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Meg Wolff | Forks Over Knives

Meg Wolff, Meg Wolff is a two-time cancer survivor, plant-based chef, and author of A Life in Balance: Delicious, Plant-Based Recipes for Optimal Health.

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A Life In Balance is Meg Wolff's third book, this time a cookbook with a collection of easy, approachable plant-based recipes. For anyone who is new to a plant-based diet, or just trying to increase plant-based foods in their daily meals, Meg's cookbook is a terrific introduction. .

This compact cookbook, published by Down East, offers over 120 easy to follow recipes, including 31 recipes

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'A Life In Balance' is Meg Wolff's third book, this time a cookbook with a collection of easy, approachable plant-based recipes. For anyone who is new to a plant-based diet, or just trying to increase plant-based foods in their daily meals, Meg's cookbook is a terrific introduction.

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Meg Wolff is the author of *A Life in Balance* (3.88 avg rating, 26 ratings, 3 reviews, published 2010), *Becoming Whole* (5.00 avg rating, 2 ratings, 1 rev)