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collection of recipes that are plant-  
based (no meat) and utilize a  
variety of whole foods. Although  
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~~The China Study Quick & Easy  
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Cookbook Almond Noodles. The rich sauce for this flavorful treat comes together even before you finish cooking the pasta. I make...  
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In The China Study Quick & Easy Cookbook, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based recipes that are quick, easy, and multipurpose. Edited by LeAnne Campbell, author of The China

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In The China Study, T. Colin  
Campbell, PhD, and his son,  
Thomas M. Campbell II, MD,  
discuss and analyze the results  
from the study (and other  
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and Long-term Health is a book  
by T. Colin Campbell and his son,  
Thomas M. Campbell II. It was  
first published in the United  
States in January 2005 and had  
sold over one million copies as of  
October 2013, making it one of  
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daughter of The China Study  
author T. Colin Campbell, PhD,  
and mother of two hungry  
teenagers, The China Study  
Cookbook features delicious,  
easily prepared plant-based  
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