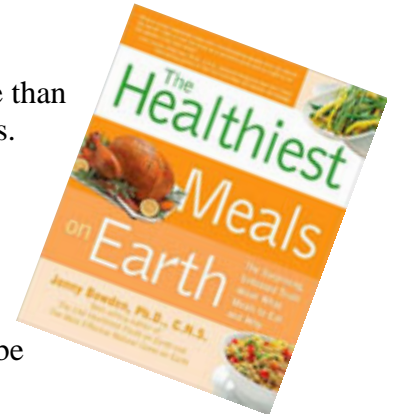


## ***The Healthiest Meals on Earth***

**The first cookbook from best-selling author Jonny Bowden!**

Jonny Bowden's *The Healthiest Meals on Earth* contains recipes for more than sixty dishes and drinks made with nutritious and healthy cooking methods. Forty of the dishes combine to create ten "poly-meals" containing key nutrients found to promote long-term health. These meals include Sweet and Thai Spicy Shrimp and Fruits, Persian Chicken with Autumnal Accompaniments, and the iron-boosting Tender Calf's Liver and Sweet Beets. The Healthiest Holiday Meal features Citrus Stuffed Turkey, Zippy Fruit Salsa, and Sweet Potato Pie. The poly-meals are designed to be eaten three to five times a week.



Ten additional recipes (not part of the poly-meal structure) include one-pot creations such as Slow-Cooker Chicken Curry, Miso Bean Soup, and Venison Stew. The drinks chapter features nutritious smoothies and so-called "green drinks." Creative side dishes include Cold Strawberry Soup and Veggie Slaw with Flax Oil. Dessert, anyone? How about Raw Chocolate Fondue?

Nutritional analyses are included for every recipe, along with healthy cooking tips. The book pairs well with Bowden's successful *150 Healthiest Foods*.