



# Plant-Based, Health-Supportive Cooking: Introduction to the 5 Modalities

*Rich Goldstein*



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## **Plant-Based, Health-Supportive Cooking: Introduction to the 5 Modalities** Rich Goldstein

Plant-Based, Health-Supportive Cooking: Introduction to the 5 Modalities is a beginner's guide to the five modalities taught at The Natural Epicurean Academy of Culinary Arts in Austin, TX. The book contains information on the five areas of study, Classical Vegetarian, Vegan Foods, Raw and Living Foods, Macrobiotics, and Ayurvedic Cooking, in addition to cooking skills and recipes from each of the five modalities. Plant-Based, Health-Supportive Cooking is a non-dogmatic guide towards healthier diet and lifestyle choices that each individual can follow.



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