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Rainbow Green Live Food Cuisine consists of a diet of organic, plant-source-only, live (raw) food, with 25–45 percent moderate-low complex carbohydrates, 25–45 percent plant-based fats, moderate protein, low glycemic index, low insulin index, high minerals, no refined carbohydrates (especially white flour, white sugar, junk or processed foods), high fiber, and individualized moderate caloric intake, prepared with love.

What is Rainbow Green Live Food Cuisine?

Both a guide to natural health and a cookbook, Rainbow Green Live-Food Cuisine features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-

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Rainbow Green Live-Food Cuisine eBook: Cousens M.D ...

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This book offers a wide range of live-food dishes, including entrees, salads and dressing, soups, fermented foods, breads, desserts, and much more. Nutritional analyses are not provided. Rainbow Green Live-Food Cuisine (ISBN 1-55643-465-0) is published by North Atlantic Books and retails for \$30. Look for this 544-page book in bookstores.

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Rainbow Green Live-Food Cuisine - North Atlantic Books

The gourmet chefs at his Tree of Life Rejuvenation Center offer 1 hour of recipes including flax crackers, nut mylk, pizza, nori rolls, coco-mac porridge, carrot cake, & 2 delicious salads with...

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"Rainbow Green Live-Food Cuisine describes the holistic healing process of biological alchemy. It is a gift for us in how to live in these biologically toxic times." —Richard Harvey and Mary Huston, Directors of Life Works --This text refers to the paperback edition. About the Author . Dr. Gabriel Cousens, M.D.

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Book Summary: The title of this book is Rainbow Green Live-Food Cuisine and it was written by Gabriel Cousens M.D., Tree of Life Cafe Chefs, Eliot Rosen (Preface).

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