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Body Love Kelly LeVeque 2017-06-27 Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies' needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups—protein, fat, fiber, and greens—that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware. Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds—and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep. Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, *Body Love* is your one-stop resource to living clean and happy!

Low Histamine Diet Njoku Caleb 2021-01-26 Low Histamine Diet: 40+ Breakfast, Dessert and Smoothie Recipes designed for a healthy and balanced Low Histamine diet. Do you want to learn about Low Histamine? Do you want to know how to prepare the most delicious meals that fit your diet? This cookbook is your answer! In this cookbook, you will find: BREAKFAST recipes like: -MUSHROOM OMELETTE-BEANS OMELETTE-BLUEBERRY PANCAKES-DESSERTS recipes like: -BREAKFAST COOKIES-PUMPKIN PIE-RICOTTA ICE-CREAMS SMOOTHIES AND DRINKS recipes like: -CASHEW SMOOTHIE-NUT SMOOTHIE-STRAWBERRY SMOOTHIE-SPINACH & GRAPE SMOOTHIE And many other recipes! Here Is A Preview Of What You'll Learn... -How to cook healthy meals-Comprehensive Dietary Advice & Guidance-Recipes with detailed instructions-Each recipe contains the exact amount of calories, protein, carbohydrates and fat-Fast and easy prep

that requires no additional steps to prepare your meal-Tips and Tricks -Much, much more! Don't miss out on Low Histamine Diet! You can begin reading Low Histamine Diet: 40+ Breakfast, Dessert and Smoothie Recipes designed for a healthy and balanced Low Histamine diet on your Kindle device, computer, tablet or smartphone. Click the orange BUY button at the top of this page to get your own copy!

Go Dairy Free Alisa Fleming 2018-06-12 If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? *Go Dairy Free* shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, *Go Dairy Free* is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

Plant Based Cookbook Lorraine White 2014-10-09 Plant Based Cookbook: Sticking to a plant based diet made from whole foods is said to be beneficial to you and your family's health. Dr Oz says that families that make healthy choices together, stay healthy together. This cookbook has over 50 recipes that you can use as a meal planner to keep your family healthy and happy. Research has shown that by omitting certain foods from our diets and sticking to a low fat, non-meat plant based diet could be one of the best things that we can do for our overall health. This is particularly true when you replace the bad things that you are eating with foods that are known to have clear health benefits. This makes perfect sense because plant based foods are full of anti-oxidant, anti-aging and disease fighting properties which work together to keep your body fit and healthy. It is a challenge to cook and eat

the right things every single day with our current junk food eating culture. To go against the grain (pardon the pun) and eat only the best food is one of the best gifts you can give your family and yourself. Here are just some of the recipes included in this book: Healthy Smoothies -Mango Medley -Banana & Vanilla Smoothie -Healthy Green Smoothie -Cool Carrot Smoothie -Purifying Pineapple Smoothie -Pure Papaya Smoothie Salads & Bean Dishes - Classic Mixed Bean Salad -Roast Potato & Green Bean Salad -Spicy Chili -Spinach & Sweet Potato Salad -Cannellini & Spinach Salad Burgers -Sweet Potato Burgers -Jamaican Jerk Burger -Kidney Bean Burgers -Mushroom Burgers -Portobello & Onion Burgers Hearty Soups -Spicy Cauliflower Soup -Butternut Squash Soup -Winter Green Soup -Sweet Potato & Red Onion Soup -Pumpkin Soup -Carrot & Avocado Soup Casseroles & Stews -Brown Rice Stew -Simple Vegetable Stew -Spicy Potato Stew -Jamaican Bean Stew -Vegetable & Lentil Stew -Quinoa Casserole -Squash Casserole Dips -Cannellini Dip -Simple Onion Dip -Spicy Bean Dip -Creamy Jalapeno Dip -Carrot Dip Desserts -Pumpkin Pie -Chocolate Avocado Drops -Vanilla Cupcakes -Banana Cake -Strawberry Shortcake Biscuits -Lemon Pudding & Sticky Sauce These whole foods recipes are tasty, quick and easy to prepare and will have your family eating healthy in no time at all. So scroll up, click to buy and get your beans and veggies out. It's time to start looking after your health with the recipes in this whole foods Plant Based Cookbook.

[The Healthy Chef](#) Teresa Cutter 2015

Simple Green Smoothies Jen Hansard 2015-11-03 Jen Hansard and Jada Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

Low Potassium Cookbook: 50+ Smoothies, Dessert and Breakfast Recipes Designed for Low Potassium Diet Noah Jerris 2019-02-12 ☆★☆☆Read for FREE with Kindle Unlimited!☆☆☆ Low Potassium Cookbook: 50+ Smoothies, Dessert and Breakfast Recipes designed for Low Potassium diet Do you want to learn about Low Potassium recipes? Do you want to know how to prepare the most delicious meals that fit your diet? This book is the answer to your questions! In this cookbook, you will find: Breakfast recipes like: PUMPKIN BAKED OATMEAL BANANA PANCAKES MORNING OATS SMOOTHIE recipes like: BANANA SMOOTHIE BLUEBERRY DETOX SMOOTHIE PAPAYA SMOOTHIE And many other recipes! Here Is A Preview Of What You'll Learn... How to cook healthy meals Comprehensive Dietary Advice & Guidance Recipes with detailed instructions Each recipe contains the exact amount of calories, protein, carbohydrates and fat Fast and easy prep that requires no additional steps to prepare your meal Tips and Tricks Much, much more! Don't miss out on Low Potassium Cookbook! Click the orange BUY button at the top of this page! Then you can begin reading Low Potassium Cookbook: 50+ Smoothies, Dessert and Breakfast Recipes designed for Low Potassium diet on your Kindle device, computer, tablet or smartphone.

Breaking Vegan Jordan Younger 2015-11-01 Finding balance in life is a goal many of us strive to achieve. Whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. But what happens when all that focus starts to

dominate our lives? When our desire for "perfect health" trumps everything else, perhaps without us even realizing it? What happens when our solution starts becoming the problem? These are questions that author and popular blogger Jordan Younger faced when she decided that her extreme, plant-based lifestyle just wasn't working in favor of her health anymore--and questions that you may be facing too. In *Breaking Vegan*, Jordan reveals how obsessive "healthy" dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. In candid detail, Jordan shares what it was like to leave veganism, the downfall of her desire to achieve nutritional perfection, and how she ultimately found her way to recovery. In addition to this, Jordan outlines an "anti-diet," whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives. *Breaking Vegan* is about tolerance and forgiveness. And ultimately, forging one's own path toward happiness.

Fatty Liver Diet: 50+ Smoothies, Dessert and Breakfast Recipes Designed for Fatty Liver Diet Noah Jerris 2019-02-12 ☆★☆☆Read for FREE with Kindle Unlimited!☆☆☆ Fatty Liver Diet: 50+ Smoothies, Dessert and Breakfast Recipes designed for Fatty Liver Diet Do you want to learn about Fatty Liver recipes? Do you want to know how to prepare the most delicious meals that fit your diet? This book is the answer to your questions! In this cookbook, you will find: BREAKFAST recipes like: PUMPKIN BAKED OATMEAL BUCKWHEAT GRANOLA FRUIT SMOOTHIE BOWL DESSERTS recipes like: APPLE YOGURT PARFAIT YOGURT POPS CHOCOLATE CHEESECAKES And many other recipes! Here Is A Preview Of What You'll Learn... How to cook healthy meals Comprehensive Dietary Advice & Guidance Recipes with detailed instructions Each recipe contains the exact amount of calories, protein, carbohydrates and fat Fast and easy prep that requires no additional steps to prepare your meal Tips and Tricks Much, much more! Don't miss out on Fatty Liver Diet! Click the orange BUY button at the top of this page! Then you can begin reading Fatty Liver Diet: 50+ Smoothies, Dessert and Breakfast Recipes designed for Fatty Liver Diet on your Kindle device, computer, tablet or smartphone.

Smoothies & Juices: Prevention Healing Kitchen Frances Largeman-Roth 2020-09-08 Enjoy 100+ refreshing smoothies and juices that promote gut health, glowing skin, heart health, strong muscles, and reduce inflammation from the trusted editors at Prevention. Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals. Organized by principal health benefit—gut health, heart health, silky skin, post-workout recovery, and reducing inflammation—every recipe includes a detailed explanation about why it's so good for you. Plus, nutrient-rich ingredients include whole fruits and vegetables like avocados, berries, and kale; fresh herbs like mint, basil, and cilantro; as well as healthy add-ins like collagen peptides, bone broth, celery juice, alternative milks, chia seeds, flax seeds, and hemp seeds, apple cider vinegar, filling proteins like nut butter and protein powders, and prebiotics and probiotics to support your microbiome. *Smoothies & Juices: Prevention Healing Kitchen* includes: · 100+ healthy and delicious recipes such as Carrot-Coconut Smoothie, Pear-Almond Smoothie, Peaches 'N' Cream Oatmeal Smoothie, Citrus-Pineapple Smoothie, Pumpkin Detox Smoothie, Berry, Chia, and Mint Smoothie, Turmeric Twist, Celery Juice, Banana-Avocado Zinger, Blueberry Cobbler Smoothie Bowl, and more! · No additional equipment needed! All juices as well as smoothies can be made in your blender · Tips and tricks from the test kitchen for easy preparation · Recipes clearly labeled as high in fiber, protein, and calcium, as well as vegan and good for meals on-the-go · Nutritional values for every recipe · Lie-flat binding for easy use So power up your blenders! A healthier way of eating is only one tasty smoothie away.

The Fast Metabolism Diet Haylie Pomroy 2013 Suitable for those who want to naturally and safely eat their way to a slimmer, healthier self, this title helps you lose up to 20lbs in 28 days. It reminds us that food is not the enemy, it's medicine needed to rev-up your sluggish, broken-down metabolism and turn your body into a fat-burning furnace.

10-Day Green Smoothie Cleanse JJ Smith 2015-01-05 The 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

The First Mess Cookbook Laura Wright 2017-03-07 The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

GOUT Cookbook Jerris Noah 2020-03-05 GOUT Cookbook: 50+ Smoothies, Dessert and Breakfast Recipes designed for GOUT diet Do you want to learn about GOUT recipes? Do you want to know how to prepare the most delicious meals that fit your diet? In this cookbook, you will find: BREAKFAST recipes like: PUMPKIN BAKED OATMEAL OMELETTE BANANA PANCAKES SMOOTHIES recipes like: BANANA SMOOTHIE ANTI-INFLAMMATORY SMOOTHIE MORNING KALE SMOOTHIE And many other recipes! Here Is A Preview Of What You'll Learn... How to cook healthy meals Comprehensive Dietary Advice & Guidance Recipes with detailed instructions Each recipe contains the exact amount of calories, protein, carbohydrates and fat Fast and easy prep that requires no additional steps to prepare your meal Tips and Tricks Much, much more! Don't miss out on GOUT Cookbook! Click the orange BUY button at the top of this page! Then you can begin reading GOUT Cookbook: 50+ Smoothies, Dessert and Breakfast Recipes designed for GOUT diet on your Kindle device, computer, tablet or smartphone.

The Happy in a Hurry Cookbook Steve Doocy 2020-09-29 #1 New York Times bestseller In this follow up to their New York Times bestseller The Happy Cookbook, Fox & Friends cohost Steve Doocy and his wife, Kathy, share more hilarious stories and offer crowd-pleasing recipes that are quick, easy, and delicious. Steve Doocy and his wife, Kathy, believe the kitchen and the family dinner table should be happy places where memories are made

and shared. But most of us don't have the time to spend hours in the kitchen. Steve and Kathy are no exception, and with The Happy in a Hurry Cookbook, they bring together more than a hundred recipes for favorite comfort foods that come together in a flash—from last-minute entrees to set-it-and-forget-it slow-cooker meals. The Happy in a Hurry Cookbook includes recipes covering a variety of occasions and favorite foods, from holidays, casseroles, and one-pot meals to chicken, pasta, and desserts, as well a whole chapter devoted to the ultimate comfort ingredient: potatoes. Steve and Kathy also share their clever Happy in a Hurry Hacks, which save prep and cooking time and can be used no matter what recipes you're using. Best of all, they include more hilarious and heartwarming stories from the Doocy family and (some well-known) friends. With The Happy in a Hurry Cookbook you can enjoy time-saving, all-American home cooking at its best—nothing fancy, everything delicious—with recipes such as: Buffalo Chicken Tacos Carrot Cake Waffles Red, White, and Blueberry Summer Fruit Salad Crockpot Carnitas Pumpkin-Swirled Mashed Potatoes Sweet Tea Fried Chicken Bacon Braided Smoked Turkey Breast Ritz Cracker Crust Peanut Butter Pie Six-Minute Strawberry Pie Best of all, the easy, pleasing recipes in The Happy in a Hurry Cookbook leave you and your family with more time to do the things you love! The Happy in a Hurry Cookbook is illustrated with 65 color food photos throughout and homey shots of the Doocys with friends and family, sure to please their many fans.

The Blender Girl Tess Masters 2014-04-08 ABOUT THIS BOOK... The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In The Blender Girl, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether—these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

Mediterranean Diet: Recipes & Meal Plan for Weight Loss and a Healthy Lifestyle (Breakfast, Lunch or Dinner That Will Help You Lose Weight) Micheal Roundtree 2022-07-16 Lifestyle changes, in a positive direction, can and will transform your life, and there is no better time than the present to begin. The Mediterranean Diet is a must read for individuals desiring more energy, weight loss, and a positive outlook to start their day. This book is designed to help you follow the Mediterranean diet, even when your schedule gets hectic. The Mediterranean diet is a popular eating plan that mimics the way people in the countries bordering the Mediterranean Sea eat. They enjoy healthy fats such as olive oil in place of butter, and more fish instead of red meat. This book covers What is the Mediterranean diet? The history of the Mediterranean diet The science behind the Mediterranean diet The Mediterranean lifestyle Health benefits of the Mediterranean diet Step by step instructions to roll out the

improvement A delicious path to weight loss Essential Mediterranean food Planning your Mediterranean diet Breakfast & brunch recipes Lunch recipes Dinner recipes Snacks recipes Dessert recipes ...And more Learn what thousands have already discovered: managing your diet can and will be fun if you choose the right helpers – make our books one of yours. There is no better way to satisfy a craving or keep a diet in check than by eating something delicious and good for you – a salad is ideal.

Instant Loss Cookbook Brittany Williams 2018-10-02 THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter’s autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you’ll find, Instant Loss Cookbook makes healthy eating convenient—and that’s the key to sustainable weight loss.

The Oh She Glows Cookbook Angela Liddon 2014-03-04 The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Feel Good Smoothies Sandra Wu 2022-01-04 When you need a quick, brain-powering meal or a delicious way to repair and relax, blend up one of these 40 nutrient-rich smoothies to boost your day. There's nothing easier than whipping up a delicious smoothie. It's a foolproof way to get the vital nutrients your body needs in a drinkable, no-fuss meal. This colorful book takes a casual approach to smoothies—there's no need to buy supplements, powders, or mixes. Every smoothie recipe in this book relies on the magical flavors and health benefits of ingredients you can find in any grocery store or specialty market. From perfect breakfast boosts to relaxing tropical blends, post-

workout cooling drinks, and treat-yourself desserts without the guilt, there are endless ways to sip your way to feeling good. Each recipe has a little badge that notes its main benefit: Digestion, Relax, Energy, Immunity, and more. You'll also find a handy guide to the main ingredients found in this collection so you can build up your blending skills and imagine up your own drinks. **CREATIVE RECIPES:** You'll find a variety of tasty flavor combinations and unique recipes, like Matcha Avocado Frappé, Mango Turmeric Lassi, and Blueberry Cheesecake. **EASY TO MAKE:** Included is a smoothie making guide and helpful prep and storage tips so you can make the best drinks again and again. **COLORFUL GIFT:** A beautiful package with dynamic illustrations throughout makes this a fun gift for smoothie lovers, those looking for easy breakfast ideas, college grads, and anyone interested in healthy eating. Perfect for: • Fans of smoothies • Health food shoppers • People interested in easy self-improvement • Healthy-ish readers • Busy people looking for easy recipes

The Beauty Detox Foods Kimberly Snyder 2013-03-26 One of Hollywood's top celebrity nutritionists and beauty experts presents this guide to the foods that will enhance beauty from the inside out.

Plant Over Processed Andrea Hannemann 2020-12-29 A NATIONAL BESTSELLER! Trust in nature. Believe in balance. Eat the rainbow! Andrea Hannemann, aka Earthy Andy, presents a guide to plant-based eating that is simple, delicious, and fun. **INCLUDES A 30-DAY PLANT OVER PROCESSED CHALLENGE** Andrea Hannemann, known as Earthy Andy to her more than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's mantra, "plant over processed," embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii. But it wasn't always this way. Andy was once addicted to sugar and convenience foods and suffering from a host of health issues that included IBS, Celiac disease, hypothyroidism, asthma, brain fog, and chronic fatigue. Fed up with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of eating that transformed her health and her body. In *Plant Over Processed*, Andy invites readers to join her on a "30-Day Plant Over Processed Challenge" that will detox the body, followed by a long-term plan for going plant-based without giving up your favorite dishes. Packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

The Beauty Detox Power Kimberly Snyder 2015-03-31 Outlines diet and lifestyle recommendations based on the best-selling *The Beauty Detox Solution* and *The Beauty Detox Foods*, explaining how to align the mind and body to lose weight, conquer cravings and promote optimal health. Original.

Dr. Kellyann's Cleanse and Reset Kellyann Petrucci, MS, ND 2019-12-03 Combat and prevent the effects of burnout with a detoxifying and nourishing cleanse program that liberates your body from poisons that make you sick, tired, and overweight—from the New York Times bestselling author of *Dr. Kellyann's Bone Broth Diet* and *The 10-Day Belly Slimdown* "If you are feeling tired, unhealthy, and emotionally burned-out and want a fresh way to rejuvenate, Kellyann has a message for you: she's been where you are. And she knows the way out."—Mehmet Oz, MD "Dr. Kellyann Petrucci has done a terrific job bringing the science of detoxification to the table. This is a top-notch way to deal with the multiple toxic challenges posed by our modern world."—David Perlmutter, MD, #1 New York Times bestselling author of *Grain Brain* and *Brain Wash* Whether from stressful times like the holidays or from the demands of your regular routine, your body naturally becomes depleted over time, making it even more difficult to lose weight and maintain the energy and vitality you need to get through the day. This is something Dr. Kellyann Petrucci experienced firsthand in 2017 while she was writing her last book, doing nonstop TV appearances, and running her business. She gained 20 pounds, her hormones went haywire, and she was at a loss for how to turn things around. She decided it was time to hit the reset button and

created her simplest plan yet, specifically designed to help the millions of women who are overweight, overworked, and overextended get reenergized both physically and mentally. This is a comfortable, incredibly powerful 5-day cleanse protocol that resets your metabolism, giving you the kind of quick, confidence-boosting results you need to get back on a healthy track. The power ingredient in the Cleanse and Reset is collagen, which improves skin elasticity and brings back that coveted youthful glow, eases joint pain, heals leaky gut, supports weight management, and has anti-inflammatory properties. The healing and reparative smoothies, shakes, soups, and bone broth blends that you'll enjoy on the 5-day cleanse are packed with collagen and can be adapted to any diet, with a focus on modifying the cleanse for the keto diet (along with great collagen alternatives for vegetarians and vegans!). The program also includes an optional 1-day "keto push" that you can follow for an extra boost the day before you begin your cleanse. Dr. Kellyann's Cleanse and Reset will help you slim your body, deep-cleanse your cells, and reclaim your energy and focus so you can start feeling truly good again.

[The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health](#) Rockridge University Press 2013-03-20 The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Smoothies are not only an easy and delicious way to increase your daily intake of fresh fruits and vegetables, they also provide proven health benefits for both your mind and body. The Smoothie Recipe Book serves up 150 enticing recipes for every palate. Enjoying the many advantages of smoothies has never been simpler: • 150 delicious recipes include green smoothies, protein smoothies, low-fat smoothies, weight-loss smoothies, anti-aging smoothies, smoothies for diabetics, and more. • Learn how smoothies can help you reach your weight-loss goals and keep the weight off for good without making you feel like you're starving. • Make kid-friendly smoothies that get them to eat their daily dose of fruits and vegetables without ever knowing it! • The Smoothie Recipe Book is your guide to the optimum health and weight loss. Working healthful, nutritious food into busy, on-the-go lifestyles can be difficult, so let The Smoothie Recipe Book be your quick guide to detoxing and cleansing your system as well as for getting essential, natural vitamins and minerals to gain boundless energy and optimum health. Fiber-rich, low-calorie smoothies made with whole fruits and vegetables, herbs, and spices are also a tasty way to take unwanted pounds off as part of your weight-loss regimen. With The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health, you'll experience the vitality and energy to be your best.

Smoothie Recipes: Nutritious and Totally Delicious Smoothies (Healthy Recipes For Detoxing, Anti-aging, and Weight Loss) Victoria Carr 2022-05-25 Whether you are completely new to the world of Smoothies or just learning to explore new areas, this book will help you to get a better understanding of the whole process of Smoothie making and help you to make the best Smoothies possible. You're About To Learn How To Easily Lose Weight, Be Healthier And More Fit Than Any Time In Your Entire Life... This book will take you by the hand and keep you motivated to get in the best shape ever! You'll learn so much more than just some great recipes, you'll also learn how weight loss smoothies seem to just melt fat away - fast! That's not all. You'll actually be filling in wrinkles, boosting your immune system, becoming fit and creating more energy than you know what to do with. With help of this cookbook you will be able to make delicious smoothies. Here is a sample of smoothie recipes: Strawberry Banana Paradise Going Nuts Fruit Blend Chocolate Sundays TGIF For my Sweetheart Yellow Sweets Monday Morning Going Green Green Tea Raspberry Tai Secrets Going Bananas Blueberry Banana Smoothies are an excellent way to give your body what it needs when it comes to fibre, vitamins and nutrients, and they are the perfect tool for fighting all sorts of diseases and medical conditions. Packed with 40+ recipes, instructions and ingredients, The Best Smoothies for Weight Loss Book is all you will need to make sure you get the nutrition your body craves, all in one delicious hit. Scroll up now and get your copy of this amazing book!

Lean Body, Smart Life Judith Scharman Draughon 2017-10-18 12 most important "fixes" to help you take charge of

your health, take off fat, and feel better - all without being on a diet.

[Bariatric Cookbook](#) Stella Layne 2017-05-15 50 Unique Bariatric-Friendly Soup, Puree, Smoothie and Dessert recipes for Stage III and IV Puree and Soft Food Diets for Post Weight Loss Surgery Recovery! Are you struggling to find puree recipes that are low in sugar/calories/carbohydrates/fat but packed with protein and nutrients? Congratulations! Stella Has The Perfect Solution For You! All the recipes are under 5g sugar, 5g fat, 15g carbohydrates and over 10g protein. They are truly bariatric-friendly. Serving Information and full Nutritional Information are provided for all recipes. Check out some of the mouth-watering recipes below! Soup Recipes Kelp and Tofu Miso Soup Shrimp and Green Pea Soup Cream of Seafood Soup Cheesy Pumpkin Soup Mexican Chicken Soup Creamy Pesto Chicken Soup Buffalo Chicken soup Creamy Crab Bisque Clam Chowder Portobello Mushroom Cheddar Soup Cheeseburger Soup Cauliflower Bisque Tomato and beef soup Cheesy Broccoli Soup Italian Shrimp Soup Roasted Beetroot and Feta Soup Puree Recipes Italian Chicken Puree Cajun Chicken Puree Creamy Pumpkin Chicken Stew Thai Peanut Chicken Puree Japanese Teriyaki Chicken Puree Lemon Mustard Chicken Puree Creamy Worcestershire Chicken Puree Indian Butter Chicken Puree Parmesan Pesto Tilapia Salmon Rillettes Maryland Crab Puree Shrimp Scampi Puree Pinto Bean Mash Hummus Feta Puree Curry Tofu Puree Cheesy Garlic Cauliflower Mash Beef and Vegetable Puree Beef Casserole Puree Beef Stew Puree Bolognese Puree Smoothie Recipes Apple Cucumber Smoothie Coconut Chai Latte Smoothie French Toast Smoothie Banana Tofu Smoothie Golden Turmeric Yogurt Smoothie Apple Cottage Cheese Smoothie Black Bean Chocolate Smoothie Gingerbread and Bean Smoothie Pumpkin Pie Smoothie Ginger Beet Tofu Smoothie Lime and Kale Smoothie Dessert Recipes Pumpkin Chai Mousse Purple Yam Mousse Creamy Red Bean Popsicle Scroll up and click 'buy' to enjoy these delicious and easy recipes today!

Smoothie Project Catherine McCord 2019-12-17 "It is impossible to look at the rainbow of options in Smoothie Project without seeing health on every page. I am, as in all things WEELICIOUS, sold." —Jennifer Garner Let Catherine McCord, the trusted family food expert and Weelicious founder, serve up for you almost 100 transformative recipes for nourishing and delicious smoothies. She is an expert recipe developer who helps families eat healthfully and deliciously. When her son started suffering from chronic nausea and her family doctors couldn't help, McCord turned to her experience with nutrition for an answer, researching until she discovered a solution—smoothies. She shared her family's story and some of her favorite smoothie recipes on social media, and the Smoothie Project, a daily online source of inspiration, was born. People began to use her recipes and share how smoothies had become a force of change in their lives, too. Years of witnessing the positive effects that smoothies can offer inspired McCord to create a smoothie bible packed with almost 100 of her favorite tried-and-tested recipes. With guidance from top nutritionists, McCord explains how to eat based on your age and details the health benefits of key smoothie ingredients, so you can: Reduce stress and anxiety Lose weight Control ADHD symptoms Boost your immune system Improve digestion Increase your energy Eat to support pregnancy or breastfeeding Have beautiful, strong skin, hair, and nails Encourage kids to eat nutritious foods And more! McCord offers a way to change your life in just twenty-eight days, using only your blender. All you have to do is commit to having one of her smoothies each morning for a month, and every glass will bring you one step closer to achieving your goals. *The Prairie Homestead Cookbook* Jill Winger 2019-04-02 Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure

items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, *The Prairie Homestead Cookbook* shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

Every Last Bite Carmen Sturdy 2020-06-30 The Specific Carbohydrate Diet (SCD) has been hailed as the gold standard of dietary treatment plans for people suffering from autoimmune and digestive disorders. Its core focus is on eliminating non-essential carbohydrates known to cause inflammation, including grains, starchy tubers, and milk products high in lactose. The SCD can put you on the road to recovery from many debilitating symptoms caused by celiac disease, ulcerative colitis, Crohn's disease, diverticulitis, and more. However, all too often people are deterred from trying it because they perceive it to be too restrictive or difficult. Carmen Sturdy is here to prove that it is anything but! In her new cookbook, *Every Last Bite: A Deliciously Clean Approach to the Specific Carbohydrate Diet* Carmen shows how to prepare delicious, quick, easy, and above all satisfying meals that will please every palate. Each recipe is SCD compliant and promises all the taste and comfort of the familiar foods that you and your family have come to cherish. While *Every Last Bite* is rooted in the principals of the Specific Carbohydrate Diet, it goes beyond by offering modifications and substitutions to meet an array of dietary plans, including Keto, Paleo, AIP, and more! *Every Last Bite* features over 150 recipes that are grain-free, dairy-free and allergen-friendly. Also included: handy cooking tips, a guide to entertaining, and Carmen's experience-based tips for keeping your health on track. Sample recipes include: Wonton Soup Kung Pao Chicken Cacio e Pepe The Ultimate Beef Lasagna Creamy Spring Risotto Cherry Trifle Enchiladas BLT Breakfast Sandwiches With Carmen by your side in the kitchen, you can confidently serve incredible meals that everyone at the table will enjoy, eliminating the need to cook multiple meals at once—giving you more time to embrace life!

The Blender Girl Smoothies Tess Masters 2015-06-30 A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.

Minimalist Baker's Everyday Cooking Dana Shultz 2016-04-26 The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.

• Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Perfect Blend Tess Masters 2016-12-27 Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition for every meal of the day. *The Perfect Blend* functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse Tess Masters lays out a dozen healthy goals for readers, including gaining energy, boosting immunity, reducing inflammation, detoxing the body, and probiotic power. Then Masters offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help you reach these goals and get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, *The Perfect Blend* will help you find your own perfect blend and leave you feeling energized and revitalized.

The Complete Diabetes Cookbook.: Quick & Easy Diabetic Friendly, Heart Healthy, Low Carb, Delicious and Balanced Recipes for Type 1 and Type 2 Diabeti Jasmine Lopes 2021-03-17 *55% OFF for Bookstores! NOW Diabetes is reversible and curable without drugs! If you have been diagnosed with Diabetes, it is very important to eat properly. If you have Pre-diabetes, Type 2, Type 1, or love someone with diabetes ... This book is for you!!!! Forever vanquish needles, prescriptions, insulin, and medication side effects. These medical interventions are NOT NEEDED to reverse diabetes and live a normal long life. In this book top food picks and easy diabetic recipes has been selected, that you should include in your diet plan regularly so you no longer have to wonder what to eat. This diabetes meal planner is meant to encourage you to broaden your eating choices. These foods are very rich in nutrients and will help you maintain steady blood sugar levels throughout the day. *The Healthy Diabetes Diet & Cookbook* Includes: - Introduction to diabetes - Do you need to eliminate sugar from my diet? - What ingredient should you avoid? - 200+ recipes (Deviled Eggs, Roasted Asparagus and Red Peppers, Turkey Loaf, Mediterranean Salad, Cider Pork Stew, Beef Stroganoff, Instant Pot Potatoes, Frozen Lemon & Blueberry, Banana, Cauliflower & Berry Smoothie, Pumpkin and coconut Spice Latte) This diabetic cookbook is packed with quick, healthy and delicious recipes that leave you satisfied and healthy. Live a normal long life! Your Customers Never Stop to Use this Awesome Cookbook! ARE YOU READY TO DESTROY DIABETES? Just Click on "Buy now with 1-Click (R)" And Start Your Journey towards the Healthy World Today

Perfect Pumpkin Recipes Hannie P. Scott 2017-09-26 *Perfect Pumpkin Recipes* ♥ A Holiday Cookbook There's just something special about Autumn. Leaves start to fall, the weather cools down, and the holidays are right around the corner. It's always a very memorable time of year because we have so many amazing foods associated with the season. One of my favorite being pumpkin recipes. During family gatherings this time of year, we make some very delicious pumpkin treats, drinks, meals, and more. Just the smell of some of these dishes brings back so many fond memories from the past. This cookbook is full of pumpkin recipes, soul foods, and comfort foods that can make your holiday gatherings so much better. You and your family will enjoy this special collection of pumpkin desserts, treats, drinks, and foods. Happy cooking! Here's a few of the pumpkin recipes: Pumpkin Treats Pumpkin Pie Bars with Pretzel Crust Pumpkin Bundt Cake Pumpkin Crumb Bars Pumpkin Spice Pull Apart Bread Pumpkin Butter Pumpkin Pie Spice Pumpkin Rice Krispie Treats with Frosting Pumpkin Rice Krispie Treats Pumpkin Cream Cheese Brownies Pumpkin Cream Cheese Truffles Pumpkin Pie Dip Pumpkin Pie Spice Popcorn No-Bake Pumpkin Cheesecake Brown Sugar Pumpkin Pie Pumpkin Pie Muddy Buddies Pumpkin Pie Apple Crisp Pumpkin Pie Fudge Pumpkin Pie Pudding Pumpkin Pie Truffles Pumpkin Dessert Lasagna Pumpkin Angel Food Cake Pumpkin Pecan Bread Pudding Pumpkin Bread Pumpkin Pie Pumpkin Trifle

Pumpkin Bars Pumpkin Brownies Pumpkin Fudge Pumpkin Dip No-Bake Mini Pumpkin Cheesecakes Pumpkin Rolls Pumpkin Breakfasts Pumpkin Pie French Toast Pumpkin Chocolate Chip Muffins Pumpkin Waffles Pumpkin Pie Crescents Pumpkin Pie Oatmeal Pumpkin Dishes Pumpkin Mac and Cheese Pumpkin Beef Stew Pumpkin Hummus Pumpkin Drinks Harry Potter Pumpkin Juice Warm Pumpkin Drink Easy Pumpkin Spice Latte Pumpkin Spice Latte Pumpkin Spice Frappuccino Pumpkin Pie White Hot Chocolate Pumpkin Spice White Hot Chocolate Salted Caramel Pumpkin Spice Latte Pumpkin Spice Chai Latte Crock Pot Pumpkin Spice Latte Pumpkin Spice Hot Chocolate Pumpkin Spice Coffee Creamer Banana Pumpkin Smoothie Pumpkin Pie Smoothie Pumpkin Protein Smoothie Oatmeal Pumpkin Smoothie Pumpkin Pie Milkshake Pumpkin Cider Beer Pumpkin Pie White Hot Chocolate Pumpkin Buttered Rum Pumpkin White Russian Butterscotch Pumpkin Drink Pumpkin Cheesecake Cocktail Pumpkin Martini Full-Time Mom, Best-Selling Author, and Lover of Food Hannie P. Scott is a best-selling author that knows a thing or two about cooking! Cooking and experimenting with foods is her life passion. Driven by her desire for cooking for others (and herself), Hannie spends a lot of time in the kitchen. She enjoys sharing her love of food with the world by creating "no-nonsense" recipe books that anyone can use. You can find cooking tips, advice, and recipes on her blog (see link in book or on author page). Scroll up and click 'buy' to share my family's favorite recipes with your family today!

Juli Bauer'S Paleo Cookbook Juli Bauer 2015-08-18 New York Times bestselling author of The Paleo Kitchen and creator of the popular website PaleOMG, Juli is a well-known Paleo cook who creates meals that are sure to please the whole family. And this cookbook is her best one yet! Absolutely no one will complain when you serve them delicious dishes like Breakfast Tacos, Buffalo Chicken Casserole, Slow Cooker Short Rib Tostadas, Pistachio Rosemary Lamb Chops, and Layered Flourless Chocolate Cake. For most people, the Paleo or "caveman" diet seems unrealistic. "You expect me not to eat cake anymore?" was Juli's first reaction. (There may have been a few curse words thrown in there, too.) For Juli, that just wasn't going to work. We all understand that cavemen didn't eat cake back in the day, but we're here in the future, and we can create Paleo-friendly cakes. So Juli ventured out to put a new spin on eating like a caveman. After two weeks of eating Paleo, she knew she was in it for the long haul. She has been eating Paleo for five years now, and she consistently gives her readers Paleo recipes that bring back childhood meal memories or just bring back the foods they love the most. There's no need to be a true, pretentious caveman if you don't have to be! We see you using Instagram over there, you modern caveman, you. Paleo is about so much more than just food. To Juli, Paleo is what gave her the freedom to feel healthy, energetic, and enthusiastic about life. And that's exactly what she is trying to bring to you in this cookbook. She hopes not

The Everything Green Smoothies Book

only to help you revamp your kitchen and excite your taste buds, but also to help you feel confident with the new lifestyle you've taken on.

Britt Brandon 2011-04-18 You know that greens are very nutritious, but if you're like millions of Americans, you struggle to eat enough of them on a daily basis. Well now you can drink them! Green smoothies mix veggies with flavorful fruits, and pack a nourishing punch in every glass. This book blends such fortifying greens as spinach, kale, lettuce, and frisée into easy-to-make recipes, including: Refreshing raspberry blend Cool cucumber melon Green gazpacho Sweet pumpkin pie Ginger apple delight Kale carrot combo Each recipe includes a full nutritional analysis so you can make the healthiest choices every day. An excellent way to boost nutrition, green smoothies also make a great addition to raw food diets and weight-loss plans. With this helpful guide, you can blend your way to natural health!

A Couple Cooks - Pretty Simple Cooking Sonja Overhiser 2018-02-06 Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

The Pioneer Woman Cooks Ree Drummond 2010-06-01 Paula Deen meets Erma Bombeck in The Pioneer Woman Cooks, Ree Drummond's spirited, homespun cookbook. Drummond colorfully traces her transition from city life to ranch wife through recipes, photos, and pithy commentary based on her popular, award-winning blog, Confessions of a Pioneer Woman, and whips up delicious, satisfying meals for cowboys and cowgirls alike made from simple, widely available ingredients. The Pioneer Woman Cooks—and with these "Recipes from an Accidental Country Girl," she pleases the palate and tickles the funny bone at the same time.