



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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Theresa Smith:

The actual book Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great will bring you to the new experience of reading any book. The author style to elucidate the idea is very unique. When you try to find new book to read, this book very suitable to you. 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 is much recommended to you you just read. You can also get the e-book from your official web site, so you can more easily to read the book.

Clyde Traynor:

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 has a lot details on it. So when you make sure to read this book you can get a lot of profit. The book was written by the very famous author. The author makes some research ahead of write this book. This kind of book very easy to read you will get the point easily after reading this book.

Santiago Bronson:

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