



# Food That Grows: A Practical Guide To Healthy Living With Whole Food Recipes

*Sarah Marshall ND, Tanda Cook ND*

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Food That Grows bridges the gap from the farm to your table with simple, easy recipes to add health to your family and your life. It is the culmination of sixteen years of study, sixty-two years of collective experience, and a million years of evolution all combining together as your personal guide to health and healing. At the most basic, molecular level, we are literally what we eat. We cannot be any other. And so we invite you to embark on a great journey of exploration of what is in your refrigerator, on your plate, and thus in your body. You will discover that this story is about so much more than simply food—it is about being nourished from the inside out free of illness living a healthy life you love! Drs. Sarah Marshall and Tanda Cook are both Naturopathic Doctors, experts in restoring health, preventing disease and using food as medicine. They have been avid cooks and foodies for their entire lives and have spent most of the past decade eating an entirely whole food (i.e. no processed food) gluten and dairy free diet sourcing as much of it from local farmers and their own back yards as possible. It is their mission to change the way we eat in America: to bring us back to the basics, knowing where our food comes from and how to eat sustainably for the health of our bodies and our environment. It is their desire that you use this book not just as a great set of recipes, but as a toolbox to learn how to live healthfully, every day, through what you put in your mouth. This book is not just about what to eat, but about how to live, eating fresh, whole, made-by-nature foods that not only cure and prevent disease, but also nourish body, mind, and soul. Their passion is to bring people into a new way of being with food. This book is not about a “diet.” This book is the how-to manual to eat whole food, real food, that creates and sustains true health. You can read this like a cookbook and follow every recipe to the letter, but the intention is to inspire a new way of thinking about food, cooking, eating, and how to share food around a table with people that you love. This book will bring consciousness to your grocery lists, your refrigerator, your health, and your life. In part I the authors share details of their own health journeys, their roots of their love for nutrition and cooking, and about naturopathic medicine as a whole. In part II they describe “the why” of living a gluten free, dairy free whole food lifestyle, defining what health actually is, explaining what whole foods are and why they are the foundation of living health, and include their top ten healthy lifestyle guidelines. Part III includes everything you need to know to have your kitchen set up to support a whole foods healthy lifestyle including tips for kids, seasonal shopping guides, and what is essential for your pantry. Part IV is where it all comes together: the recipes. They are organized by course: main dishes, vegetable sides, gluten-free grains, sauces, soups, salads, appetizers and snacks. Also included is a specific section of breakfast recipes. Every recipe includes nutrition and health information, different variation ideas, great meal and menu plans and time saving recommendations. “It is our hope that this book becomes a tool through which people learn how to think about food, how to play with food, and how to be creative and weave a little love and fun into the kitchen. Our wish is that this book lives on your counter, becomes your food bible, and inspires those who sit at your table.” – Drs. Tanda Cook and Sarah Marshall

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