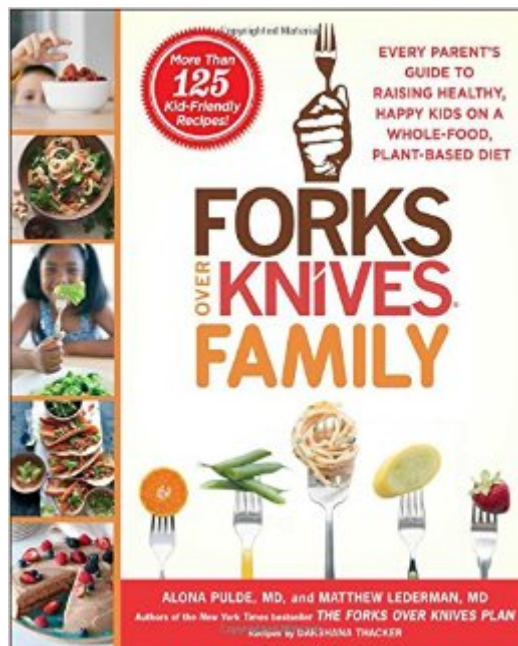


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# Forks Over Knives Family: Every Parent's Guide To Raising Healthy, Happy Kids On A Whole-Food, Plant-Based Diet



## Synopsis

From the authors of the New York Times bestselling *Forks Over Knives Plan* comes a complete guide to a whole-food, plant-based lifestyle for your entire family, with more than 125 delicious kid-friendly recipes and tips for raising a whole-foods-loving child in a junk-food-laden world. After the trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution, more and more people continue to adopt a whole-food, plant-based lifestyle. Now, Doctors Alona Pulde and Matthew Lederman share those same values for the entire family. Filled with more than 125 quick and easy recipes, helpful tips, and the latest in scientific findings, *The Forks Over Knives Family* teaches you why whole food, plant-based eating is the best way to keep your family healthy and well-nourished. With a comprehensive look at every stage of a child's development, the *Forks Over Knives* team will help get kids on track to a sustainable, whole foods lifestyle. Beginning with pregnancy, through birth and childhood, and continuing into the teenage years, this guide tackles all the most important topics to keep your children healthy, from dealing with allergies to traveling to sleepovers. The book addresses major obstacles and parenting concerns such as: Are supplements and vitamins necessary? Is my kid eating enough? How can we transition to plant-based living with a house full of kids? What about birthday parties and play dates? With easy-to-understand tips and tricks for a clean, sustainable lifestyle, *The Forks Over Knives Family* is the in-depth, go-to guide for the whole household to have healthier, more nutritious lives.

## Book Information

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## Customer Reviews

The author and chef did get a lot of things right with this book: the difficulty of transitioning a family into a vegan diet, defending the switch to others, supplements that may be needed, ease of preparation, etc. The language is clear and the presentation brief but informative. The recipes are nicely laid out and easy to follow. But this is a plan that, although touted as something that can be transitioned into in stages, in reality will require major changes or a lot of food items will be wasted. E.g., meals call for several different ingredients that may need to be prepared separately and used in a variety of dishes. If you don't use the plan, then you will have too much/wasted ingredients (like marinara sauces, etc.). In trying the recipes, they are very easy to prepare and do taste quite good. There's nothing really exotic here - just variations on things such as baked ziti or chocolate pancakes. Bad ingredients aren't necessarily imitated so much as replaced, so it is about training young taste buds toward healthier foods. But there aren't really any recipes in here that would frustrate or deter little ones from eating. The book covers recommendations from pregnancy to teen years but the focus is on the elementary school age kids. Ideas for dealing with birthday parties, Disneyland trips, etc. are nicely covered with smart ideas. There are also many testimonials at the end of each chapter with individuals talking about their success stories with their own families. I found those the least interesting, though, since it was a bit to 'rah rah' preaching to the choir in my opinion. In all, the recipes are quite good and there is good advice to be found here.

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