



## Unprocessed: How to achieve vibrant health and your ideal weight.

By Chef AJ

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**Unprocessed: How to achieve vibrant health and your ideal weight.** By Chef AJ

Chef AJ has a unique ability to create healthy foods that taste great. Whether you want to lower your cholesterol, prevent or reverse many common lifestyle diseases, lose weight or just look and feel great, Chef AJ can show you how to incorporate more fresh fruits and vegetables in your diet in ways that are easy, delicious and fun.

Foreword by Dr. Hans Diehl and endorsed by several giants in the field of plant-based nutrition, including:

- Dr. T. Colin Campbell (*The China Study*)
- Rip Esselstyn (*The Engine 2 Diet*)
- Dr. Joel Fuhrman (*Eat To Live*)
- Dr. Matthew Lederman & Dr. Alona Pulde (*Keep It Simple, Keep It Whole: Your Guide To Optimum Health*)
- Dr. John McDougall (*The McDougall Program*)
- Dr. Pam Popper (Executive Director of the *Wellness Forum*)

"Chef AJ knows her way around a kitchen. She's been doing this for thirty years and it shows. All her recipes are incredibly easy to make, really healthy, but totally tasty in every way. She's a gifted chef."

**Rory Freedman, Best-selling coauthor of *Skinny Bitch***

"Chef AJ knows how to make tasty food and how to make it healthy. It's very special. Try it and you'll like it."

**T. Colin Campbell, PhD, author of *The China Study***

"Chef AJ's book *Unprocessed* deserves a special spot on the bookshelf of all people serious about their health and personal appearance."

**Mary and John McDougall, M.D., authors and founders of the *McDougall Program***

"Chef AJ is one of the few chefs in the world who can design dishes that not only

meet my dietary guidelines, but are delicious, too. She represents the best of everything; she's entertaining and engaging, and makes healthy food totally acceptable for everyone. This book is a must-have for the person who wants to not only eat well, but enjoy eating well, too."

**Dr. Pam Popper, Executive Director of the *Wellness Forum***

"Chef AJ is unmatched in her ability to take nothing but whole foods and make them taste so delicious. Couple that with her generosity and passion, and she herself is a recipe for success. It's about time the world got to taste these treats!"

**Alona Pulde, M.D. & Matthew Lederman, M.D. authors of *Keep It Simple, Keep It Whole: Your Guide To Optimum Health***

"Half confessional memoir, half delectable recipes, *Unprocessed* is a 100 percent inspirational, educational, and gastronomical fodder from Abbie Jaye, aka Chef AJ. A junk-food vegetarian since forever, AJ turned to a whole-foods diet to cure her ailments, and now preaches to anyone and everyone through her culinary classes and laugh-a-minute lectures. The recipes are all sugar-, salt-, and oil-free, and all delicious. How can you not like a book that starts with desserts?"

***VegNews Magazine***

***UNPROCESSED*** will show you how you can achieve optimum health, vibrant energy and your ideal weight, simply by eating real, whole foods and avoiding processed food.

This book features:

- 11 Appetizers
- 11 Beverages and Smoothies
- 14 Enticing Entrees
- 12 Salads and Dressings
- 10 Savory Soups
- 16 Sensational Sides
- 21 Decadent Desserts
- 14 Truffles

*All recipes are vegan, gluten-free, oil-free, salt-free and refined sugar-free.*

Chef AJ shares her personal story detailing the dangerous health consequences of an unhealthy diet, and the body's miraculous ability to recover and thrive when fed healthy, whole foods. An inspirational, fun read.

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## **Editorial Review**

About the Author

**Chef AJ** has followed a plant-based diet for over 33 years. She works as a chef and culinary instructor in Los Angeles. She is also the creator and co-producer of [www.HealthyTasteofLA.com](http://www.HealthyTasteofLA.com), an annual event in Redondo Beach, California where the finest in plant based cuisine meets the best in nutritional science.

Co-author **Glen Merzer** is a playwright and screenwriter living in Los Angeles. He is co-author with Howard Lyman of "Mad Cowboy" and with Howard Lyman and Joanna Samorow-Merzer of "No More Bull!".

## **Users Review**

**From reader reviews:**

**Raymond Garza:**

The book Unprocessed: How to achieve vibrant health and your ideal weight. give you a sense of feeling enjoy for your spare time. You should use to make your capable considerably more increase. Book can for being your best friend when you getting strain or having big problem with the subject. If you can make studying a book Unprocessed: How to achieve vibrant health and your ideal weight. to become your habit, you can get more advantages, like add your personal capable, increase your knowledge about several or all subjects. It is possible to know everything if you like wide open and read a book Unprocessed: How to achieve vibrant health and your ideal weight.. Kinds of book are a lot of. It means that, science book or encyclopedia or other folks. So , how do you think about this e-book?

**Christina Ruiz:**

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**David Goodspeed:**

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### **Ann Potter:**

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