

# Table of Contents

<i>Acknowledgements</i>	v
<i>Forward</i>	vii
<b><i>Introduction</i></b>	<b>1</b>
<b>1 Welcome</b>	<b>3</b>
<b>2 How to Use This Book</b>	<b>5</b>
<b>3 What's up with Gluten, Dairy, and Eggs?</b>	<b>7</b>
Gluten	9
Dairy	11
Eggs	12
<b><i>Eating Whole Foods</i></b>	<b>15</b>
<b>4 The Basics of a Whole Foods Diet</b>	<b>17</b>
The Whole Life Healthy Eating Guide	19
7 Good Reasons to Eat Whole Foods	20
What do Whole Foods Have to Offer?	24
<b>5 Organics, Your Health, and the Planet</b>	<b>33</b>
<b>6 Diet and Global Warming</b>	<b>37</b>

<b>7 Making the Change</b>	<b>41</b>
<b>8 Sample 7 Day Whole Foods Menu</b>	<b>45</b>
<b><i>Your Whole Foods Kitchen</i></b>	<b>49</b>
<b>9 Stocking your Whole Foods Pantry</b>	<b>51</b>
<b>10 Essential Cooking Equipment</b>	<b>81</b>
<b>11 Definition of Cooking Techniques</b>	<b>85</b>
Cutting Techniques	<b>85</b>
Preparation Techniques	<b>86</b>
Cooking Techniques	<b>88</b>
<b><i>The Recipes</i></b>	<b>91</b>
<b>12 Breakfast</b>	<b>93</b>
Quick Nutritious Breakfast Ideas	<b>94</b>
<b>13 Fresh Breads &amp; Muffins</b>	<b>121</b>
<b>14 Soups</b>	<b>139</b>
How to Cook Beans	<b>140</b>
<b>15 Fresh Salads and Vegetables</b>	<b>171</b>
Tips for Adding More Vegetables to your Diet	<b>172</b>
How to Select and Store Fresh Produce	<b>173</b>
<b>16 Whole Grains</b>	<b>211</b>
How to Cook Whole Grains	<b>212</b>

<b>17 Vegetarian Main Dishes</b>	<b>241</b>
<b>18 Fish, Poultry, &amp; Meat</b>	<b>273</b>
<b>19 Dressings, Dips, &amp; Sauces</b>	<b>293</b>
<b>20 Nutritious Desserts</b>	<b>317</b>
<b>21 Scrumptious Snacks</b>	<b>347</b>
Quick Nutritious Snack Ideas	<b>348</b>
<b>22 Delicious Drinks</b>	<b>357</b>
<b><i>Appendix</i></b>	<b>373</b>
<i>Measurement Equivalents</i>	<b>375</b>
<i>Food Allergy Substitution Charts</i>	<b>376</b>
<i>Hidden Food Sources of Gluten</i>	<b>378</b>
<i>28-Day Detoxification &amp; Elimination Diet</i>	<b>381</b>
<i>Introducing Solid Foods to Infants</i>	<b>387</b>
<i>Useful Resources</i>	<b>392</b>
<b><i>Quick Recipe Reference Guide</i></b>	<b>397</b>
<b><i>Index</i></b>	<b>405</b>