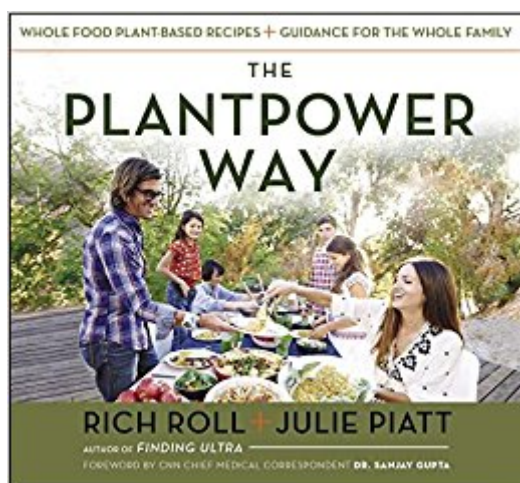


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# The Plantpower Way: Whole Food Plant-Based Recipes And Guidance For The Whole Family



## Synopsis

A transformative family lifestyle guide on the power of plant-based eating—•with 120 recipes—•from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt—• Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt,—• The Plantpower Way shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, The Plantpower Way has more than 120 delicious, easy-to-prepare whole food recipes, including—• hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core,—• The Plantpower Way—• is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. The Plantpower Way—• is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

## Book Information

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## Customer Reviews

"This is not your typical recipe book. It is a book about hope, and the universally shared belief that any one of us can be better . . . You will not find better guides in that quest." —• From the Foreword by—• Dr. Sanjay Gupta —• —• "The most effective way to get healthy is to get healthy together as a family and—• The Plantpower Way proves just that.—• This is a delicious

roadmap to help you incorporate the power of plants into your diet every day. And the best part? Your whole family will love eating this food.

•Mark Hyman, author of *The Blood Sugar Solution* “The Plantpower Way” inspires us each to be our best selves, and Rich and Julie are artful role models for the rest of us interested in physical, emotional, and spiritual well-being. We are what we eat, and the amazing vegan/plant based/plant powered recipes in this book can help us lead amazing lives.

•Gene Baur, author of *Farm Sanctuary* “What I love about Rich and Julie’s program is that you can dip in and find so many luscious health-giving recipes that are fairly effortless to make. And then when you start feeling that delicious food lighting up every cell in your body, you’ll want to experiment a little bit more. Julie and Rich will not only help you get your body happy, but your soul will soar too!

•Kathy Freston, author of *The Lean* “Rich and Julie are living proof of the wonders that a plant-based diet can work for athletes and families alike. Even if you’re not training for an ultra marathon, you’ll love *The Plantpower Way*!

•Brendan Brazier, bestselling author of *Thrive* “This beautiful collection of irresistible and creative recipes will motivate your whole family to live *The Plantpower Way*. Read this book and be inspired!

•Kris Carr, *New York Times* bestselling author of *Crazy Sexy Kitchen* “Rich Roll has transformed his life and can help you do the same. The Plantpower Way provides a clear roadmap to a healthier, happier lifestyle. A must read for anyone looking to make positive, substantive change, from the inside out.

•Dean Karnazes, author of *UltraMarathon Man* “Whether you aim to run an ultramarathon, or want to be your best at whatever you’re doing, this book is for you. In *The Plantpower Way*, Rich Roll and Julie Piatt give us a look into their kitchen and the way that a whole food, plant-based diet has become a fun and powerfully healthy endeavor for the whole family. With insightful guidance and delicious recipes, this book is a great resource for anyone looking to find health. And with all that extra plantpowered energy, who knows how far you’ll go.

•Neal Barnard, M.D., President and Founder of the Physicians Committee for Responsible Medicine, author of *Dr. Neal Barnard’s Program for Reversing Diabetes* “As an integrative gastroenterologist, I’m intimately familiar with the disease promoting effects of the Standard American Diet on our digestive system. If you’re looking to heal yourself from the inside out, treat the root cause of most medical problems, and reclaim your health and vitality, start with this book. Let Rich and Julie be your guide on an incredible journey of transformation - there’s no telling how far you could go!

•Robynne Chutkan, M.D., author

of *Gutbliss* and *The Microbiome Solution* – “Rich and Julie have rolled out a plant powered world that has it all! Run, walk, or jump in, and enjoy the journey that awaits. You’ll never be the same.” • Rip Esselstyn, *New York Times* bestselling author of *My Beef with Meat* – “The world’s longest-lived people overwhelmingly eat plant-based diets. Their secret: making plant foods delicious. *The Plantpower Way* embodies that secret, showing us how to make plant-based living accessible and tasty. It should have its place in every American kitchen.” • Dan Buettner, Founder and CEO of Blue Zones and *New York Times* bestselling author of *Blue Zones Solution* – “This family-friendly book will not only raise your food IQ but it will give you the confidence to develop habits that contribute to a more sustainable planet as well as optimal health and wellbeing.” • Bryant Terry, food justice activist and author of *Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed* – “Rich and Julie know that total and sustainable health is the key to unlocking the greatest potential in all of us. But we just need to take the first step. In this life-changing book, they offer powerful tools to ignite your body and mind.” • Frank Lipman, founder of Eleven-Eleven Wellness Center and author of *The New Health Rules* – “I loved Rich Roll’s *Finding Ultra*. It really inspired me, but it did leave me wanting more. I wanted to know exactly what Rich was doing to fuel his body. Well, now I have all of his secrets. This beautiful book has all his meals with beautiful pictures and easy to follow recipes. This definitely will become prescribed reading for my patients.” • Garth Davis, M.D., bariatric surgeon, Ironman athlete and bestselling author of *The Expert’s Guide to Weight Loss Surgery*

A graduate of Stanford University and Cornell Law School, Rich Roll is a world-renowned plant-based ultra-endurance athlete, bestselling author, full-time wellness & plant-based nutrition advocate and motivational speaker. Born in Colorado and raised in Alaska, Julie Piatt has spent decades traveling many paths and studying many traditions. She is a true renaissance artist who expresses her creative voice as a plant-based chef, singer-songwriter, yogi, sculptor, painter, spiritual guide, and homeschooling parent to four children. Rich and Julie live with their four children in Malibu Canyon outside of Los Angeles.

This is a beautiful, valuable book. First, the photos are gorgeous: not just of the food, but of the feeders and the fed. Julie and Rich and their family share their lifestyle in a way that feels

welcoming and intimate; we're given a seat at their table, and we get to hang out in their kitchen before the party as well. Another thing I love about this book is its deft balancing of big ideas and tiny details. The recipes, lists of kitchen gadgets, pantry management tips, and guidance for changing habits complements the larger vision: remaking ourselves into the best possible versions we can imagine. One wonderful example: Julie (an inspired and inventive cook but by no means a trained chef) tells a story about a professional chef attending one of her early cooking demos. After the class, he approached and asked her, one pro to another, about her choice of a particular knife to cut the zucchini. She replied, slightly embarrassed, that it was the closest knife. It's a great metaphor for our own paths of transformation. Many times I've aspired to some standard of perfection, only to give up when I couldn't attain it. Many times I've wished I could start somewhere else, further down the path, rather than where I am in this perfect moment. Cutting the zucchini with the closest knife reminds me that I can only start where I am, and that my own sincere, mindful efforts are all that's ever needed to begin the process of change. The other thing this book did for me was reinforce how absolutely possible such a transformation is. When I first heard about Rich Roll, it was in the context of the story he told in his previous book, *Finding Ultra*. In short, a 40-year-old junk food addict, unhappy with life and career, overweight and unhealthy, turns his life around and competes in some of the world's toughest endurance events within the space of a few months. In other words, mission impossible for the rest of us. Rich is some kind of freak of nature, a caterpillar destined to find his wings and soar above the everyday world that you and I inhabit. Only after meeting Rich and Julie and their family did I come to see them as "ordinary" in the best sense of the word: regular people who simply make a fierce commitment to their own reinvention. They reminded me of the simple way Cambodian Buddhist monk Bhante Dharmawara described the Buddha: "He was just a man who remade himself." And that's where this book bridges the gap between Rich's Hero's Journey and our own. While we may not choose to run 5 Ironmans (Ironmen?) in 7 days, we each have a mission encoded in our spiritual DNA. Something that we are meant to express, to give, to do, to become. And very few of us will ever discover that mission, let alone have the guts to start and the stamina to persevere, unless we respect our bodies enough to fuel them lovingly. Or as Julie and Rich put it, the PlantPower Way. Which brings me to the bit of the book I found most moving and powerful, their discernment of the three paths on the PlantPower Way: vitality, performance, and transformation. While they inform and reinforce each other, each path represents a starting point that will resonate with some of us but not others. You might aspire to elite athlete status. I might want to feel well enough to dig a small pond in my garden. Someone else may be looking to head off heart disease in order to accompany their child down the aisle in 15 years. In one sense, this is

another vegan cookbook, which is how it's categorized on . In another, deeper sense, this is a playbook for family creativity, harmony, and delight. Get it. Share it. And find your own version of Ultra.

We've had this book for over a year when I preordered it last year. My husband and I just recently are trying again to get back into the whole-food, plant-based lifestyle. We always feel our best when we eat that way and we always beat ourselves up when we slip back into our old ways. My husband decided to try one of the recipes the other night, almond pesto with gluten-free pasta, and it was fantastic! So, since then, we've been cooking several other dishes. I made the beet soup because my husband had a cold, and it immediately cleared his sinuses, and it was super easy to make. Then I made the raspberry risotto with walnut Parmesan sprinkled on top, and that was excellent! The latest recipe we made was the lasagna that uses thinly sliced zucchini in place of lasagna noodles and it was SO GOOD! Everything we've had has been fairly simple to make and full of flavor. I also like that they don't use much soy. So many other plant-based cookbooks use a lot of soy in their recipes. Also, the recipes feed six, which is perfect for our family of six. We don't have to scale up any of the recipes. I could, however, see someone who doesn't own a lot of the kitchen tools, like a mandolin or food processor, finding some of the recipes to be a bit more difficult. They use a Vitamix every day, but we still don't own one yet. We've managed without one. They also use a lot of nuts, which can get expensive. I buy them in bulk at Costco and Wegman's. I also try to stick with the recipes that utilize what's in season to help reduce cost. Other than that, it's also an enjoyable book to read! The photography is great, as well! I find their approach incredibly inspiring. This is definitely going to be a regular go-to book for us. I highly recommend it!!!

When I tell my patients to eat a plant based diet they look at me with blank faces. They have no idea how to eat like that. Our American diets are so far from a plant based diet people don't know where to start. Often times their diet becomes carrots and peas, and processed fake chicken nuggets. That is neither healthy nor enjoyable, and who is going to stick to that. When I first discovered I had high cholesterol and discovered the research about the benefits of a plant based diet, I had no idea how to start. I ate veggie burgers for every meal. I wish I had had this book back then. Now this book will become my prescription for patients on how to change your life and your health with beautiful, delicious, and nutritious food. This book is definitely worth 5 stars.

Fantastic book. We are half-plant-power converts. We prefer our Indian food, all flavorful and what

not. What my lovely wife has done is taken recipes from here, added an Indian touch, and that keeps us healthy and not craving that flavor. We love this book, and recommend it to everyone we meet! I took off one star as I was expecting Rich to provide a better sense / categorization / cataloging of what are the best (healthiest) sources of Protein, Carbs, etc. .. It's somewhere in there, but not like on a page or in a table.

The worst thing about this book is its size. it's an odd shape and isn't going to fit well on any of my bookshelves. that being said, it's a gorgeous book. it is light on recipe photos, so if that's important to you, skip this book. the author may be making 50 cents on this book b/c it's big and it's full of other photos in full color. Some of the recipes are long on ingredients list, but if you're vegan, you probably have most of the shelf stable ingredients on hand. If you like Rich, you'll enjoy this book. It's about his journey as much as the recipes.

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