small town and it's often hard to find enough kale and frozen mango to last a whole week. Though when I messaged AJ she graciously helped me out telling me easy substitutions (spinach, frozen peaches) that I want to try. It's so wonderful to be able to contact the author and get a response within an hour. Every other recipe I can make all the time without any problem.

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