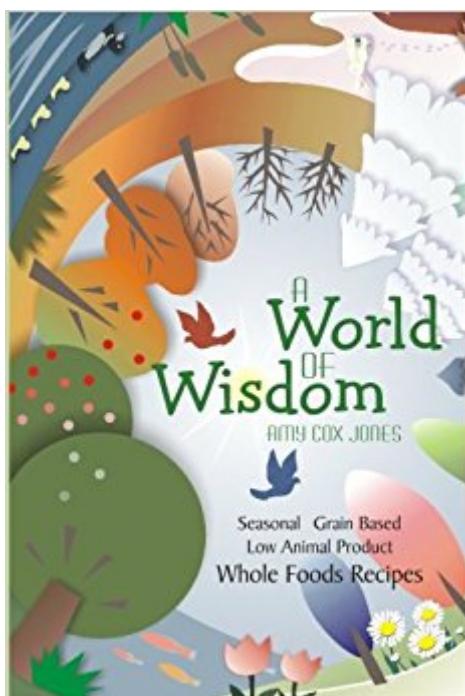


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# A World Of Wisdom: Seasonal, Grain-based, Low Animal Product, Whole Foods Recipes



## **Synopsis**

Eating according to what is in season isn't a new idea, but it is one that is being proven to be based on a sound medical, ethical, environmental and scriptural foundation. From basic staples to scrumptious desserts, A World of Wisdom will take you through the seasons and show you how easy it is to follow the Word of Wisdom. 198 pages of seasonal, grain based, low animal products, whole foods recipes organized according to season. Includes a section on many ordinary and unusual grains with easy cooking directions.

## **Book Information**

Paperback: 216 pages

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Average Customer Review: 4.5 out of 5 stars 30 customer reviews

Best Sellers Rank: #655,510 in Books (See Top 100 in Books) #155 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #538 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal

## **Customer Reviews**

Amy Jones says she hates to cook, plan or prepare food. She claims to be lazy by nature. In her words, "My family admits to being very picky about food. I am the last person you would guess would write a cook book, but I love my family, the Lord and nutrition. I made a commitment to the Lord that I was going to come up with a way to prepare quick, easy, nutritious meals that my picky family would eat. He led me to write 'A World of Wisdom,' a cook book of seasonal, scripture-based eating."

Ordered this with "Discovering the Word of Wisdom: Surprising Insights From a Whole Food, Plant-based Perspective" and "The Word of Wisdom: Discovering the LDS Code of Health". This is a great companion book, and I plan to try the recipes! Thank you!

I have been trying to find some good recipes with more whole grains, fruits and vegetables and less

meat. I have checked out quite a few books from the library and purchased 3 books. This book is the best book that I have found. It lists the recipes by season and the recipes were just what I was looking for.

Have truly enjoyed all the recipes in this book and feel so good about doing what is right for myself and my family since I, as thier mother, am in charge of thier health and nutrition. Really love this book and am so glad that there are more people out there trying to follow the word of wisdom in it's entirety!

Health and wisdom all rolled into one book. I have used some of the recipes so far and found them delicious. I like a little more spice sometimes. Very well thought out book and I really have enjoyed the quotes.

At first I was a little surprised that this book didn't come with more of an opening but the layout and recipies more than make up for it. Everything is laid out first by season and with each season, by topic (lunch, dinner, dessert, etc). A great book over all!

Some recipes are good but, most contain ingredients I just don't see my family eating. I also wish there were pictures.

I really like the concept of this book. The recipes sound delicious to me, although i worry about my kids' reactions. I've had some difficulty finding some of the ingredients.

All I expected.

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Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge â“ Whole Foods Diet â“ Whole Foods Cookbook â“ Whole Foods Recipes (Whole Foods - Clean Eating) A World of Wisdom: Seasonal, Grain-based, Low Animal Product, Whole Foods Recipes Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet,

low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â€“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â€“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA The Whole Foods Plant Based Diet: A Beginnerâ€™s Guide to a Whole Foods Plant Based Diet Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)

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