

Cookbooks and Food Books with Recipes -- A Reading List

Allergy and Candida Cooking: Understanding and Implementing Plans for Healing, third edition, Sondra K. Lewis with Dorie Fink. Canary Connect Publications: Iowa, 2005.

Chakra Foods for Optimum Health, Deanna Minich. Conari Press: San Francisco, CA, 2009.

Cooking Vegetarian, Vesanto Mellina, RD, Joseph Forest. Macmillan: Toronto, Canada, 1996.

Eat, Drink, and Weigh Less, Mollie Katzen and Walter Willet. Hyperion: New York, NY, 2006.

Farmer John's Cookbook: The Real Dirt on Vegetables, Farmer John Peterson and Angelic Organics. Gibbs Smith: Salt Lake City, 2006.

Feeding the Whole Family: Cooking with Whole Food, 3rd edition, Cynthia Lair and Peggy O'Mara. Sasquatch Books: Seattle, WA, 2008.

Flying Apron's Gluten-Free & Vegan Baking Book, Jennifer Katzinger. Sasquatch Books: Seattle, WA, 2009.

The Gluten-Free Almond Flour Cookbook, Elana Amsterdam. Celestial Arts: New York, NY, 2009.

Gluten-Free, Sugar-Free Cooking, Susan O'Brien. Marlowe and Co: New York, NY, 2006.

The Gluten-Free Vegan, Susan O'Brien. Da Capo Press: Philadelphia, PA, 2007.

Healing with Whole Foods, Paul Pitchford. North Atlantic Books: Berkeley, CA, 1993.

The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet, Vesanto Mellina, and Brenda Davis, Healthy Living Publications: Tennessee, 2003.

The New Moosewood Cookbook (Mollie Katzen's Classic Cooking), Mollie Katzen. Ten Speed Press: Berkeley, CA, 2000.

Simple Treats, a wheat-free dairy-free guide to scrumptious baked goods, Ellen Abraham. Book Publishing Company: Tennessee, 2003.

The UltraMetabolism Cookbook: 200 Delicious Recipes that Will Turn on Your Fat-Burning DNA, Mark Hyman. Scribner: New York, NY, 2007.

The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose up to 10 lbs in 7 Days. Mark Hyman. Pocket Books: New York, NY, 2007.

Vegetarian Cooking for People with Allergies, Raphael Rettner. Book Publishing Company: Tennessee, 1997.

Vegetarian Family Cookbook, Nava Atlas. Broadway Books: New York, 2004.

The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, 2nd edition, Alissa Segersten and Tom Malterre. Whole Life Press: Bellingham, WA, 2007.

YOU on a Diet: The Owner's Manual for Waist Management, Michael Roizen and Mehmet Oz. Free Press: New York, NY, 2006.