



yogurt). They are also gluten-free and "SOS-free" (made with no added salt, oil, or sugar). These are dishes that most of us have been eating all of our lives--they've just been given a makeover! Although Cathy emphasizes whole foods instead of overly processed foods, flavor is not sacrificed: her recipes simply call for more healthful sources of sodium (salt), richness (fat), and sweetness (sugar). This is not a complicated gourmet cookbook to be admired on the bookshelf, but rather a "let's make really good food so we can feel and look really good" cookbook filled with recipes you will make on a regular basis.

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need: uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

From the powerhouse blogger behind Detoxinistatodotcom, here are 100 quick, affordable, and delicious whole-food recipes that make it easy for you and your family to follow a healthy lifestyle. In No Excuses Detox, Megan Gilmore presents a collection of satisfying, family-friendly recipes developed with speed, convenience, and optimum digestion in mind. Because enjoying what you eat on a daily basis is crucial to maintaining health goals, these recipes for comfort food favorites--from Freezer Oat Waffles, Butternut Mac n' Cheese, Quinoa Pizza, Loaded Nacho Dip, and Avocado Caesar Salad to Frosty Chocolate Shakes, No-Bake Brownie Bites, and Carrot Cake Cupcakes--taste just as good as their traditional counterparts, but are healthier versions packed with nutrients. Megan Gilmore sharply identifies many of the reasons people fail to stick to a healthy diet--too busy, budget conscious, cooking for picky eaters, concerns about taste or fullness, and more--addressing them head on and offering simple solutions. This beautifully packaged and artfully photographed book gives readers no excuse to not eat well year-round.

Hands-on tips and easy recipes for keto-fueled health and energy! Millions of people have already benefited from the low-carb ketogenic diet. They've lost weight, increased their energy levels, got their Type 2 diabetes under control, and so much more. And if you're looking for an easy and fun way to get started with keto, look no further than the Keto Cookbook For Dummies! In this book, you'll find 150 delicious keto recipes, from cheesy egg casserole to a keto-inspired berry cobbler. You'll also discover expert tips on meal planning and preventing common ailments with simple adjustments to your diet. You'll even learn how to use your Instant Pot and air fryer to make full-flavor, low-carb keto dishes. The book also shows you how to: Swap in tasty keto alternatives for unhealthy ingredients Make keto snacks and appetizers that give you a huge, long-lasting energy boost when you need it most Prepare yummy keto sauces and staples you can make ahead of time and freeze for easy meal-prep during the week For everyone trying their best to get a handle on their health, weight, and nutrition, Keto Cookbook For Dummies is a must-have companion for busy families, professionals, and anyone else who just wants to live a healthier, more energetic life.

Cooking from the Farmer's Market

Spiralize It!

250 Bold, Simple Recipes for Every Season

Goodbye Lupus

The Best Ketogenic, Slow Cooker And Instant Pot Recipes. The Plant Based Cookbook You Need To Burn Fat, Boost Your Energy And Lose Weight.

100 Super Easy, Super Fast Recipes

Keto Cookbook For Dummies

Spiralized

Comfort food made healthy, from the New York Times bestselling author of Whole in One. In Comfort Food Fix, Ellie Krieger presents a healthier take on classic American comfort food--without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without all the calories and saturated fat. With simple tricks and tips, Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, Comfort Food Fix is the perfect cookbook for healthy eaters with healthy appetites. • Ellie Krieger is the host of the popular show Healthy Appetite, and the author of the New York Times bestsellers So Easy and The Food You Crave • The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how good they taste • 50 lavish full-color photographs beautifully illustrate finished dishes when it comes to healthy cooking, Ellie Krieger is the chef you can trust. In Comfort Food Fix, she takes the guilt out of guilty pleasures. "This accessible, health-minded cookbook is a welcome resource in a burger and bacon-obsessed moment... Krieger's simple, time-conscious recipes with easy-to-find ingredients will satisfy sophisticated eaters and down-home palates alike."--Publishers Weekly

"The Yoga Plate brings us compassion and living right for our families, our planet and our animals--a beautiful offering for good all around." --Julie Piatt and Rich Roll, bestselling authors, wellness leaders, chefs, and podcast hosts Discover 108 nourishing and delicious vegan recipes in the first modern cookbook to marry yoga's principle of ahimsa with nutrition. We take a lot of care when it comes to choosing the proper clothing for yoga, the right accessories, the best studio--but primary to these considerations is an often overlooked yet vital component of practice: our diet. How we eat might be the most important aspect of an effective practice. How we eat is a huge component to the practice because it represents how we treat and nourish ourselves. By changing the way we eat physically and consciously, we can put ourselves on the path to greater well-being. In The Yoga Plate, LA-based yoga power couple Tamal and Victoria Dodge introduce readers to the philosophy of yoga as it is reflected in our eating choices. The 108 recipes are designed according to the concept of ahimsa, or non-harm. "Consciously or not, we can cause a lot of harm with our eating habits," explain the authors. "Living with ahimsa means we try to cause the least harm possible to all living creatures." Each recipe takes you through your daily practice of yoga, starting with "Morning Meditations," where you'll find smoothies and breakfasts to fuel and power you through the day; "A Plate Full of Prana," with snacks, soups, and salads to revitalize your system; "A Bowl Full of Yin," with recipes to help cultivate a centered mood; and "Sweet Savasana" for restorative and beneficial dessert options. A well-rounded yoga practice includes a conscious approach to the things we eat. With The Yoga Plate, readers can make each meal a sacred activity to support both our practice and well-being.

Do you love being a vegetarian but fear that if you go Keto you will have to starve to death? Luckily in this Ketogenic Vegetarian Cookbook will expose you to 101 delicious vegetarian recipes that you can enjoy on a Keto diet! That's right! In this book, we will be providing you with healthy and nutritious Vegetarian Keto alternatives and will include recipes that will assist you in reducing the intake of meat. Our main focus is to make the transition to a Keto Vegetarian life much easier for you by creating and presenting dishes ranging from easy breakfast recipes to lunch, dinner recipes, snacks and dessert for the whole family. When you decide to go on a keto diet, it is vital that you do your required research, and create a plan of action. The first order of business after deciding to switch to a ketogenic diet is trying to get yourself into a state of ketosis. This comes down to how restrictive you can be with the number of carbohydrates each day. The recommended dosage is 20g or less per day. To achieve this, you will have to follow a specific pattern of eating so get rid of the refined carbs such and try to get only healthy carbs from healthy fats and vegetables. This book will give you: A guide to the living on a Ketogenic Vegetarian Diet 101 delicious Ketogenic Vegetarian recipes A breakdown of their nutritional value of each recipe How to Successfully Incorporate Vegetarian dishes into a Keto Diet And so much more! Whether you have just started exploring the world of Keto Vegetarianism or if you are simply seeking new enticing Ketogenic vegetarian recipes, then, this Keto Vegetarian Cookbook will give you a new perspective on the way you eat. Grab a copy today and let's bring life to your Ketogenic Vegetarian Journey!

A guide to creating vegan versions of pantry staples--from dairy and meat substitutes such as vegan yogurt, mayo, bacon, and cheese, to dressings, sauces, cookies, and more. Kitchen crafters know the pleasure of making their own staples and specialty foods, whether it's cultured sour cream or a stellar soup stock. It's a fresher, healthier, more natural approach to eating and living. Now vegans who are sick of buying over-processed, over-packaged products can finally join the homemade revolution. Studded with full-color photos, The Homemade Vegan Pantry celebrates beautiful, handcrafted foods that don't take a ton of time, from ice cream and pizza dough, to granola and breakfast sausage. Miyoko Schinner guides readers through the techniques for making French-style buttercreams, roasted tomatoes, and pasta without special equipment. Her easy methods make "slow food" fast, and full of flavor. The Homemade Vegan Pantry raises the bar on plant-based cuisine, not only for vegans and vegetarians, but also for the growing number of Americans looking to eat lighter and healthier, and anyone interested in a handcrafted approach to food.

Straight Up Food

Instant Loss Cookbook

The No Meat Athlete Cookbook

Plant-Powered Families

Throw It Together: Big Flavors. Simple Techniques. 200 Ways to Reinvent Dinner

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Quick, Easy & Healthy Recipes for Any Meal of the Day

Feel-Good Favorites Made Healthy

Are you a vegan that recently switched to a Ketogenic journey but just don't know what to eat? Maybe you have been on the Keto journey for a while now, but you are thinking of going vegan as well to reap some additional benefits. Regardless of your reason this Ketogenic Vegan Cookbook will introduce you to 250 amazingly delicious and healthy recipes that will set you on the right track for your new Keto Vegan movement. That's right! To the average person going vegan simple means avoiding all animal products to a 'Keto Veganic' it also means giving up on a bunch of the usual vegan starches as well. Believe it or not it's not as difficult as it sounds and in this Ketogenic Vegan Cookbook we will show you just how simple this diet can be! The Ketogenic Vegan diet is extremely beneficial to people trying to lose weight, as well as reduce or control the effects of many chronic diseases. Following a ketogenic vegan diet correctly will help you to cut down excess fat speedily which will, in turn, lead to an overall healthier life. So, in this book Ketogenic Vegan Cookbook, you'll be introduced to a variety of information that will get you on the right track while sticking to your nutritional guides for the Keto vegan diet. This book will give you: A guide to the living on a Ketogenic Vegan Diet A breakdown of the Ketogenic Diet 250 delicious Ketogenic Vegan recipes with easy to follow instructions and a breakdown of their nutritional value including number of calories, fat, protein, and carbs that they will add to your diet. The ABC's of Veganism How to Successfully Incorporate Vegan dishes into a Keto Diet And so much more! Whether you have just started exploring the world of Keto veganism or if you are simply seeking new enticing Ketogenic vegan recipes, then, this Keto Vegan Cookbook will give you the solutions to your problems. Grab a copy today and let's bring life to your Ketogenic Vegan Journey!

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Do you love being a vegetarian but fear that if you go Keto you will have to starve to death? With all the benefits of the Keto diet it would be completely unfair for you to have to miss out because you are unable to find good vegetarian options. Luckily in this Ketogenic Vegetarian Cookbook will expose you to 101 delicious vegetarian recipes that you can enjoy on a Keto diet! That's right! In this book, we will be providing you with healthy and nutritious Vegetarian Keto alternatives and will include recipes that will assist you in reducing the intake of meat. Our main focus is to make the transition to a Keto Vegetarian life much easier for you by creating and presenting dishes ranging from easy breakfast recipes to lunch, dinner recipes, snacks and dessert recipes for the whole family. When you decide to go on a keto diet, it is vital that you do your required research, and create a plan of action. The first order of business after deciding to switch to a ketogenic diet is trying to get yourself into a state of ketosis. This comes down to how restrictive you can be with the number of carbohydrates each day. The recommended dosage is 20g or less per day. To achieve this, you will have to follow a specific pattern of eating so get rid of the refined such and try to get only healthy carbs from healthy fats and vegetables. So, in this book Ketogenic Vegetarian Cookbook, you be introduced to a variety of information that will get you on the right track while sticking to your nutritional guides for the Keto Vegetarian diet. THIS BOOK WILL GIVE YOU: A breakdown of the Ketogenic Diet A guide to the living on a Ketogenic Vegetarian Diet 101 delicious Ketogenic Vegetarian recipes with easy to follow instructions, delectable images, and a breakdown of their nutritional value including number of calories, fat, protein, and carbs that they will add to your diet. And so much more! And what about bread? Well, you'll also find 52 amazingly delicious and healthy alternatives to some of your favorite bread with full Images! Whether you have just started exploring the world of Keto Vegetarianism or if you are simply seeking new enticing Ketogenic vegetarian recipes, then, this Keto Vegetarian Cookbook will give you a new perspective on the way you eat. Grab a copy today and let's bring life to your Ketogenic Vegetarian Journey!

The must-have spiralizer cookbook for making ridiculously easy and delicious meals?perfect for any spiralizer. Whether you are trying to lose weight or just looking to add color to your plate, give a fresh twist to your veggies with everyone's favorite kitchen tool, the spiralizer. Kenzie Swanhart, food blogger behind Cave Girl in the City, shares a hundred of her favorite recipes in this spiralizer cookbook. Catering to any brand of spiralizer, this spiralizer cookbook proves that you can indulge in your favorite foods by swapping carbs for a variety of veggies. With recipes for all palates and preferences?Paleo, vegetarian, vegan, gluten-free, this spiralizer cookbook takes a creative spin on any plate. This spiralizer cookbook contains: Over 100 Recipes to satisfy cravings with guilt-free dishes and desserts Nutritional Information complete with dietary icons plus ingredient information for every recipe Spiralizer 101 with overviews of popular spiralizer brands and tailored recipes to suit the right one for you Recipes in this spiralizer cookbook include: Asian Broccoli Slaw, Butternut Squash Enchiladas, Chicken Zoodle Soup, Raw Rainbow Noodle Salad, Shrimp and Cucumber Noodle Bowl, Sweet Potato "Rice" Balls, Simple Steak Fajitas, Teriyaki Chicken and Broccoli Noodles, Vegetable Lo Mein, Zucchini Ribbon Crisp, Simple Pear and Almond Tart, and much more! "Wonderful companion for spiralizer users! Full of great suggestions and recipes for turning just ok meals into something delightfully special!"--Joan A. Finn, Amazon Verified Purchase

How a Medical Doctor Healed Herself Naturally with Supermarket Foods