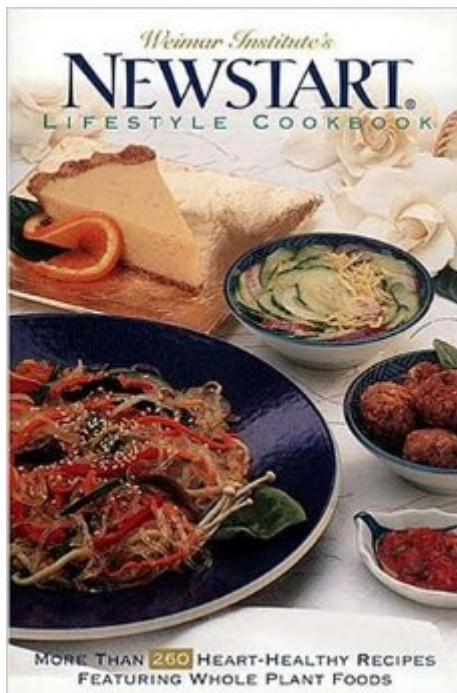


The book was found

# Weimar Institute's NEWSTART® Lifestyle Cookbook: More Than 260 Heart-Healthy Recipes Featuring Whole Plant Foods



## Synopsis

Newstart stands for the eight elements that give you health, vigor, and healing: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in Divine Power. Full of delicious and nutritious recipes that can make a meaningful difference in your life, the Newstart Lifestyle Cookbook is more than a diet plan--it is a new way to live.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (35 customer reviews)

Best Sellers Rank: #185,593 in Books (See Top 100 in Books) #46 inÂ Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #258 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #311 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

The recipes in this book are some of the best available if you are serious about eating a healthy diet. They are not only vegetarian but they eliminate the refined oils and sugars which are such a major factor in causing diseases like atherosclerosis, heart disease, adult onset diabetes, high blood pressure and high cholesterol levels. They are the recipes used at the Newstart lifestyle program where they get excellent results with just diet and exercise. The recipes are delicious; we use them in our home all the time. I highly recommend this cookbook to my patients.

The NEWSTART Lifestyle cookbook is full of delicious recipes made from whole-plant foods. Ideal choice for chefs in a hurry who want their families to avoid hunger between meals. These recipes are used in the Reversing Diabetes & Obesity seminars and are featured on AMA website. The Physicians Committee for Responsible Medicine (PCRM) Neal Barnard, MD, ranked NEWSTART in the top two weight-loss programs in the USA. It has been reviewed and endorsed by respected health authorities including Ornish, Pritikin, McDougall, Diehl, T. Colin Campbell, Sklar and

SerVaas.

I found that this cook - book was easy to follow, with a wide variety of tasty recipes, which are also healthy. As a Nutrition Consultant, I would recommend it to anyone. One of the best cookbooks on the market.

a solid good cookbook for those aspiring to the vegan diet. the only drawbacks being that some recipes require hard-to-locate ingredients such as vegan gelatin and smoked yeast. Other than that a very worthwhile purchase for those wishing to eat healthy, etc.

This book contains recipes that nutritionally conscious people will love -- while using commonly available ingredients. As exciting as the recipes are, the nutritional information makes this a **MUST READ** cookbook. LOVE IT !! By incorporating these recipes or ideas into my diet (we still eat meat) and beginning moderate exercise (1hour 3xweek) I have cut my diabetes oral medication by half in less than one month !! Doc says 6mo - 1 year to be medicine free !! (after 3 years of gradually worsening diabetes) This cookbook could save your life !

I'm in my 3rd month of living a complete vegetarian lifestyle, and my biggest challenge has been finding recipes to replace non-vegetarian foods (such as meat, mayonnaise, etc). I don't like to buy the storebought stuff because it always has additives in it, and I want everything to be as natural as possible. Then a friend introduced me to a couple of recipes in this book... and I just HAD to have a copy for myself. Every recipe I have tried so far is very good. One of my favorites is the "King Burgers." Unlike other vegetarian burgers, these do not fall apart when you touch them with a fork. In fact, they have a consistency very close to meat, so you feel like you are biting into something substantial. I've used this recipe to make burgers... and have also used it to make meatballs (you could probably also use it to make a meatloaf... maybe I'll try that next). I plan to try a new recipe this weekend "Almond Mayonnaise" (I could make the "Tofu Mayonnaise" but the almond sounds kind of interesting, so I'm going to give it a whirl). I HIGHLY recommend this recipe book... for all the basic recipes you need for a vegan lifestyle.

I attended a NEWSTART vegetarian cooking class years ago, and it was one of the best things I've done for my health. The class was held for five Sundays in a row, each class 6 hours in length. The instructor was very knowledgeable (and she glowed with good health, I might add!), and I

appreciated the hands-on aspect of the class. At the end of the 5 weeks, because of making healthy changes in my diet, I lost 17 pounds. I had more energy, I slept better, and my children loved the dishes. NEWSTART is the way to go!

This is a great resource for vegan cooking. Most of the recipes are "veganized" versions of old favourites, like Mac and cheese and "meat"loaf. It contains guidelines on cooking grains and other great nutritional info as well as many delicious recipes most of which are really quick and simple. There are even some "special" recipes that take more steps but you'd want to make them for a special occasion. I wouldn't cook every single meal out of this book (who uses a recipe book for every meal anyway?) but when I have time or a hankering for something a little more put together than a sandwich or beans and rice I pull it out. Some of my favourites are the "cheese" sauce and the tofu walnut loaf. There are some ingredients used that might be hard to find outside the US (like egg replacer or agar agar) but they are only found in some of the recipes. I make the bread recipe regularly (mostly make it into breadsticks) and it makes a wonderful loaf, light but substantial.

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