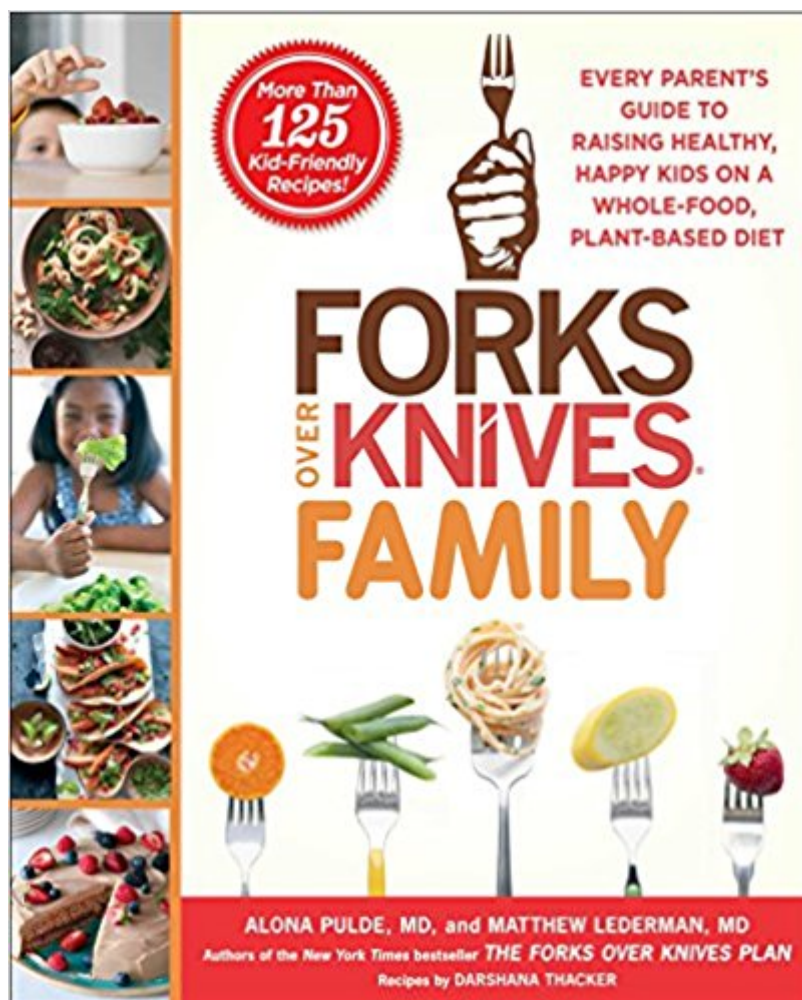




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# Forks Over Knives Family: Every Parent's Guide To Raising Healthy, Happy Kids On A Whole-Food, Plant-Based Diet



## 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

Featured recipes from Forks Over Knives    Download the recipe for Spiced Sweet Potato Tacos  
Download the recipe for Chocolate Chip Coconut Pancakes

"Read this book! It will improve the health and lives of your kids. And it has great kid-friendly recipes such as chocolate chip pancakes, lentil fries, and mashed potatoes!" — Jay Gordon, MD, Pediatrician and Fellow of the American Academy of Pediatrics "An informative, nutritionally balanced guide and recipe book so that you can feed your family a plant-based diet that is delicious, cost-effective, and easy." — Mayim Bialik, author of Mayim's Vegan Table "One of the most wonderful things you can do for your kids is to feed them healthy plant-based foods that they'll enjoy eating." — Forks Over Knives Family — shows you how. Highly recommended!" — Dean Ornish, MD, Founder & President, Preventive Medicine Research Institute "Forks Over Knives Family serves up delicious, whole food recipes that everyone in your house will enjoy!" — Michelle and Matt, authors of the New York Times bestseller Thug Kitchen "An essential book to protect the health and future of your family." — Michael Greger, MD FACLM, founder of NutritionFacts.org and author of How Not to Die "Forks Over Knives Family is refreshingly rational, no-fuss, and practical; it encourages parents to focus on the big picture and find the joy in healthful eating for the family!" — Michelle McMacken, MD Assistant Professor of Medicine, NYU School of Medicine "A must read for anyone with a family or thinking of starting one." — Robert Ostfeld, M.D., Director of Preventive Cardiology at Montefiore Medical Center

I was honestly a little disappointed in this book. Maybe my expectations were too high but I didn't find it as useful as I had hoped. I found the information for families that it did have was insightful but I really feel there could have been much more. Also, I wasn't impressed with the recipe section. Most of them were more complicated than I had hoped. The fact that most of the recipes did not have pictures was a real let down. Overall I wouldn't buy again. I think the aim is more for families who want to make the occasional plant based dish or families who are brand new to the concept of a plant based diet. Wish I could return it.

This is personal — this book is not what I have expected! I like recipe/cooking books with lots beautiful pictures — and this is not! The book title saying FAMILY — so, I also expect this book to be more fun, kid friendly, and easy steps to

follow a lot of recipes looks like complicated with lots ingredients...

I pre-ordered this book and really regret it. I wanted help for transitioning my family to a whole foods, plant based diet and I did not find that here. Sample menus would have been so helpful! The recipes are overly complicated and take way too long. I assumed that, since it was written for families, that the recipes would be written with busy moms in mind but that is not the case.

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. The writing isn't preachy and neither the author nor the chef come across as zealots who don't understand real-world concerns of the average family and what they would have to go through in order to transition to a plant-based diet. Reviewed from an advance reader copy provided by the publisher.

I just got the book in the mail and it has some good recipes and I generally find the forks over knives recipes to taste good. I didn't give it 5 stars because of the lack of pictures. There are a lot of recipes but only about 10 pictures total.

There is a total education on the plant based life within the pages of this book along with many

recipes. It is a great starter book to help teach anyone looking to change the way they live for the better with a plant based life. I would totally recommend this new book to everyone.

I am so happy we got this. I wanted to eat a whole foods diet for the past to years just didn't know how to go about it and this book explains so much! Thank you!

Great WFPB cook book for a family. Even the kids enjoyed some of these.

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