



Conscious Cuisine

Neff

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Good for the body doesn't mean bad for the soul. From the top-rated spa, Conscious Cuisine is bold new methods fused with vibrant fresh tastes to create extraordinary food.

"Chef Cary Neff's passion for purity utterly oozes from the pages. His recipes are extremely healthy--better still, they explode with bold flavor. I would recommend this innovative work to anyone who wants to eat well."

--Charlie Trotter, Chef and Owner of Charlie Trotter's Restaurant

Voted #1 spa diet/cuisine in a 2002 Condé Nast reader's poll

Voted #1 destination spa in a 2002 Zagat Survey Miraval Life in Balance Resort and Spa

From Chef Cary Neff

"Cooking is one of the most memorable, creative, romantic and caring gestures you can make for another or for yourself. Whether it's a simple bowl of cereal for breakfast or a several-course feast to celebrate a special occasion, great food created with love and care nourishes the heart.

The goal of Conscious Cuisine is to encourage you to become more conscious and mindful of the food you eat and prepare. It is a simple act of noticing and embracing the unique flavors, textures, aromas, presentation and healthy benefits that food provides.

Conscious Cuisine provides you with recipes and techniques that will help you discover new healthful foods, cooking methods and nutritional awareness. Cooking terminology is explained to help you better understand how professional chefs adapt new recipes with ease. You too will learn to cook with confidence, creating sinfully delicious foods without the use of excessive fats and calories.

I have also included a full nutritional analysis of each recipe to illustrate the benefits of Conscious Cuisine. I'm certain you will enjoy the descriptive and colorful photos that come alive within the pages, demonstrating to you that Conscious Cuisine is as visually appealing as it is delicious.

I also have included information on: how to shop seasonally for food; how to outfit your kitchen with healthful foods; how to procure hard-to-find natural ingredients; choosing the foods that are the least processed; learning some of the countless ways of preparing vegetables and whole grains; complementing meals with animal proteins rather than having them as the main ingredient. It is my hope that Conscious Cuisine will unleash for you new approaches to cooking and eating every day and that it will open your senses to new possibilities."

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From reader reviews:

Donald Lester:

Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each book has different aim as well as goal; it means that book has different type. Some people really feel enjoy to spend their time for you to read a book. They are reading whatever they consider because their hobby is definitely reading a book. Why not the person who don't like studying a book? Sometime, person feel need book if they found difficult problem or maybe exercise. Well, probably you will need this Conscious Cuisine.

Richard Simpson:

Book is usually written, printed, or descriptive for everything. You can know everything you want by a reserve. Book has a different type. To be sure that book is important point to bring us around the world. Adjacent to that you can your reading expertise was fluently. A publication Conscious Cuisine will make you to become smarter. You can feel a lot more confidence if you can know about everything. But some of you think this open or reading a new book make you bored. It is far from make you fun. Why they are often thought like that? Have you trying to find best book or acceptable book with you?

Veronica Lopez:

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Lois Hutter:

What is your hobby? Have you heard this question when you got scholars? We believe that that question was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you know that little person similar to reading or as studying become their hobby. You need to understand that reading is very important along with book as to be the thing. Book is important thing to include you knowledge, except your teacher or lecturer. You see good news or update concerning something by book. Numerous books that can you take to be your object. One of them is niagra Conscious Cuisine.

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