

The Reading Glass Magazine Features “Plant-Based Whole Food Recipes” by Dr. Yu-Shiaw Chen

Easy-to-follow recipe book by biochemist and certified nutritionist lands a magazine feature

COOKSTOWN, NEW JERSEY, UNITED STATES, April 18, 2023

/EINPresswire.com/ -- In its fourth issue—London edition—for the London Book Fair 2023, [The Reading Glass Magazine](#) features “[Plant-Based Whole Food Recipes](#),” an extensive yet easy-to-follow recipe book authored by biochemist and certified nutritionist Dr. Yu-Shiaw Chen.

With the theme, “Spring to Life! Bringing Forth Little New Buds of Hope,” the issue provides a platform for titles that champion hope in the enrichment and upliftment of all facets of life, including health and well-being—an edition that delights in having Dr. Chen who advocates for sustainable nutrition.

“Plant-Based Whole Food Recipes” is an all-encompassing recipe book that explores a wide range of homemade, whole food, vegan meals, and raw food recipes, encapsulating a full range of nutrients and enzymes for a healthy, balanced diet. A Taiwanese national, Dr. Chen introduces colorful and delicious Asian ingredients such as bitter melon, gai-lan (Chinese broccoli), lotus root, okra, shiitake mushrooms, water spinach, and wood ear.

With more than seventy meal prep concepts, Dr. Chen gives everyone every option there is: gluten-free, legume, vegan, and whole grain. “The author’s book not only focuses on ingredients and preparation; it also offers valuable insights into what foods will benefit people the most for what health conditions they may have or what healthy living goals they want to achieve,” writes



Plant-Based Whole Food Recipes: Healthy Homemade Meals Made Easy

Nicole Yurcaba of the US Review of Books.

Dr. Chen has a Ph.D. in Biochemistry and has worked as a research scientist for twenty years. Her exposure as a pharmaceutical consultant led her to a career as a nutrition counselor and educator. Combining her teaching, counseling, and speaking experience with testimonials of healing from clients, Dr. Chen has published numerous titles that spring to life a sound lifestyle.

Alongside “Plant-Based Whole Food Recipes” in The Reading Glass Magazine’s Health, Diet & Lifestyle category is Dr. Chen’s other nutrition book, “Healthy Eating, Wholesome Living.” And aside from the London edition of the magazine, “Plant-Based Whole Food Recipes” is also featured in The Reading Glass Books Catalog to be showcased in the 2023 Los Angeles Festival of Books. A nutritional staple, get a copy of Dr. Yu-Shiaw Chen’s books available on the author’s website at www.linutrition.com.

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