



Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col

Colleen Patrick-Goudreau

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"With *Color Me Vegan*, Colleen Patrick-Goudreau takes veganism to a whole new level. This is exactly what people need to eat more compassionately, experience superior health, and enjoy out-of-this-world flavors. Get ready to taste the real rainbow!"—Rory Freedman, author of the #1 *New York Times* bestseller *Skinny Bitch*

"In *Color Me Vegan*, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by numbers. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs."—Bryant Terry, author of *Vegan Soul Kitchen*

"Taking 'nutrient-dense' to a whole new level, *Color Me Vegan* provides a mouthwatering palette of simple but delectable recipes. We should make a point to eat the rainbow, and this book is the pot of gold at the end that is sure to brighten any diet!"—Dr. Michael Greger, Director of Public Health at the Humane Society of the United States

Eat by color for more flavorful meals and extraordinary health!

In *Color Me Vegan*, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate.

With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients—the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds—can be expertly incorporated into your meals for the greatest nutritional punch.

From the “Color Me Blue” chapter, for example, you’ll be treated to recipes such as:

—Radicchio Fennel Salad with Caper Dressing

—Chilled Blueberry Mango Soup

—Lavender-Roasted Purple Onions

—Eggplant with Dengaku (Sweet Miso) Sauce

—Purple Plum Pie with Crumble Topping

From sensational starters and salads, to filling mains and sides, to crave-worthy desserts—in every color—each recipe is not just a feast for your stomach, but a feast for your eyes as well!

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James Brown:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each book has different aim or goal; it means that reserve has different type. Some people truly feel enjoy to spend their a chance to read a book. They can be reading whatever they take because their hobby is usually reading a book. Why not the person who don't like reading through a book? Sometime, individual feel need book once they found difficult problem or maybe exercise. Well, probably you will need this Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col.

Wilma Shay:

Reading can called mind hangout, why? Because if you find yourself reading a book specially book entitled Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col your brain will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely can be your mind friends. Imaging each and every word written in a guide then become one form conclusion and explanation that will maybe you never get before. The Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col giving you an additional experience more than blown away your thoughts but also giving you useful facts for your better life with this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will likely be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

Jesus Gates:

The book untitled Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col contain a lot of information on it. The writer explains her idea with easy method. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author gives you in the new age of literary works. It is possible to read this book because you can continue reading your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and also order it. Have a nice learn.

John Hill:

What is your hobby? Have you heard this question when you got students? We believe that that concern was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. And also you know that little person like reading or as looking at become their hobby. You need to know that reading is very important along with book as to be the factor. Book is important thing to provide you knowledge, except your own teacher or lecturer. You get good news or update with regards to something by book. A substantial

number of sorts of books that can you choose to use be your object. One of them is actually Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col.

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