

The Happy Pear Healthy Easy Delicious Food To Cha

Eat Yourself Beautiful Rosanna Davison.2015-08-20 *Eat Yourself Beautiful* was born from the hundreds of beauty and fitness questions I've been asked over the past 12 years: - What are the best products for a flawless complexion? - How can I make my hair shiny and strong? - How can I lose weight without feeling hungry? My answer is simple: your diet is the best beauty secret you possess. In *Eat Yourself Beautiful*, international model and nutritional therapist Rosanna Davison shares her recipes to help you look and feel amazing. Simplifying the inner workings of the human body, she explains how we really are what we eat when it comes to making the most of our looks. Excess weight, puffiness around the eyes, spots, dry skin and hair, brittle nails, poor sleep, low energy, even wrinkles and fine lines can ALL be remedied by moving towards a more nourishing and healthy way of eating. So what are you waiting for? Get started with Rosanna's *Eat Yourself Beautiful* programme, a one-week sample diet to take you from zero to radiant in seven days and discover the delicious, nourishing recipes that will help you achieve the body, skin, hair and glow you've always dreamed of.

Fuss-Free Vegan Sam Turnbull.2017-10-17 Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, gooey spinach and artichoke dip, decadent chocolate cake or even crême brûlée? Well, it can. In *Fuss-Free Vegan*, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalapeño poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and *Fuss-Free Vegan* are your ultimate guides in the new vegan kitchen.

My New Roots Sarah Britton.2015-03-31 At long last, Sarah Britton, called the "queen bee of the health blogs" by *Bon Appétit*, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

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.

Eat Yourself Fit Rosanna Davison.2016-09-02 The No1 best-selling author is back with over 100 recipes and tips to help you hit peak performance! Following the success of her debut release, *Eat Yourself Beautiful*, Rosanna Davison is back to help you get fighting fit fast! With over 100 powerful recipes to complement and enhance your fitness routine and sample diet and exercise plans as well as mental tips and tricks to keep you motivated and build long-term healthy habits that stick, *Eat Yourself Fit* has everything you need to look and feel your very best. Recipes are designed to give options that are muscle-building, mood-enhancing, sleep-enhancing, calorie-controlled or antioxidant-rich, depending on your fitness goals, and include rawnola parfait with raspberry and vanilla coconut whip, omega-3 gingerbread energy bars, coconut chickpea, spinach and sun-dried tomato stew, skinny cauliflower tabbouleh and treats such as pecan pie truffles.

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.

Trader Vic's Book of Food & Drink Trader Vic.1946 *Trader Vic's* extensive travel throughout the Hawaiian and South Pacific islands was the source of his interest in Polynesian food and drink (especially rum). He gives menus and recipes for south Sea dishes and suggestions for party and room decorations.

Vibrant and Pure Adeline Waugh.2020-02-04 80 brilliantly colorful and healthful recipes from the creator of the viral Instagram account *Vibrant and Pure*, which proves that wellness can be fun, easy, and flavorful. Adeline Waugh's colorful Instagram feed is a testament to the fact that healthy doesn't mean boring. *Vibrant & Pure* is a 360-degree food experience for all your senses, with recipes that are as nutritious and delicious as they are photogenic. From trendy pressed juices and nutrient-packed smoothie bowls to filling mains like Sticky Sumac Salmon with Pomegranate Chimichurri, Coconut Bolognese with Zucchini Noodles, Pink Caesar Salad, and Roasted Cauliflower Tacos, these recipes encourage you to treat your body to more boosted nutrition with bright, tasty, whole foods. Once you learn how to eat holistically, you'll be able to take off the training wheels and tailor Adeline's tips and tricks to fit your lifestyle. Maybe you will create the next viral food sensation!

The Plant-Based Baby and Toddler Alexandra Caspero MA RDN, Whitney English MS RDN.2021-05-18 An accessible guide for vegan, vegetarian, or veg-curious parents from the dietitian duo behind online community *Plant-Based Juniors*®--includes a bonus chapter on feeding infants up to six months! More of us are turning to plant-focused diets for our health and the health of the environment. But there haven't been reliable, evidence-based resources out there for a new generation of compassionate, conscientious parents--until now. *The Plant-Based Baby and Toddler* is your go-to resource, offering easy-to-digest nutritional facts and guidelines that aren't available elsewhere, with a special focus on the most important period of a child's life when it comes to developing good eating habits: infancy and toddlerhood. Whitney and Alex discuss: • the PB3 plate: a visual guide to structuring meals that are nutritionally balanced--1/3 fruits and vegetables; 1/3 legumes, nuts and seeds; and 1/3 grains and starches--and easy to

adapt for the entire family • how to meet needs for critical nutrients such as iron • a primer on both traditional purees and the baby-led weaning/feeding approach • strategies for dealing with challenges such as picky eaters • sorting fact from fiction when it comes to nondairy milks and other substitutes • 50+ plant-based recipes created specifically for stages from first bites to age three As dietitians and moms, Whitney and Alex pored over nutrition journals and called on the experts to learn how to provide their babies with the best diet possible. They found that plant-based diets are associated with a reduced risk of obesity, decreased cholesterol levels, and increased fruit and vegetable intake; in short, not only are they safe for kids, they're pretty freaking awesome.

Green for Life Victoria Boutenko.2011-03-08 Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In *Green for Life*, raw foods pioneer Victoria Boutenko presents an overlooked powerhouse of nutrition in this equation: greens. For their bounty of minerals and nutrients, greens exceed other vegetables in value. *Green for Life* details the immense health benefits of greens and suggests an easy way to consume them in sufficient quantities: the green smoothie. This quick, simple drink benefits everyone, regardless of lifestyle, diet, or environment. Green smoothies eliminate toxins, correct nutritional deficiencies, and are delicious as well. *Green for Life* includes the latest information on the abundance of protein in greens, the benefits of fiber, the role of greens in homeostasis, the significance of stomach acid, how greens make the body more alkaline, the healing power of chlorophyll, and more. Also included are the results of a pilot study demonstrating the effectiveness of adding just one quart of green smoothies a day to one's diet, without changing anything else in dietary intake. Green smoothie testimonials and recipes give readers confidence and motivation in exploring green smoothies for themselves. This updated edition offers important new research on the role that omega-3 and omega-6 fatty acids play in metabolic health and includes nutritional data on select green smoothies and updated findings on organic versus conventional produce. Offering more in-depth nutritional and experiential information than Boutenko's recently released *Green Smoothie Revolution*, *Green for Life* makes an ideal companion piece to its recipe-rich successor. From the Trade Paperback edition.

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!

Catalog Food and Nutrition Information Center (U.S.).1974

Plant-Powered Families Dreena Burton.2015-05-12 Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie Vanilla Bean Chocolate Chip Cookies Cinnamon French Toast No-Bake Granola Bars Creamy Fettuccine Sneaky Chickpea Burgers Apple Pie Chia Pudding Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —*Plant-Powered Families* is a perfect reference for parents raising weegans or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

Simple Green Smoothies Jen Hansard,Jadah Sellner.2015-11-03 Jen Hansard and Jadah 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?

The Plantpower Way Rich Roll,Julie Piatt.2015-04-28 A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, *The Plantpower Way* has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, *The Plantpower Way* is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. *The Plantpower Way* is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

Life After Bread Eydi Bauer.2009 One in a hundred people has celiac disease, and one out of three is gluten intolerant. Millions of Americans are affected by gluten-related illnesses that are misdiagnosed. The good news is: there's *Life After Bread*, and this groundbreaking book will help you determine whether you're one of the millions whose health is being compromised by wheat products. You can put an end to feeling sick and tired. Just remove gluten from your diet and you'll: Reduce pain and inflammation; Relieve depression, anxiety, and mental problems; Improve digestion and bowel issues; Increase your strength and revitalize your energy; Restore balance to your biochemistry.

The Family Herald .1870

Damn Delicious Rhee, Chungah.2016-09-06 The debut cookbook by the creator of the wildly popular blog *Damn Delicious* proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

The Happy Pear David Flynn,Stephen Flynn.2016-01-28 The No 1 bestselling cookery book in Ireland - for two years running! 'These lovely boys

always create incredibly tasty food.' Jamie Oliver Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community. 'The poster boys for a healthy way of life' Sunday Times 'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' Irish Times 'My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.' Huffington Post 'A beautifully presented book with mouthwatering photography' Woman's Way 'A healthy eating phenomenon' Mail on Sunday 'These Irish twins are on a roll' Time Out '[They] couldn't look healthier or happier ... the poster boys for vegetarianism in Ireland' The Times

The Sirtfood Diet Adele Goggins.2021-01-09 In this guide you can learn: □ What is Sirtfood Diet? What is the Skinny Gene? How to Follow the Sirtfood diet 35 Quick and Easy Recipes 7 Days Meal Plan to Activate Sirtuins 28 Days Program How Superfoods Prevent Cancer and many more...
Vegan Chocolate Fran Costigan.2013-10-22 An author, baking instructor and vegan offers recipes for chocolate desserts and treats including cakes, brownies, truffles, pudding and ice creams that are dairy-free, organic and fair-trade including Brooklyn Blackout Layer Cake, a Sacher Torte and Moon Pies.

Womancode Alisa Vitti.2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

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.

Drinking French David Lebovitz.2020-03-03 TALES OF THE COCKTAIL SPIRITED AWARD® WINNER • IACP AWARD FINALIST • The New York Times bestselling author of My Paris Kitchen serves up more than 160 recipes for trendy cocktails, quintessential apéritifs, café favorites, complementary snacks, and more. Bestselling cookbook author, memoirist, and popular blogger David Lebovitz delves into the drinking culture of France in Drinking French. This beautifully photographed collection features 160 recipes for everything from coffee, hot chocolate, and tea to Kir and regional apéritifs, classic and modern cocktails from the hottest Paris bars, and creative infusions using fresh fruit and French liqueurs. And because the French can't imagine drinking without having something to eat alongside, David includes crispy, salty snacks to serve with your concoctions. Each recipe is accompanied by David's witty and informative stories about the ins and outs of life in France, as well as photographs taken on location in Paris and beyond. Whether you have a trip to France booked and want to know what and where to drink, or just want to infuse your next get-together with a little French flair, this rich and revealing guide will make you the toast of the town.

The Happy Pear: Recipes for Happiness David Flynn, Stephen Flynn.2018-05-03 The No 1 bestsellers' new book - packed with quick and easy veggie options, clever meat-free versions of popular favourites and inspiring advice on how to be healthier! 'These lovely boys always create incredibly tasty food' Jamie Oliver Though they have written two No 1 bestselling vegetarian cookbooks, David and Stephen Flynn, the twins behind the Happy Pear cafés and food business, know it can be challenging to juggle everything and still feel inspired! And being busy dads themselves they also know the pressure of getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover: it is crammed with recipes to make you happier - including a huge section of economical easy dinners that can be rustled up in 15 minutes (chickpea tikka masala, thai golden curry, one-pot creamy mushroom pasta); gorgeous hearty dishes (goulash, Greek summer stew, an ingenious one-pot lasagne that's cooked the hob); a selection of plant-based alternatives to family favourites (burgers, hotdogs, nuggets, kebabs), and irresistible treats (summer fruit bakewell tart, double choc brownie cake). For nearly 15 years David and Stephen's mantra has been Eat More Veg!. They have seen fads come and go and they know that what works - for themselves, their families and the thousands of people who eat the Happy Pear way. Cook from Recipes for Happiness and you too will definitely be well on the way to making your life healthier and happier! 'The poster boys for a healthy way of life!' Sunday Times 'A healthy eating phenomenon' Mail on Sunday 'These twins are on a roll' Time Out '[They] couldn't look healthier or happier ... poster boys for vegetarianism' The Times 'Crammed with great recipes to make you healthier and happier' Take a Break 'The boys are helping to make the world a healthier, happier place ... what's not to love?' Vegan Food and Living 'Enjoy these indulgent-but-healthy dishes indoors or out - you won't even notice it's raining' Vegan Living 'Substantial ... just right for someone interested in exploring the world of plant-power' The Vegetarian 'Inspired' Choice Magazine

Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.).1976

Paleo Takeout Russ Crandall.2015-06-23 Even though we know full well that most restaurant foods are made using ingredients laden with chemicals and additives, most of us can't seem to shake the desire for even just a taste. Not to mention that nothing is easier than picking up takeout, hitting the drive-thru, or ordering delivery—but at what cost? Paleo Takeout: Restaurant Favorites Without the Junk delivers much healthier but equally satisfying alternatives, offering delectable recipes that mimic the flavors of our drive-thru and delivery favorites—Paleo style! Russ Crandall teaches you step-by-step how to prepare meals in less than an hour—leaving no sacrifice of taste or time. Our modern lives are hectic: We all face the challenge of creating meals at home that are as quick and flavorful as those from our neighborhood takeout restaurants. It's hard to beat the convenience of restaurant food, even when we know full well that it's seldom a healthy choice. In Paleo Takeout: Restaurant Favorites Without the Junk, celebrated author Russ Crandall re-creates everyone's favorite takeout meals, made in record time using wholesome ingredients, giving you all of the gratification and none of the regret! Inspired by beloved restaurant experiences, Paleo Takeout features more than 200 recipes expertly culled from Chinese, Korean, Japanese, Thai, Vietnamese, Indian, Italian, Mexican, Greek, and American cuisines. Inside, you'll find everything from Chow Mein to Moo Shu Pork, and Thai Red Curry to Buffalo Wings, all with a focus of "fridge to face" in less than an hour. Also featured is an indispensable meal-planning guide to help you put everything together for a doable, lasting approach to cooking and health. Paleo Takeout: Restaurant Favorites Without the Junk proves that eating right in a way that satisfies even the choosiest of healthy eaters is not only possible but also a lot of fun

Bobby Flay Fit Bobby Flay, Stephanie Banyas, Sally Jackson. 2017-12-05 Cook, eat, and be fit with 200 recipes from Bobby Flay, whose approach to healthy eating is all about flavor—not eliminating anything from your diet. With a profession that has him constantly developing and tasting new recipes, chef Bobby Flay does not eschew any foods: bread, bacon, and butter are still all on the table. His secret to staying healthy is to have on hand an arsenal of low-calorie flavor bombs—like rubs, relishes, and marinades—to transform lean proteins, whole grains, and fresh produce into crave-worthy meals at home. In *Bobby Flay Fit*, Bobby shares smoothies and juices, breakfast bowls, snacks to fuel workouts, hearty salads, nourishing soups, satisfying dinners, and lightened-up desserts. With fitness tips and a look into the chef's daily healthy routines, this cookbook is for those who want to eat right without overhauling their pantries or sacrificing taste.

Paleo Approach Cookbook Sarah Ballantyne. 2014-08-26 An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this companion cookbook to the groundbreaking book *The Paleo Approach*, Sarah D. Ballantyne, PhD, shows you just how easy and delicious regaining your health can be. The *Paleo Approach Cookbook* walks you through which foods you should eat to calm your immune system, reduce inflammation, and help your body heal itself. There's no need to worry that going Paleo will break the bank or require too much time in the kitchen preparing special foods. In *The Paleo Approach Cookbook*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. She explains how to stay within your food budget, how to make the best use of your time in the kitchen, and where to shop for what you need. Complete food lists, shopping guides, and meal plans take the guesswork out of eating to maximize healing. Don't know how to cook? Dr. Ballantyne walks you through essential kitchen techniques, from chopping vegetables to using a pressure cooker safely. Armed with more than 200 delicious recipes, from breakfast staples to decadent desserts, you can reverse your disease and love every bite!

PlantYou Carleigh Bodrug. 2022 Tacos, pizza, wings, pasta, hearty soups, and crave-worthy greens—for some folks looking for a healthier way of eating, these dishes might all seem, well, off the table. Carleigh Bodrug has shown hundreds of thousands of people that that just isn't true. Like so many of us, Carleigh thought that eating healthy meant preparing the same chicken breast and broccoli dinner every night. Her skin and belly never felt great, but she thought she was eating well—until a family health scare forced her to take a hard look at her diet and start cooking and sharing recipes. Fast forward, and her @plantyou brand continues to grow and grow, reaching +470k followers in just a few short years. Her secret? Easy, accessible recipes that don't require any special ingredients, tools, or know-how; what really makes her recipes stand out are the helpful infographics that accompany them, which made it easy for readers to measure ingredients, determine portion size, and become comfortable enough to personalize recipes to their tastes. Now in her debut cookbook, Carleigh redefines what it means to enjoy a plant-based lifestyle with delicious, everyday recipes that anyone can make and enjoy. With mouthwatering dishes like Bewitchin' Breakfast Cookies, Rainbow Summer Rolls, Irish Stew, and Tahini Chocolate Chip Cookies, this cookbook fits all tastes and budgets. *PlantYou* is perfect for beginner cooks, those wishing to experiment with a plant-based lifestyle, and the legions of flexitarians who just want to be healthy and enjoy their meals—

Explorer's Guide Honolulu & Oahu: A Great Destination (Second Edition) (Explorer's Great Destinations) Stacy Pope. 2011-01-03 For the independent traveler looking to go beyond tourist luaus and snorkel cruises, this new edition guides you to the best Oahu has to offer. Honolulu resident Stacy Pope guides you to the best of Oahu's cafe's and hotels, shopping hotspots and hip nightclubs, museums and archaeological sites, and, of course, its most stunning beaches and hidden trails. To live like a local (even for a week!) and to fully appreciate Hawaii's unique culture, make this book your ultimate island companion.

Crazy Sexy Juice Kris Carr. 2015-10-20 Hello, gorgeous! Welcome to a juicing and blending adventure! If you've picked up this book, it's likely that you're looking to bring more zing into your life. Perhaps you're feeling a little tired. Bloated. Out of sorts. Whatever it is, you've come to the right place. Get ready to say good-bye to feeling meh and hello to feeling fabulous! In *Crazy Sexy Juice*, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits – instead of withdrawals! Cha-ching! She guides you through her wonderful world by teaching you: • How to create flavor combinations that tantalize your taste buds • How to choose the best juicer, blender, and kitchen tools • Ways to save money while prioritizing fresh, organic produce • Troubleshooting advice for common kitchen mishaps • Tips for selection, storage, and preparation of ingredients • Answers to frequently asked questions and health concerns • Suggestions for juicing and blending on the go • Tips on how to get your family onboard and make this lifestyle stick • And oh, so much more... Whether you're an old pro at making liquid magic or just starting out, Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies! By simply adding these nutrient-dense beverages to your daily life, you can take control of your health – one sip at a time. With more than 100 scrumptious recipes and oodles of information, you'll be ready to dive into a juicing paradise. Cheers to that! Includes an easy and energizing 3-day cleanse!

The Flexible Pescatarian Jo Pratt. 2019-03-19 'A delicious collection of versatile, quick and simple pescatarian inspired dishes, for all to enjoy!' Gordon Ramsay 'Wow, this is such a wonderful book, just open the cover and let Jo take you through some really inspiring recipes and ideas and show you just how simple cooking great seafood can be.' Mitch Tonks Whether you're looking to eat less meat, a lover of seafood, or even a dedicated pescatarian, you'll find something for you in this book filled with delicious and practical recipes for every lifestyle from celebrated chef Jo Pratt. Choose between cooking each recipe as a fish dish, or get creative with some veggie substitutes. From a curried Buddha bowl to Cornish crab pasties, aromatic cured salmon with pea blinis to a wholesome and hearty smoky mac 'n' cheese, the range of international recipes spans the globe and are all simple, well-balanced and packed with flavour. As well as easy approaches on how to cook your fish and hacks for vegetarian options, this original cookbook shows you how to prepare the perfect fish fillet and handle whole fish and seafood. With a wide variety of health benefits, there has never been a better time to join the growing pescatarian movement and expand your culinary skills.

Homemade with Love Jennifer Perillo. 2013-03-26 Provides advice on quick and easy cooking from scratch, including setting up a pantry and preparing basic ingredients, and presents recipes, many of them vegetarian or free of eggs, dairy, or gluten.

Spicebox Kitchen Linda Shiue. 2021-03-16 A renowned chef and physician shares her secrets to a healthy life in this cookbook filled with healthy recipes that will fuel and energize your body and mind. I like to think of a spicebox as the cook's equivalent of a doctor's bag—containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking.—from the Introduction In her first cookbook, chef and physician Linda Shiue puts the phrase let food be thy medicine to the test. With 175 vegetarian and pescatarian recipes curated from her own kitchen, Dr. Shiue takes you on a journey of vibrant, fresh flavors through a range of spices from amchar masala to za'atar. With a comprehensive Healthy Cooking 101 chapter, lists of the healthiest ingredients out there, and tips for prevention, *Spicebox Kitchen* is a culinary wellness trip you can take in your own kitchen.

Choosing Raw Gena Hamshaw. 2014-07-01 After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. *Choosing Raw*, the book, does in an in-depth manner what the blog has done for hundreds of thousands of readers: addresses the questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plantbased pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times best-selling author of *Crazy Sexy Diet*, *Choosing Raw* is a primer in veganism, a cookbook, the story of one woman's journey to health, and a love letter to the lifestyle that transformed her relationship with food.

The Blender Girl Tess Masters. 2014-04-08 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.

A Modern Way to Eat: Over 200 Satisfying, Everyday Vegetarian Recipes (that Will Make You Feel Amazing) Anna Jones. 2019-06-17 A modern vegetarian cookbook packed with quick, healthy and fresh recipes, that fits perfectly with how we want to eat now. How we want to eat is changing. More and more people want to cook without meat a couple of nights a week, or are looking for interesting ideas for dishes for their vegetarian friends (whilst pushing their own vegetarian repertoire beyond a red onion and goat's cheese tart or a mushroom risotto). At the same time we want to eat food that is a little lighter, a little healthier, a little easier on our pockets, but that won't have us chopping mountains of veg or slaving over the stove for hours.

The Karma Chow Ultimate Cookbook Melissa Costello. 2012-10-01 The more than 7 million vegetarians and 3 million vegans in the United States alone are proving that chowing down on planet-friendly fare not only helps them look and feel better, but it can be delicious, too. In her debut cookbook, Karma Chow creator and celebrity chef Melissa Costello shares an exciting collection of 125+ recipes that will be a welcome addition for anyone already following a vegetarian or vegan lifestyle or for the growing number of people embracing more plant-based meals. As personal chef to celebrity fitness guru Tony Horton, creator of the bestselling P90X® fitness system, Melissa is constantly finding creative ways to keep Tony and her other clients happy, fit, and fueled. With her keep it simple and make it tasty approach, she offers a smorgasbord of dairy- and animal-free appetizers and desserts, breakfasts, and dinners, as well as holiday- and company-worthy menus. Recipes include: Mac & Cheeze, Karma Burgers with Chipotle Mayo, Thai-Style Tempeh Lettuce Wraps, Supreme-Oh Burritos, Roasted Butternut Squash Soup, Korean-Style Tempeh Tacos with Red Dijon Slaw, Enchilada Casserole with Ranchero Sauce, Artichoke and White Bean Dip, Cilantro Cauliflower Smash, Pad Thai in Peanut Coconut Sauce, Stuffed Mushroom Poppers, Indian Spiced Coconut Yam Soup, Chili Sweet Potato Fries, Un-Shepherd's Pie, Strawberry Crème Mousse with Pistachio Nut Topping, Banana Carob Bread Pudding, Apple/Pear Crisp, Brownie Bites, Chocolate Truffles, and Cardamom Chocolate Chippers (a Tony Horton favorite!) *The Karma Chow Ultimate Cookbook* shows anyone how to reconnect with their food and honor it as Earth's source for keeping us alive—all while finding it easier to rock their workouts and sculpt a well-defined physique. It's a winning recipe for success for anyone looking to transition to a healthier way of life!

The Chopra Center Cookbook Deepak Chopra, David Simon, Leanne Backer. 2013-02-21 The food at the world-famous Chopra Center for Well Being is designed to delight the senses, enliven vitality, and tap into the joy of being alive. Now, Deepak Chopra, David Simon, and Leanne Backer offer you marvelous recipes from this extraordinary place of healing—showing how nature provides us with all the nutrients we need to create meals that are delicious as well as nutritious. Combining modern nutritional science and Ayurveda, the most ancient healing system on the planet, *The Chopra Center Cookbook* features more than 200 appetizing, easy-to-prepare recipes and 30 days of balanced meal plans. You'll discover a new world of flavor and enjoyment with these low-fat dishes as the authors show you how to eat food that is good for you, re-establish the mind-body connection, and reverse the aging process. ZUCCHINI PECAN BREAD * THAI NOODLES * BRAISED SALMON WITH MANGO TOMATO SALSA * EGGPLANT CAULIFLOWER CURRY * VEGETARIAN PAELLA * ROSEMARY WHITE BEAN SOUP * MOTHER EARTH'S APPLE PIE * RAINBOW RISOTTO * GREEK GODDESS SALAD * MOROCCAN VEGETABLES * SPICY MEXICAN RICE * VEGETABLE HUMMUS WRAP * APPLE LEEK CHUTNEY * MANDARIN TOMATO SALSA * PEANUT BUTTER COOKIES * NUTTY FRENCH TOAST * HOMEMADE ALMOND BUTTER * BREAKFAST BURRITOS * MEDITERRANEAN PASTA * SPINACH POLENTA * UNBELIEVABLE DOUBLE CHOCOLATE CAKE

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