

WICKED HEALTHY is a thriving community of chefs and food enthusiasts that celebrates the artistry and awesomeness of plant-based cooking, with culinary inspiration, events, consulting and recipe development. wickedhealthyfood.com

CHEF CHAD SARNO (left) is co-founder of Wicked Healthy. He is currently the head of Culinary at Good Catch Foods, whose mission is to offer plant-based “seafood without sacrifice” and formerly the VP of Plant-Based Education at Rouxbe, the world’s largest online cooking school. Prior to this, Chad was Senior Culinary Educator and media spokesperson for Whole Foods Markets’ Healthy Eating program and launched SAF Restaurant brand, the first international brand of vegan restaurants in Istanbul, Munich and London. Chad is also the co-author of the New York Times bestselling cookbook, Crazy Sexy Kitchen with Kris Carr.

CHEF DEREK SARNO (right) is co-founder of Wicked Healthy. When he’s not cooking or instagramming his creations, he’s the Director of Plant Based Innovation at U.K. retail giant Tesco. Derek was formerly the Senior Global Executive Chef for Whole Foods Market, has owned several critically acclaimed restaurants and catering businesses, founded a sustainable farm and spent several formative years as a farmer and chef at an international Tibetan Buddhist monastery located in upstate New York. He is also a mushroom and squirrel whisperer and, most recently, a fox whisperer.

DAVID JOACHIM has authored, edited, or collaborated on over 40 cookbooks. He specializes in healthy cooking and is the author of *A Man, A Can, A Plan*, a series of healthy cookbooks that has sold more than 1 million copies.

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304pp fully illustrated

THE WICKED HEALTHY COOKBOOK

Chad Sarno & Derek Sarno

#WickedHealthyCookbook

@WickedHealthy

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the **WICKED HEALTHY** cookbook

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FREE. FROM. ANIMALS.
CHAD SARNO, DEREK SARNO AND DAVID JOACHIM

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CHAD SARNO, DEREK SARNO and DAVID JOACHIM

FROM TWO OF THE WORLD'S FOREMOST
AUTHORITIES ON PLANT-BASED COOKING

WITH A FOREWORD BY WOODY HARRELSON

The Wicked Healthy Cookbook is unlike any other book on the market, taking the badass plant-pushing moniker to a whole new level with sumptuous and ground-breaking recipes and equally gorgeous photographs.

Chefs Chad and Derek Sarno include must-have tips on everything from barbecuing and entertaining, to cooking oil-free (if you're into that), to organizing an efficient kitchen. Featured throughout are informational sidebars and **NEW INNOVATIVE COOKING TECHNIQUES**, such as making meaty madness out of mushrooms to optimise their rich and delicious meat-like consistency.

Combining their culinary and industry-insider expertise with no small serving of imagination, Chad and Derek provide all of the flavour with none of the guilt.

Celebrating the central role of beautiful, crave-able food for our health and vitality, Chad and Derek give readers **129 RECIPES** for everyday meals and fancy dinner parties alike and also show us how to kick back and indulge with drool-inducing recipes like Sloppy BBQ Jackfruit Sliders with Slaw, New England Style "Lobstah" Rolls, and Grilled peaches with Vanilla Spiced Gelato and Mango Sriracha Caramel. That's all part of the plan:

Shoot for 80% healthy and 20% wicked, and you'll be 100% sexy: That's Wicked Healthy!



- Derek has helped to launch the **Wicked Kitchen** food range line in the UK through his **partnership with Tesco**. New products have gone on sale this January 2018.

- Derek was the Whole Foods Market's Senior Global Executive Chef, and Chad spent several years as their Senior Culinary Educator.

- In addition to promoting the book through their existing Wicked Healthy platform, they will call on support and accolades from: **Whole Foods; Farm Sanctuary; Alicia Silverstone; and New York Times** bestselling author **Kris Carr**.