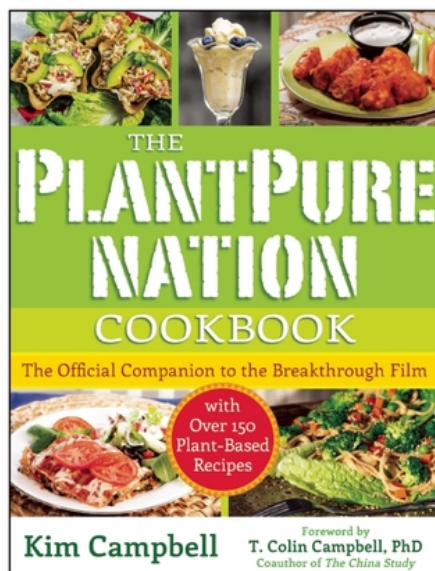




The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes

Kim Campbell , T. Colin Campbell (Foreword)

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A revolution has begun...

From a creative team that includes the producer and writer of *Forks Over Knives*, the documentary film *PlantPure Nation* captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, *The PlantPure Nation Cookbook* brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet.

Author Kim Campbell is the wife of *PlantPure Nation* Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of *The China Study* and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In *PlantPure Nation Cookbook*, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as:

Buffalo Beans and Greens
No-Bake Chocolate Pumpkin Pie
Spinach Lasagna
Green Pepper Tofu Scramble
Reuben Casserole

With a foreword by Dr. Campbell, *The PlantPure Nation Cookbook* is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from *PlantPure Nation* film, this companion cookbook is a must-have for stimulating healthful eating in your home.

Join the revolution to jumpstart your health!

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Campbell (Foreword)**

From Reader Review The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes for online ebook

Sophia says

very useful and a great vegan recipe starter guide for everyday cooking.

Val says

This is the most horrible vegan cookbook I have ever read, and I have read plenty. It is also a diabetic's worse nightmare. Almost every single recipe is loaded with carbs and gluten. This author also advocates using fresh and canned vegetables and fruits over fresh produce, and has white vinegar in recipes--which is made from petroleum! Other white vinegars are made from GMO corn. She advises against using any oil whatsoever--including olive oil--even in its purest form! Most of the recipes include soy in all its various inferior forms, although the soy-breast cancer connection has been established. I was horrified by the unhealthy nature of how she corrupts even the most healthy of ingredients. There is no discussion about local sourcing of fresh vegetables. Instead she directs readers to buy at the local supermarket--and states that no whole food or health food markets are required. Stay far away from these recipes! I returned it to Amazon for a full refund. They refunded my money but didn't even want the book back and said to keep it. I won't even donate this to the local thrift store--I am throwing it in the garbage--where it belongs.

Miriam says

Some of the recipes in this book looked very good, but I gave it two stars for two reasons: One, it uses a lot of processed soy foods, and a lot of soy in general. Which leads to reason number two: it doesn't deal with food allergies at all.

Enchantress debbicat ? says

I went to BAM today and bought this. For around \$15.00. And I can't wait to try some of the recipes!!!!!!!!!!!! I have been following a wfpbd since Jan. 20, 2017. I feel SOOOOOOOO good! My health had seen amazing improvement. I am now ready to really take on some good recipes for my husband and myself. I read Kim's more recent book via NetGalley and BenBella Books. I love BenBella btw. They even offer a free bonus ebook with nearly 50 recipes to download. I saw this on the back of this book and went to the site and downloaded. Check it out for yourself. Visit benbellavegan.com. You do have to subscribe to their email list. I am happy to do that. I have read other books published by them and like, a whole lot, what they have to offer.

Anywho, just wanted to share that bit of info. Go get the free ebook. I will update here as I try some of the recipes..starting tonight. I am going with Black Bean Enchilada Bake. P. 181. YUMMO! I really enjoy Mexican style food and like a little heat. This looks perfect for my taste buds!

15 stars!!!!!!!!!!!!!! I've been watching Kim on you tube and cleaned out my kitchen. Was very helpful (her videos) in trying a few of the recipes. She is very compassionate and knowledgeable. Lots of good recipes here. Truly! So glad I bought this. It is my go to cookbook right now.

Caroline says

This cookbook is fantastic! Every recipe has clear instructions and easy to find ingredients. So far we've made about 15 of the dishes/baked goods and they have been delicious. I highly recommend this cookbook. It is especially great for anyone looking for whole foods, plant-based meal recipes.

Marsha says

Many of the recipes have soy (understandably) which I can't have. It also uses a lot of agave syrup. But the recipes look appetizing, don't seem to take overly long to prepare, and use common ingredients for WFPB eating. I have not yet tried any of the recipes but plan to soon!

Update: I've tried my first recipe and it was fantastic! I don't say that lightly, but the "Creamy African Stew" has now been added to our top ten recipes. It's company worthy. And super easy. Chop a few things and throw everything in a pot or slow cooker. We will be making it again soon. I've added another star to my rating for this recipe alone. I'm hopeful that there will be a few more winners in the book.

Jane Dugger says

Great layout with photos and one recipe per page. I felt there weren't very many recipes which really "wowed" me. Perhaps I am not quite ready for plant only food.

Colleen says

There were a few misses, but most of the recipes I tried were hits. Overall, I didn't feel like being a vegan changed my life for the better, but I will continue throwing in meals from this book to eat more vegetables and less meat overall. All in moderation.

Naomi says

So, I have to say that when I first started to read this cookbook, I was actually irritated with the author. I thought that in the "written" part of the cookbook, she was condescending to her readers and to those who didn't choose the "vegan" life style. It really put me off to the point that I almost chose to stop reviewing the book.

As I processed the recipes, they are very good. Being a light meat eater, but still a "nonvegan" these are recipes that I would make for myself. They were easy and appealing.

On that note, I still couldn't get past the "talking down to me" aspect in the first several chapters, thus a 3 star rating for a book that would have been 4 stars. I want to be invited...not commanded and not admonished if I don't choose a certain lifestyle.

Chrissy says

I haven't seen the PlantPure Nation documentary yet, but I'm absolutely positive that I will at some point, because I'm a total sucker for any type of vegan/nutrition/health documentary. I'm a bit obsessed, I can't deny!

Of course, I adored this cookbook, and I've already ordered my own copy and bookmarked three recipes to try this weekend (a buffalo cauliflower that mimics spicy wings, a lime fiesta taco salad, and a dairy free fettuccine sauce -- I can't wait!)

I loved the snippets of the documentary, the references to The China Study (which is an AMAZING book for anyone even slightly interested in plant based nutrition), and the recipes in general.

I did knock one star off, though, because I thought way too many recipes added agave or sugar. So many are fruit based, and fruit is plenty sweet enough as it is!

4.5 stars. I appreciate the opportunity to preview an advanced reader's copy, although I do actually have my own beautiful Kindle copy that will be helping me plan lunches and dinners this weekend for sure!

Literarycat says

I was very excited when I received word that I had gotten this book as a goodreads first read. I couldn't wait to get it and begin reading the recipes.

This is a great collection of plant based recipes. Many of the recipes have ingredients that I can gather straight from my garden or at the farmer's market. I am always looking for new recipes to add to a healthy diet and ways to add more vegetables into my diet aside from my go-to-vegetables like zucchini, but also has new recipes for some of my favorites like broccoli.

There are mentions of some ingredients that I have never heard of before like tahini, but doesn't really give a definition of what it is, I had to look it up. That is the only pseudo negative thing I found about this cookbook. I am very eager to try out some of these recipes, not just for myself but also my friends such as the Chocolate Power Bites. Some of the recipes (like the chocolate bites) don't have wheat flour in them so I could use other gluten free products to incorporate them into an already existing diet.

This cookbook will add to my wide range of recipes to help myself stay on track for a gluten free diet as well as a clean eating diet. I am so pleased to have the honor of being able to add this to my collection of cookbooks.

Anastasiya Kohlschütter says

I love this book! Good variety of dressings, salads and warm dishes. I tried several recipes and all are delicious!

Lynnell Irving says

This is an amazing recipe book filled with easy to prepare vegan/whole plant-based meals. I've tried almost all of them and it will be a book I continue to use frequently.

Dana says

This cookbook includes ingredients that are questionable as far as healthiness is concerned like agave nectar and many processed soy products like vegan bacon bits and lots of tofu and more soy products. Oh, and also lots of soy products. It is a no added fat cookbook, and, like many of the store-bought no fat and low fat processed food products, adds sweetner (agave or sucanat usually). The recipes are sweeter than I like, but some people do like that type of recipe. It does fit the bill of being vegan and low fat.

Karen says

Great recipes and an even greater plant based diet! Love the African Stew. More to follow.
