



By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat

Tracye Lynn McQuirter

[Download now](#)

[Read Online](#) ➔

By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat

Tracye Lynn McQuirter

By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat Tracye Lynn McQuirter

- * The first vegan guide geared to African American women
- * More than forty delicious and nutritious recipes highlighted with color photographs
- * Menus and advice on transitioning from omnivore to vegan
- * Resource information and a comprehensive shopping list for restocking the fridge and pantry

African American women are facing a health crisis: Heart disease, stroke, and diabetes occur more frequently among them than among women of other races. Black women comprise the heftiest group in the nation—80 percent are overweight, and 50 percent obese. Decades of studies show that these chronic diseases can be prevented and even reversed with a plant-based diet. But how can you control your weight and health without sacrificing great food and gorgeous curves?

Just ask Tracye Lynn McQuirter. With attitude, inspiration, and expertise, in *By Any Greens Necessary* McQuirter shows women how to stay healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle. The book is a call to action that all women should heed.

By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat Details

Date : Published May 1st 2010 by Chicago Review Press (first published 2010)

ISBN : 9781556529986

Author : Tracye Lynn McQuirter

Format : Paperback 240 pages

Genre : Health, Nonfiction, Food and Drink, Cooking, Cookbooks, Vegan, Cultural, Africa



[Download By Any Greens Necessary: A Revolutionary Guide for Blac ...pdf](#)



[Read Online By Any Greens Necessary: A Revolutionary Guide for Bl ...pdf](#)

Download and Read Free Online By Any Greens Necessary: A Revolutionary Guide for Black Women

Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat Tracye Lynn McQuirter

From Reader Review By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat for online ebook

Jennifer Dines says

By Any Greens Necessary makes a compelling case for veganism as a means to improve one's health by rejecting the mass marketing of meat, seafood, and dairy. I learned of this book through an article on black veganism in the New York Times. While I am not black, I work in an area where black veganism is slowly being embraced, and I find veganism compelling as a practice of nonviolence. The recipes featured at the end of the book are simple weeknight meals - nothing fancy but all very accessible.

Felicia says

Very informative.

Marion Simmons says

The book is ok. I was researching plant based diets in order to lower my cholesterol and came across this book. The book has a few recipes that are useful. The vast majority of the book presents numerous reasons why a person should be a vegan. To me it overdid it with the examples. It went on and on about the gross conditions in slaughter houses, and poultry farms etc. To me it went over board. Some of the recipes were helpful with a little bland. I do use some of the recipes but I found myself adding additional ingredients.

K AKUA GRAY says

If you are working on transitioning to a healthier eating lifestyle, becoming a vegetarian or better yet a vegan, then this book is a great read. Tracie Lynn McQuirter covers the essentials in educating yourself on the benefits of eliminating animal flesh and incorporating more fresh fruits, vegetables, grains and plant-based proteins.

The scope is excellent for beginners with a range that covers cultural eating habits, a thorough perspective on the protein myth, through the gamuts of meat processing and on to your step by step process for success in your new eating lifestyle... Read more <http://drakuabookreviews.blogspot.com...>

Cynthia Wright says

More of a cookbook to me but good vegan overview

More of an overview of veganism. Seemed like a cookbook to me. It did give me some insight into the food industry and how they treat their animals. It's very sad.

Angela Bowles-Barrett says

Good Info!

I've been transitioning to be vegan for almost a year now and this book has good information without beating you over the head with it. I love that there's recipes at the too!

Chavonne says

I loved this book! I picked it up because I thought the title was cute and wanted to read something more tailored to Black vegans (or almost-vegans, rather). It was well-written and had incredible recipes. We even tried one last night (Pepper "Steak", so good!). The data was backed up by research and sound advice. It was a nice, quick read, too, and I finished it in about a day.

Recently, Kalem and I felt more and more compelled to adopt a vegan lifestyle and this book helped convince me of more reasons to as well as that it is possible to still eat "comfort" foods, even without dairy or eggs. I will try almost all of these recipes in the future.

Monique says

Book was packed with information but was over the top against eating animals. The resources, books, and websites were helpful but I can do a google search for those. The recipes and photos of dishes were limited as this is more a book about why you should be vegan than a cookbook. At times (while reading) I felt like I was being punished by my mother because I still eat meat...guess I'm guilty as charged. This meat eater is all about eating healthy but I'm still taking baby steps...Does drinking a green smoothie this morning give me any brownie points?

Chanel says

Excellent book on veganism!

Clare says

I admit - I just liked the first part of the title "By Any Greens Necessary" and didn't read past the part where it says... "for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat."

I am white, 36, and terrified of looking fat. (No matter how it's spelled!) So my husband raised one single

hairy eyebrow when he saw me reading this book.

The title doesn't tell you it's a vegan cookbook, but that's why I chose it. There are one or two recipes in here I'd like to try out, but I think I prefer the Skinny Bitch series.

Given that our health and our environment are slowly forcing us to choose plant-based meals, this book speaks to an ignored segment of the population. But it shouldn't matter as long as the food tastes good.

Donna says

Very informative book and everyone should be aware of the processing of our food in the USA, It is a HARD look at what we put in our bodies. I read this because I'm making huge changes in my own food choices. Will I go VEGAN? Not sure, but vegetarian is a goal for sure. I am making this journey with a friend of mine and we are committed to gradually making the changes.

Jo'ie says

I thought it was funny that she ends the book with a quick note not to get self-righteous and it was exactly how I felt she was during the first few chapters of this book. It read sometimes like a literature review as she spends a lot of time quoting other books and articles but overall I felt that it was full of useful information if you are considering a vegan lifestyle. I picked up this book as I am in the midst of a raw vegan challenge (28 days of raw vegan meals) and wanted more information. There are not a lot of books targeting black woman so I picked this one up. It was an interesting read but felt too preachy in the beginning .

Simona L. says

Tracye was exceptional at explaining in detail the health benefits of foods, how to transition into becoming a vegan and highlighted the social dynamics when dating. My Sistah captured the essence of living in the 21st century and making major life changes! I plan to reread this book, again!

Kat says

I read this book in a day. She did go a bit overboard on the animal cruelty. I'm already a vegetarian so the chapters on meat seemed kind of over dramatic. I do still eat fish and cheese (no milk) so those chapters were kind of enlightening for me. I did not try her recipes. I've read so many books on why sugar carbs and cooked food is bad for you that I just couldn't agree with her support for multi grain, sweet potatoes, and corn. I think raw foods are best but All in all it was pretty good read for someone on the fence about becoming vegan.

Stephanie Alishia says

I loved this book! It was really an eye opening book on the state of health of Black women in America. It is sad to realize that many of us see diabetes, high blood pressure, etc. are inevitable. This is not the case and rather than keeping ourselves in a perpetual state of being drugged to fix our bad health why not change the way you eat and your perspective on food? I found the film "Forks Over Knives" to be a really good follow-up to the book as well.
