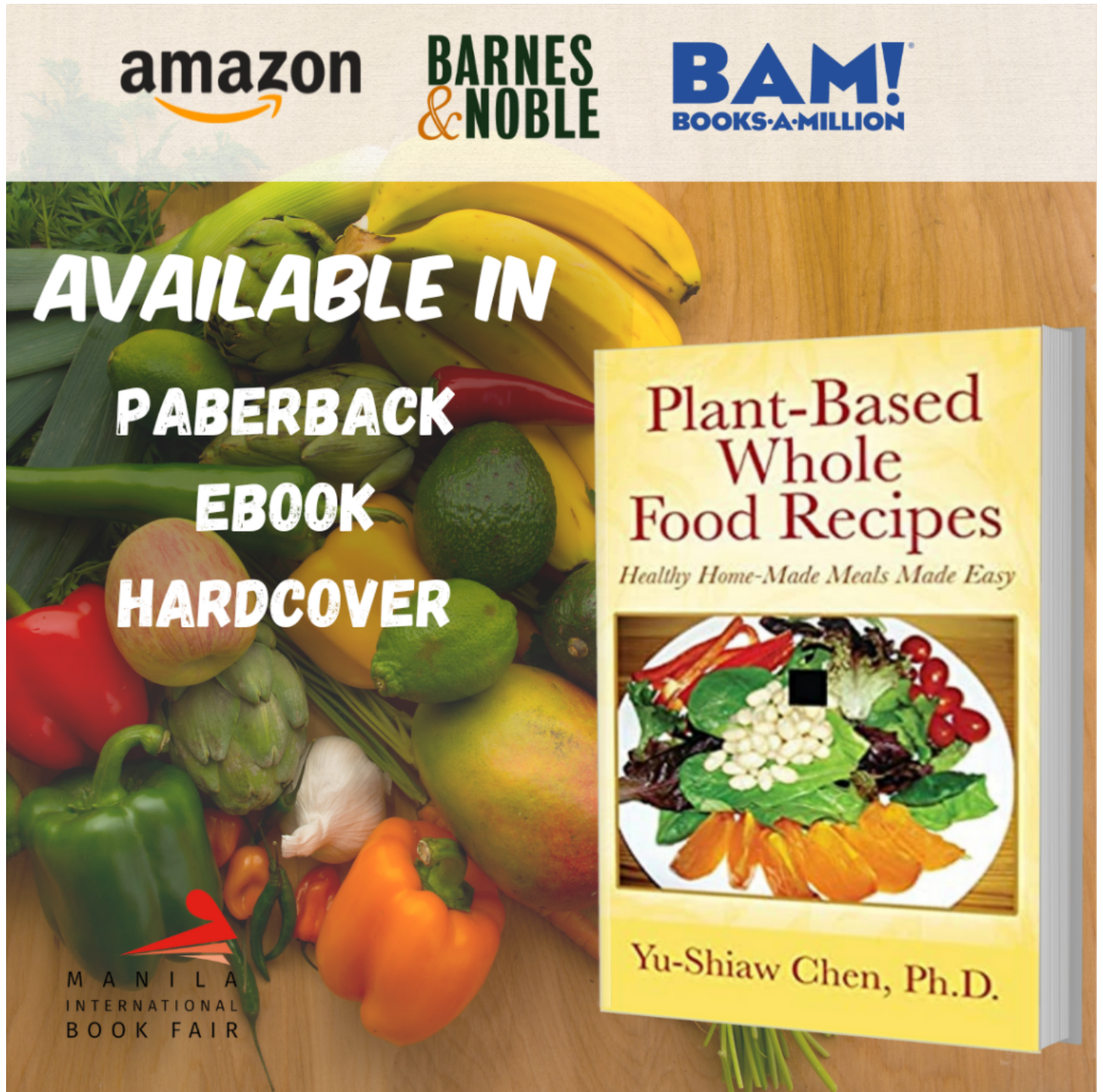


2023 Manila International Book Fair presents Plant-Based Whole Food Recipes by Yu-Shiaw Chen Ph.D

Dr. Yu-Shiaw Chen Shares the Key to Good Nutrition With Her New Recipe Book



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Plant-Based Whole Food Recipes
Healthy Home-Made Meals Made Easy

Yu-Shiaw Chen, Ph.D.

MANILA INTERNATIONAL BOOK FAIR

Manila, Luzon Sep 13, 2023 ([Issuewire.com](https://www.issuewire.com)) - In the fast-paced society we live in, everything is made “easier” to elevate our lives. You don’t have to go out to shop, you can buy anything just one click away using your smartphone. If you’re hungry, there are instant-food packs you can pop in the microwave, and voila—you have dinner that can sometimes top a five-star meal.

But because of these, people are becoming way too dependent on technology and other inventions that promote an easier lifestyle. According to the World Health Organization, more than 1 billion people around the world suffer from obesity. To steer clear of bigger health risks, different lifestyle experts and enthusiasts are encouraging people to start a healthy lifestyle.

“For those new to the raw and whole foods diet, this cookbook is a great starting place to learn easy and accessible recipes that will transform their eating.” —Review by Nicole Yurcaba, US Review of Books

Dr. Yu-Shiaw Chen aims to promote balanced diet as a key to good nutrition. Through her book, [Plant-Based Whole Food Recipes](#), she shares her knowledge on how to kickstart good eating habits. Moreover, the book provides a wide range of homemade, whole food, and vegan meals that will surely suit your palate.

Together with Authors Press, learn more about Dr. Yu-Shiaw Chen's Plant-Based Whole Food Recipes in the upcoming 2023 Manila Book Fair this September 14 to 17 at the SMX Convention Center.

[Plant-Based Whole Food Recipes Healthy Homemade Meals Made Easy](#)

by Yu-Shiaw Chen, Ph.D.

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