



# The Daniel Plan Cookbook: Healthy Eating for Life

*Rick Warren, Daniel G. Amen, Mark Hyman*

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**Easy, Delicious recipes to help you**

**ENJOY HEALTHY EATING FOR LIFE**

Based on *The Daniel Plan* book, *The Daniel Plan Cookbook: 40 Days to a Healthier Life* is a beautiful four-color cookbook filled with more than 100 delicious, Daniel Plan-approved recipes that offer an abundance of options to bring healthy cooking into your kitchen.

No boring drinks or bland entrées here. Get ready to enjoy appetizing, inviting, clean, simple meals to share in community with your friends and family.

Healthy cooking *can* be easy and delicious, and *The Daniel Plan Cookbook* is the mouth-watering companion to *The Daniel Plan* book and *The Daniel Plan Journal* to help transform your health in the most head-turning way imaginably—from the inside out.

## **The Daniel Plan Cookbook: Healthy Eating for Life Details**

Date : Published February 18th 2014 by Zondervan (first published January 1st 2014)

ISBN : 9780310344261

Author : Rick Warren , Daniel G. Amen , Mark Hyman

Format : Hardcover 280 pages

Genre : Food and Drink, Cookbooks, Food, Nonfiction, Health, Christian, Nutrition



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## **From Reader Review The Daniel Plan Cookbook: Healthy Eating for Life for online ebook**

### **Nicole says**

Clean eating with variety that appeals to your senses. My favorite cookbook. Use it all the time.

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### **Emily Crow says**

Well, it's time to take this back to the library. It seemed like your average healthful cooking book. Some of the recipes looked good, many others seemed kind of odd. Mac and cheese made with cottage cheese and cauliflower, for example, does not sound good. The one recipe I did try, turkey bean chili, was just OK. Nothing I would make twice, though. Not a keeper.

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### **Becky Bkonyves says**

Mainly the only the cookbook I use now on a daily basis.

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### **Brandy says**

Great recipes and great information on switching to a clean eating diet.

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### **Charlene says**

I consider it a bad sign when it is labeled "cook book" and the first recipe isn't until page 65. But maybe that's just me.

Many of the recipes call for mayonnaise, which I'm trying to avoid or make myself. Yogurt and sour cream were throughout the book too, though the plan suggests avoiding dairy? I was disappointed. I find a single recipe I will use.

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### **Mark Merris says**

Some descent recipes and basic advice, it's a good start for many.

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### **Jenny says**

This one has some great recipes! Not gluten free or paleo, but a lot of the recipes could be adapted.

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### **Peggy says**

Great recipes

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### **Donna Jackson says**

#### **Easy and Tasty**

Simple to follow, normal everyday ingredients. Recipes are not overly complicated, beginning cooks can make these dishes. Very tasty recipes!

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### **Bree says**

Notes:

recipes are average -- no creamy sauces, no real breading on anything (gluten-free bread crumbs? yuk), no gravy, no butter

pushing the saturated fat myth

no mention of raw milk, raw cheese, or soaking grains for better digestibility

not as bad as the Daniel Plan book itself but I'm still annoyed that Rick Warren is selling cookbooks

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### **Michelle's Book says**

I was given an ARC in exchange for my honest opinion. This book cover is on my Pinterest board and my blog, Michelle Dragalin's Journey.

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### **Mark Lease says**

Good introduction to modern guidelines to healthy eating.

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### **Adrienna says**

For a few years I have been seeking books to help my eating habits and living a healthier lifestyle. It can be tricky since I have family members from the Midwest and South or back East who love to eat meat, use to cook with lard, and other things that I have suffered from these comfort foods that only make me later sickly and in intense acid-reflux pain but justify it to say it was GOOD! But it was not good for me like the book

states "often people eat comfort foods that make us sick...foods that are bad for us."

I am familiar with Rick Warren's "Purpose Driven Life" and while in the library, was surprised to see this on the shelf as a to-read book. I have been reviewing various vegetarian or vegan cookbook options and said why not.

He shows you how to shop healthy (which I've been learning or doing for the past 5 years and still trying out healthy places or farmer's markets). I do not agree with buy in bulk since it is just me eating healthy, and my food tends to spoil, mold, or rot too fast buying fresh. We have a pretty good fridge that helps with humidity, and put most things in freezer plastic bags or glassware, yet it still gets old or expires rapidly for me when I purchase too much at a time.

Learn to read labels is majorly important.

Storage, haven't tried nuts in freezer yet.

Menu planning. I usually cook on Mondays my day off (and shop or run errands); which can take hours of prep and cooking or baking to plan for next 2-4 days. Then by the end of the week, have to find quick meals to prep; otherwise, temptation to stop at a fast food joint happens and difficult to find veggie meals without soy, wheat, or both. As I have gotten older, gluten-free, soy-free is necessary, always been lactose free since a babe according to mom. But I have suffered for nearly half my life eating or drinking milk. So happy for alternatives the last 10 years. Now trying "plant based" milk, and chocolate pea milk is pretty tasty.

I tried a couple recipes out of the book thus far and made a copy of the others via phone to computer. It tastes okay, and had to still add my own flavors or herbs to it.

Read 2018

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### **Heather says**

Beautiful pictures and the recipes look good. I was hoping for more things to accommodate my food allergies since I'm allergic to many processed foods. It would be great for someone just starting out a healthy eating lifestyle. For a seasoned healthy eater, it was only so-so.

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### **Pamela says**

It takes quite a while to even get to the first recipe, as they have to tell the story of the authors, tell you the ingredients to keep in your kitchen, the tools you will need, blah blah blah. The recipes contain dairy, yet they say to avoid dairy! I just was not inspired, although I did love the photos!

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