

how not to die cookbook pdf

How Not to Die Cookbook PDF: A Comprehensive Guide to Accessing and Using the Popular Plant-Based Cookbook

If you're interested in health-focused eating and have heard about the How Not to Die Cookbook PDF, you might be wondering how to access this valuable resource, what it contains, and how to incorporate it into your lifestyle. The How Not to Die series, authored by Dr. Michael Greger, has become a cornerstone for those seeking evidence-based nutrition advice. The cookbook complements the main book by offering practical recipes rooted in plant-based, nutrient-dense ingredients. In this article, we will explore everything you need to know about the How Not to Die Cookbook PDF, including how to find it ethically, what to expect from its content, and tips for making the most of this health-promoting resource.

Understanding the How Not to Die Series and Its Cookbook

Before diving into the specifics of the PDF version, it's important to understand the background and purpose of the How Not to Die series.

What Is the How Not to Die Series?

The How Not to Die series is written by Dr. Michael Greger, a renowned physician and expert in nutrition and public health. The original book, *How Not to Die*, discusses the scientific evidence linking diet and lifestyle to chronic diseases such as heart disease, diabetes, and cancer. The book emphasizes a whole-food, plant-based diet as a primary means of prevention and reversal of these conditions.

The Role of the How Not to Die Cookbook

The How Not to Die Cookbook expands on the principles outlined in the main book by providing practical, easy-to-follow recipes that align with the recommended dietary patterns. The cookbook aims to make healthy eating accessible and enjoyable, with recipes emphasizing vegetables, fruits, grains, legumes, nuts, and seeds.

How to Find the How Not to Die Cookbook PDF

Many readers are eager to access the How Not to Die Cookbook PDF for convenience and offline use. However, it is crucial to obtain such materials ethically and legally.

Official Sources for the PDF

- **Purchasing Through Official Channels:** The most reliable and legal way to access the How Not to Die Cookbook PDF is by purchasing it through authorized vendors. These include:
 - The official How Not to Die website
 - Major online retailers such as Amazon, where the cookbook is available in Kindle or PDF format
 - The publisher's website, often offering digital versions directly
- **Author and Publisher Websites:** Sometimes, Dr. Greger's organization, NutritionFacts.org, offers free or discounted resources, including sample chapters or promotional PDFs.

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- Exposure to malware or viruses
- Low-quality or incomplete content

Always opt for legitimate sources to ensure you're supporting the authors and publishers.

How to Purchase or Access Legally

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- **Library Digital Lending:** Check if your local library offers the book via services like OverDrive or Hoopla.
- **Official Promotions:** Watch for limited-time offers or discounts on the official website or authorized retailers.

What's Included in the How Not to Die Cookbook PDF

Once you have legal access to the PDF, you can expect a comprehensive collection of recipes aligned with the How Not to Die principles.

Content Overview

- Breakfast Recipes: Smoothies, porridges, and hearty breakfasts featuring fruits, oats, and nuts.
- Lunch and Dinner Ideas: Salads, soups, stews, stir-fries, and grain bowls packed with vegetables and plant proteins.
- Snacks and Appetizers: Nut mixes, veggie dips, and healthy snack bars.
- Desserts: Fruit-based desserts, smoothies, and treats made without processed sugars or dairy.

Additional Features

- Nutritional Tips: Each recipe often includes insights into its health benefits.
- Meal Planning: Guidance on how to structure your meals for optimal health.
- Cooking Techniques: Tips on preparing vegetables, grains, and legumes to maximize nutrient retention and flavor.

How to Effectively Use the How Not to Die Cookbook PDF

Having the PDF is one thing; making the most of it involves strategic planning and implementation.

Organizing Your Recipes

- Create a Recipe Binder or Digital Folder: Save your favorite recipes for easy access.
- Highlight or Annotate: Mark recipes you want to try first or that suit your dietary preferences.
- Meal Planning: Use the recipes to build weekly meal plans, ensuring variety and nutritional balance.

Adapting Recipes to Your Taste

- Modify Ingredients: Adjust spices and ingredients based on availability or preference.
- Batch Cooking: Prepare larger quantities of recipes to save time and ensure healthy options are always available.
- Experimentation: Try new ingredients or cooking methods to keep your meals exciting.

Incorporating the Principles into Your Lifestyle

- Focus on whole, minimally processed foods.
- Incorporate a variety of colorful vegetables and fruits.

- Limit or eliminate animal products, processed foods, and added sugars.
- Maintain hydration and physical activity alongside dietary changes.

Additional Resources and Support

To deepen your understanding and enhance your health journey, consider these options:

Complementary Books and Materials

- How Not to Die (main book) for scientific background
- How to Survive a Pandemic and other works by Dr. Greger
- Official NutritionFacts.org website, which offers free videos, articles, and meal plans

Online Communities and Support Groups

- Facebook groups dedicated to plant-based eating
- Reddit communities such as r/PlantBasedDiet
- Local meetups or cooking classes focusing on whole-food, plant-based cuisine

Consulting Professionals

- Registered dietitians specializing in plant-based nutrition
- Healthcare providers familiar with lifestyle medicine

Conclusion: Making the Most of Your How Not to Die Resources

Accessing the How Not to Die Cookbook PDF can be a game-changer in adopting a healthier lifestyle based on scientific evidence. By purchasing or accessing it through legitimate sources, you ensure you're supporting the creators and receiving quality content. Once you have the PDF, take the time to organize, customize, and incorporate the recipes into your daily routine. Remember, the goal is not just to follow recipes but to embrace a holistic, sustainable approach to health rooted in whole-food, plant-based eating.

Implementing these principles can dramatically improve your well-being and reduce the risk of chronic diseases. By combining the knowledge from Dr. Greger's books with practical recipes from

the How Not to Die Cookbook PDF, you are well on your way to living a healthier, longer life. Stay informed, be proactive, and enjoy your journey toward optimal health.

Frequently Asked Questions

Where can I find a legitimate PDF version of the 'How Not to Die Cookbook'?

You can purchase or access the official PDF through authorized platforms such as the author's website, publisher's site, or reputable e-book retailers like Amazon Kindle or Apple Books.

Is it legal to download the 'How Not to Die Cookbook' PDF for free?

Downloading the PDF for free from unauthorized sources is illegal and can pose security risks. To stay within legal and safe boundaries, always buy or access the book through legitimate channels.

Are there free resources or samples of the 'How Not to Die Cookbook' available online?

Yes, some retailers or the author's official website may offer free sample chapters or excerpts, giving a sneak peek without needing the full PDF.

How can I avoid scams or malware when searching for the 'How Not to Die Cookbook' PDF online?

Always use trusted sources like official publisher websites or reputable bookstores. Avoid clicking on suspicious links, and ensure your device has updated security software.

Are there any legal alternatives to accessing the 'How Not to Die Cookbook' PDF for free?

You might find the book available through library digital lending services like OverDrive or Hoopla, which provide legal access to e-books for members.

What are the benefits of purchasing the official 'How Not to Die Cookbook' PDF?

Buying the official PDF ensures you get a high-quality, complete, and legal copy of the book, supporting the authors and publishers while avoiding risks associated with illegal downloads.

Can I find the 'How Not to Die Cookbook' PDF on popular free

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Most free e-book sites do not have authorized copies. Relying on such sources can be illegal and risky; always prefer official or authorized platforms.

Is it better to buy the physical copy or the PDF of the 'How Not to Die Cookbook'?

It depends on your preference. The PDF offers portability and convenience, while the physical copy provides a tactile experience. Both are supported by official purchase channels.

What should I do if I find a suspicious link claiming to offer the 'How Not to Die Cookbook' PDF?

Avoid clicking the link. Report it to the platform hosting it and delete any files downloaded. Always use trusted sources to access copyrighted material legally.

Additional Resources

How Not to Die Cookbook PDF: An In-Depth Review and Analysis

In recent years, the plant-based diet movement has gained significant momentum, driven by growing evidence linking diet to chronic disease prevention and overall wellness. Among the most influential proponents of this shift is Dr. Michael Greger, whose book *How Not to Die* and accompanying resources have become staples for those seeking to improve their health through nutrition. The *How Not to Die Cookbook PDF* is one such resource, offering a comprehensive collection of recipes rooted in the principles outlined in Dr. Greger's work. In this article, we explore the origins, content, accessibility, and implications of the *How Not to Die* cookbook PDF, providing readers with an informed perspective on its value as a nutritional guide.

Understanding the Origins of the How Not to Die Cookbook PDF

The Background of Dr. Michael Greger and the Original Book

Dr. Michael Greger is a renowned physician, author, and speaker dedicated to promoting evidence-based nutrition. His seminal work, *How Not to Die*, published in 2015, synthesizes a vast body of scientific research to advise on dietary patterns that can prevent or reverse chronic illnesses such as heart disease, diabetes, and certain cancers. The book emphasizes whole, plant-based foods and minimizes processed and animal-derived products.

The success of the book spurred the creation of supplementary materials, including the How Not to Die Cookbook, released in 2017. This cookbook expands on the dietary principles outlined in the original book by providing practical recipes, meal plans, and cooking tips designed to help readers implement the recommended dietary changes in everyday life.

The Digital Shift: Why a PDF Version Matters

In today's digital age, many health-conscious individuals prefer instant access to resources in PDF format. The How Not to Die Cookbook PDF offers several advantages:

- Accessibility: Available for download, making it easy to carry and consult on the go.
- Cost-effectiveness: Often more affordable than printed copies.
- Searchability: Users can quickly find specific recipes or ingredients.
- Environmental Impact: Reduces paper use and waste.

However, the proliferation of unofficial or pirated PDFs raises questions about legitimacy, quality, and copyright infringement. It is crucial for consumers to seek authorized versions to ensure they access accurate and high-quality content.

Content and Structure of the How Not to Die Cookbook PDF

Core Components and Organization

The How Not to Die Cookbook PDF is structured to facilitate practical application of plant-based nutrition principles. Its core components typically include:

- Introduction and Nutritional Foundations: Explains the science behind the recipes and the health benefits of a plant-based diet.
- Meal Sections: Categorized by meal type—breakfast, lunch, dinner, snacks, and desserts.
- Recipe Index: An organized list of recipes for easy navigation.
- Cooking Tips and Techniques: Advice on preparation methods, ingredient substitutions, and kitchen tools.
- Nutritional Information: Details on the health benefits and nutrient content of each recipe.

This structure aims to serve both novices and seasoned health enthusiasts by providing accessible, evidence-based recipes aligned with the dietary recommendations in How Not to Die.

Sample Recipes and Nutritional Focus

The recipes in the PDF are designed to maximize disease-fighting nutrients and minimize harmful additives. Typical recipes include:

- Green Smoothies: Rich in antioxidants, fiber, and phytochemicals.
- Legume-Based Dishes: Beans, lentils, and chickpeas as sources of protein and fiber.
- Vegetable Stir-Fries: Diverse vegetable combinations with minimal oil.
- Whole Grain Bowls: Quinoa, brown rice, or oats paired with vegetables and seeds.
- Desserts: Fruit-based treats that satisfy sweet cravings without refined sugars.

Each recipe emphasizes ingredients known to combat inflammation, oxidative stress, and other disease pathways, aligning with the scientific approach promoted by Dr. Greger.

Accessing and Using the How Not to Die Cookbook PDF

Legitimate Sources and Ethical Considerations

While many websites claim to offer the How Not to Die Cookbook PDF for free, it's essential to distinguish between authorized and unauthorized versions. Purchasing or downloading legitimate copies from official platforms (such as Dr. Greger's NutritionFacts.org or authorized publishers) ensures:

- Accuracy: The content has been reviewed and vetted for scientific integrity.
- Quality: Clear formatting, high-resolution images, and reliable nutritional data.
- Legal Compliance: Respect for intellectual property rights.

Unauthorized PDFs may contain incomplete, outdated, or erroneous information, which could undermine health goals.

How to Access the Cookbook Legally

Authorized access options include:

- Official Website: Buying or subscribing through Dr. Greger's NutritionFacts.org.
- E-Book Retailers: Platforms like Amazon Kindle, Apple Books, or Google Play Books.
- Physical Copies: Hardcover or paperback editions available through book retailers.
- Library Access: Digital lending services that may include authorized copies.

Once acquired, users can read the PDF on various devices—computers, tablets, or e-readers—and incorporate the recipes into their meal planning.

Maximizing the Benefits of the PDF Resource

To get the most out of the How Not to Die Cookbook PDF, consider these strategies:

- Meal Planning: Use the recipes to plan weekly menus, ensuring variety and nutritional balance.
- Cooking Practice: Experiment with techniques and ingredient substitutions to suit preferences.
- Community Engagement: Share recipes and experiences with online or local groups promoting plant-based eating.
- Tracking Progress: Monitor health markers and note improvements to reinforce dietary commitment.

Impact and Effectiveness of the How Not to Die Cookbook PDF

Health Benefits and Evidence-Based Approach

Numerous studies support the health claims associated with plant-based diets rich in fruits, vegetables, whole grains, legumes, and nuts. The recipes in the How Not to Die cookbook emphasize these foods, aiming to:

- Reduce cardiovascular risk factors like hypertension and cholesterol.
- Improve insulin sensitivity and manage diabetes.
- Lower inflammation markers linked to chronic diseases.
- Support weight management and metabolic health.

While individual results vary, the scientific foundation of the recipes lends credibility to their health-promoting potential.

Limitations and Criticisms

Despite its strengths, the cookbook and its PDF version are not without criticisms:

- Cost and Accessibility: Some may find the cost of authorized copies prohibitive.
- Complexity: Certain recipes may require specialized ingredients or cooking skills.
- Cultural Relevance: Recipes may not reflect diverse culinary traditions, limiting appeal in some regions.
- Scientific Debates: While evidence supports plant-based diets, some critics argue for balanced omnivorous approaches.

It's important for users to interpret the recipes within their individual health contexts and preferences.

Conclusion: Is the How Not to Die Cookbook PDF Worth It?

The How Not to Die Cookbook PDF serves as a valuable resource for individuals committed to adopting a plant-based, evidence-based dietary pattern aimed at preventing and reversing chronic diseases. Its comprehensive collection of recipes, nutritional guidance, and practical tips make it a useful tool for both beginners and seasoned health enthusiasts. However, consumers should seek authorized versions to ensure content integrity and respect intellectual property rights.

Ultimately, the effectiveness of the cookbook—and its PDF—depends on the user's willingness to incorporate these recipes into their lifestyle consistently. When used thoughtfully, it can be a powerful catalyst for health transformation, aligning culinary enjoyment with scientific rigor. As dietary habits are deeply personal, combining the cookbook's recommendations with personalized medical advice and cultural preferences can optimize health outcomes and ensure a sustainable, enjoyable journey toward wellness.

Disclaimer: This article is for informational purposes only and does not substitute professional medical or nutritional advice. Always consult with a healthcare provider before making significant dietary changes.

[How Not To Die Cookbook Pdf](#)

how not to die cookbook pdf: *The How Not to Die Cookbook* Michael Greger, M.D., FACLM, Gene Stone, 2017-12-05 From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and author of the New York Times bestselling book *How Not to Die*, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages that's a perfect gift for healthy conscious eaters. Dr. Michael Greger's bestselling book, *How Not to Die*, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, *The How Not to Die Cookbook* puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in *The How Not to Die Cookbook* offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health. Rooted in the latest nutrition science, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer, healthier life. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life—*The How Not to Die Cookbook* is destined to become an essential tool in healthy kitchens everywhere.

how not to die cookbook pdf: *Nourish* Reshma Shah, Brenda Davis, 2020-11-17 An evidence-based, practical resource that explores the many benefits of a plant-based diet and provides parents with the tools they need to feed their families for health and with joy. Gold Award, 2020 Nautilus Book Awards, Health, Healing, Wellness & Vitality Category Canada Book Award,

Best Books of 2020, Health Category While nearly all parents agree that a nutritious diet is important for children to thrive, most feel that their children are not eating a healthy diet. This is not surprising, given the demands of busy families and confusing, conflicting research about what diet is really best for health. *Nourish* offers the solution parents have been waiting for when it comes to deciding what and how to feed their families. Authors Reshma Shah, MD, a plant-based pediatrician and affiliate clinical instructor at Stanford University School of Medicine, and Brenda Davis, RD, a world-renowned expert and pioneer in plant-based nutrition, will empower parents to become the experts of nourishing their families. Parents will learn: How a diet centered around plants can optimize health, prevent chronic disease, care for our planet, and be an act of radical compassion. Nutrition specifics for all the stages of childhood—from pregnancy and breastfeeding all the way through adolescence. Tips, strategies, and mouthwatering recipes to bring all of this information to their dinner tables as they transition to plant-based eating.

how not to die cookbook pdf: Diet for a Sustainable Ecosystem Benjamin E. Cuker, 2020-08-10 This book explores a specific ecosystem in depth, in order to weave a story built on place and history. It incorporates the theme of a journey to help reveal the environment-human-health-food system-problem. While drawing on a historical approach stretching back to the American colonial era, it also incorporates more contemporary scientific findings. By crafting its story around a specific place, the book makes it easier for readers to relate to the content, and to subsequently use what they learn to better understand the role of food systems at the global scale.

how not to die cookbook pdf: *Python Automation Cookbook* Jaime Buelta, 2020-05-29 Get a firm grip on the core processes including browser automation, web scraping, Word, Excel, and GUI automation with Python 3.8 and higher Key FeaturesAutomate integral business processes such as report generation, email marketing, and lead generationExplore automated code testing and Python's growth in data science and AI automation in three new chaptersUnderstand techniques to extract information and generate appealing graphs, and reports with MatplotlibBook Description In this updated and extended version of Python Automation Cookbook, each chapter now comprises the newest recipes and is revised to align with Python 3.8 and higher. The book includes three new chapters that focus on using Python for test automation, machine learning projects, and for working with messy data. This edition will enable you to develop a sharp understanding of the fundamentals required to automate business processes through real-world tasks, such as developing your first web scraping application, analyzing information to generate spreadsheet reports with graphs, and communicating with automatically generated emails. Once you grasp the basics, you will acquire the practical knowledge to create stunning graphs and charts using Matplotlib, generate rich graphics with relevant information, automate marketing campaigns, build machine learning projects, and execute debugging techniques. By the end of this book, you will be proficient in identifying monotonous tasks and resolving process inefficiencies to produce superior and reliable systems. What you will learnLearn data wrangling with Python and Pandas for your data science and AI projectsAutomate tasks such as text classification, email filtering, and web scraping with PythonUse Matplotlib to generate a variety of stunning graphs, charts, and mapsAutomate a range of report generation tasks, from sending SMS and email campaigns to creating templates, adding images in Word, and even encrypting PDFsMaster web scraping and web crawling of popular file formats and directories with tools like BeautifulSoupBuild cool projects such as a Telegram bot for your marketing campaign, a reader from a news RSS feed, and a machine learning model to classify emails to the correct department based on their contentCreate fire-and-forget automation tasks by writing cron jobs, log files, and regexes with Python scriptingWho this book is for Python Automation Cookbook - Second Edition is for developers, data enthusiasts or anyone who wants to automate monotonous manual tasks related to business processes such as finance, sales, and HR, among others. Working knowledge of Python is all you need to get started with this book.

how not to die cookbook pdf: *PHP Cookbook* David Sklar, Adam Trachtenberg, 2006-08-25 Programmers and web designers will learn how to build dynamic web applications that work on any

web browser and on any web server that supports CGI scripts - interactive programs that aren't tied to particular systems.

how not to die cookbook pdf: *German cookbook* Marcus Petersen - Clausen, German cookbook soups Beetroot - raspberry - soup with vegan Königsberger Klopsen for a Federal Chancellor (vegan, SPD), page: 03-04 Apple and lentil soup for Wyk auf Föhr (Nordfriesland district, on the island of Föhr, vegan), page: 05 Presidents - Potatoes - Sauerkraut - Soup with Merguez for our Federal President (vegan), page: 06 Blueberry soup for Hamburger SV (vegan), page: 07 Goulash soup for Friedrichstadt (Nordfriesland district, vegan), page: 08-09 Quince and lentil stew with coconut milk for the Hamburger Tafel (vegan), page: 10 Cucumber cold dish for Garding (Nordfriesland district, vegan), page: 11 Brussel sprouts cream soup for Hamburg-Altstadt (Hamburg-Mitte district, vegan), page: 12 Beetroot and sweet potato soup for Hamm (Hamburg-Mitte district, vegan), page: 13-14 Red cabbage - walnut - soup for Steinwerder (Hamburg-Mitte district, vegan), page: 15 Rocket cream soup with roasted pine nuts for Wilhelmsburg (Hamburg-Mitte district, vegan), page: 16 Potato soup for Husum (Nordfriesland district, vegan), page: 17-18 Ribollita for Preetz (Ploen district, vegan), page: 19 Salad soup with radishes for Altona-Nord (Altona district, vegan), page: 20-21 Saffron soup for Altona-Altstadt (District Altona, vegan), page: 22 sour - hot - soup for Othmarschen (District Altona, vegan), page: 23-24 Sauerkraut soup for Osdorf (Altona district, vegan), page: 25 Spicy midnight soup for the Sternschanze (District Altona, vegan), page: 26 Spicy rosemary soup for Eimsbüttel (Eimsbüttel district, vegan), page: 27-28 Foam soup from parsley root for Harvestehude (Eimsbüttel district, vegan), page: 29-30 Black radish soup for Rotherbaum (Eimsbüttel district, vegan), page: 31-32 Wild herb soup for Tornesch (Pinneberg district, vegan), page: 33 Black salsify soup for Stellingen (Eimsbüttel district, vegan), page: 34 Pointed cabbage soup with vegan minced meat and vegan cream cheese for Farmsen-Berne (Wandsbek district, vegan), page: 35-36 Lemon soup for Heimfeld (Harburg district, vegan), page: 37 Zuppa stracciatella for Rönneburg (Harburg district, vegan), page: 38 Two types of celery and paprika soup for Sinstorf (district of Harburg, vegan), page: 39- 40 Onion and garlic soup for Wilstorf (district of Harburg, vegan), page: 41 stews: Kale stew with vegan pee (vegan), page: 42-43 meat substitute: Vegan Königsberger Klopse with potatoes for a Federal Chancellor (SPD), page: 45-46 Currywurst with French Fries (vegan), page: 47-48 MPC's vegan doner kebab, page: 49 Vegan Mock Duck Döner (doner kebab with fake duck), page: 50-51 Poultry Substitute: Thai curry with chicken meat substitute, page: 52 Thai chicken substitute in red coconut curry, page: 53-54 Thyme Chicken Substitute, page: 55 Tieba ziji, sweet and sour soy cubes with tomato sauce, page: 56 Fried tofu with like chicken and vegetables, page: 57 Poultry Seasoning Powder, page: 58 Tomato schnitzel with mushrooms or porcini mushrooms, page: 59 Tortellini Romagnoli, page: 60 Tuscan Cuisine - Vegan Chicken Braised, page: 61 Trevisano spaghetti and vegan nougat schnitzel, page: 62-63 Dry chicken substitute curry with wild rice, page: 64-65 Trollinger vegan chicken substitute Wingerter Stolz, page: 66-67 Turkey alternative farm style, page: 68-69 Turkey alternative with chestnut filling, page: 70-71 Turkey breast alternative with carrot and onion vegetables, page: 72-73 Turkey fricassee alternative, page: 74-75 Slices of fillets with garlic puree (vegan), page: 76-77 Slices of fillets with young peas, page: 78-79 Gratinated fillet chicken style (vegan), page: 80-81 Scalloped planted.pulled medallions, page: 82 Vegan gratinated turkey schnitzel made from wheat (vegan), page: 83 vegan bihun soup (inspired by an Indonesian recipe), page: 84-85 Coated chicken fillet, page: 86-87 Four-country vegan duck with pepper sauce and apricot dumplings, page: 88-90 Vegetarian butcher bites, page: 91-92 Like chicken with cherries, page: 93 Vegetarian butcher with grapes, page: 94-95 Soy schnitzel with poured dumplings, baked apple and potatoes, page: 96-98 Fake Christmas goose with roast Brussels sprouts. page: 99-101 Grapes with chickeriki strips and carrots, page: 102-103 White Fake Chicken with Peanut Butter Sauce, page: 104-105 Wild false duck with pineapple, page: 106-107 Wild fake duck with lentils, page: 108-110 Spicy soy chicken with apple red cabbage, page: 111-112 Yu-lang-chi (vegan chicken and vegan ham cheat in green paradise, vegan), 113-114 Lemon or Orange Chicken 1 (vegan), page: 115 Lemon or Orange Garlic Chicken (vegan), page: 116-117

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