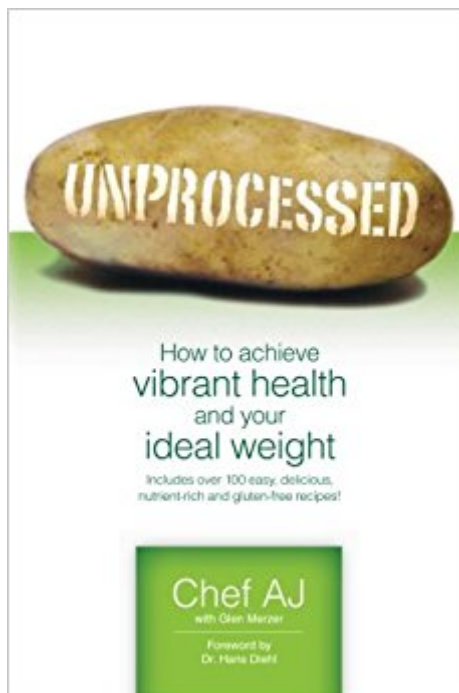




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# Unprocessed: How To Achieve Vibrant Health And Your Ideal Weight.



## Synopsis

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.

## **Book Information**

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## **Customer Reviews**

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!".

It's hard to fairly review this book. My wife is a big fan of Chef AJ, and she was looking for an SOS (salt, oil, sugar) free cookbook. I got her this one thinking it was exactly what she was looking for, however this book was written in 2011, apparently prior to Chef AJ's adoption of a nut-free and lower-calorie style of cooking. The main section of recipes are desserts. Most of the recipes are either based on nuts, or dates. I'm sure they are fantastic, however they are not what my wife was looking for. Will probably return it as a result. Also recipe books should always include photos, which this one does not.

Great simple recipes

I love Unprocessed! This book has helped put us on a healthy eating path!! I have an illness and this came to me at the perfect time. The universe will bring us what we need at the right time!

This book had a lot of great information and recommended things that seem easy to follow. It is worth the read if you are looking to improve your health. I love Chef AJ and all her work.

I love, love Chef AJ. I belong to all of her websites and listen all her webinars. Her way of eating is perfect for me and I am losing weight without portion size. Everything is delicious.

Following the McDougall Diet I needed some interesting recipes to get my family to eat some of the same meals with me. I stumbled on AJ and the Chef videos and was intrigued by the simplicity. After trying several of the recipes in the video I was convinced there may be more in her book. The title is not entirely true- all are not unprocessed, though pretty close. The secret of coconut aminos changed everything for me. The Thai sauce with noodles and the brownies are my favorite.

I like the idea of this book, not eating processed foods and not using salt, oil, or sugar. I have just started concentrating on a plant-based diet and this book is very helpful. Chef AJ also has a YouTube Channel where you can watch her make some of the recipes in the book. She and Julianna Hever - the Plant-Based Dietician - are fun to watch.

I was interested in her recipes and was not disappointed.

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