

[PDF] Crazy Sexy Kitchen: 150 Plant-Empowered Recipes To Ignite A Mouthwatering Revolution

Kris Carr - pdf download free book



Books Details:

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Author: Kris Carr

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Description:

In *Crazy Sexy Kitchen*, the woman who made prevention hot is now making it delicious! In her new book, New York Times best-selling author Kris Carr gives us a Veggie Manifesto for gourmands

and novices alike, and it's filled with inspiration, education, and cooking tips—plus more than 150 nourishing, nosh-worthy recipes. Infused with her signature humor, style, and wit, *Crazy Sexy Kitchen* redefines the kitchen as headquarters for a wellness revolution. You'll soon come to see that the goodness born in your kitchen will reach deep into the rest of your life—enriching your health, your home, your heart, and the planet.

Crazy Sexy Kitchen gives you all the tools and know-how you need to adopt a joyful and vibrant plant-powered lifestyle that harmonizes your beautiful body at the cellular level. It's a celebratory way of living that's deeply connected, healthy, awake, and engaged.

Like a long, luxurious meal, *Crazy Sexy Kitchen* is laid out in courses. You'll start with a detailed review of what makes up a *Crazy Sexy Diet*. Next you'll learn how to stock your culinary arsenal with the best kitchen tools and equipment. Kris will also prep you with basic cooking skills and lingo. Then you can jump full force into delectable recipes that will fill your belly from morning to night. Handy symbols, like gluten-free, soy-free, kid-friendly, and, for the time pressed, Crazy Sexy Quickies, help you easily identify the recipes that are perfect for your dietary and lifestyle needs. Not sure how to put a whole meal together? No problem. *Crazy Sexy Kitchen* covers that, too—with a hearty dose of menu plans and recipes to inspire and delight.

Joined by celebrated Whole Foods chef Chad Sarno, *Crazy Sexy Kitchen* offers mouthwatering recipes designed to nourish the body while impressing your nearest and dearest! From juicing to planning a festive three-course meal, *Crazy Sexy Kitchen* has all the essentials to fill your kitchen (and life!) with health, happiness, family, friends, and good times.

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