



The Everything Cancer-Fighting Cookbook (Everything®)

Carolyn F. Katzin

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Whole foods. Antioxidants. Omega-3s.

With this cookbook, you get 300 delicious ways to incorporate these nutritional powerhouses into your diet to help combat cancer one recipe at a time. Inside, you'll find recipes packed with disease-fighting ingredients that are satisfying *and* sustaining, such as:

- Pumpkin Seed Cornbread Stuffing
- Quinoa Black Bean Salad
- Salmon Cakes with Mango Salsa
- Cucumber Gazpacho
- Roasted Kale

Each recipe includes a full nutritional analysis so you can easily make the healthiest choices without sacrificing flavor or flexibility. Whether preparing meals for relatives, friends, or yourself, you'll find everything you need to cook your way toward a cancer-free life.

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