



# **Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great**

*Colleen Patrick-Goudreau*

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"With *Color Me Vegan*, Colleen Patrick-Goudreau takes veganism to a whole new level. This is exactly what people need to eat more compassionately, experience superior health, and enjoy out-of-this-world flavors. Get ready to taste the real rainbow!"—Rory Freedman, author of the #1 *New York Times* bestseller *Skinny Bitch*

"In *Color Me Vegan*, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by numbers. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs."—Bryant Terry, author of *Vegan Soul Kitchen*

"Taking 'nutrient-dense' to a whole new level, *Color Me Vegan* provides a mouthwatering palette of simple but delectable recipes. We should make a point to eat the rainbow, and this book is the pot of gold at the end that is sure to brighten any diet!"—Dr. Michael Greger, Director of Public Health at the Humane Society of the United States

### **Eat by color for more flavorful meals and extraordinary health!**

In *Color Me Vegan*, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate.

With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients—the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds—can be expertly incorporated into your meals for the greatest nutritional punch.

From the “Color Me Blue” chapter, for example, you’ll be treated to recipes such as:

—Radicchio Fennel Salad with Caper Dressing

—Chilled Blueberry Mango Soup

—Lavender-Roasted Purple Onions

—Eggplant with Dengaku (Sweet Miso) Sauce

—Purple Plum Pie with Crumble Topping

From sensational starters and salads, to filling mains and sides, to crave-worthy desserts—in every color—each recipe is not just a feast for your stomach, but a feast for your eyes as well! Check out more about the book at <http://www.colormevegan.com>.

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**Kelly Thompson:**

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**Daniel Colon:**

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day long to reading a book. The book Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great it is rather good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore easily to read this book through your smart phone. The price is not too expensive but this book has high quality.

**Marcela Beach:**

People live in this new time of lifestyle always make an effort to and must have the free time or they will get lots of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read is definitely Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great.

**Jennifer Gallant:**

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Rich, Fiber-Packed, Color-Intense Meals That Taste Great is great publication for you because the content and that is full of information for you who else always deal with world and also have to make decision every minute. This specific book reveal it info accurately using great manage word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but challenging core information with beautiful delivering sentences. Having Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great in your hand like having the world in your arm, info in it is not ridiculous one. We can say that no publication that offer you world in ten or fifteen moment right but this publication already do that. So , this is good reading book. Hey Mr. and Mrs. occupied do you still doubt this?

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