

## The Whole30 Slow Cooker 150 Totally Compliant Prepandgo Recipes For Your Whole30 With Instant Pot Recipes

Delicious and healthful recipes from the popular blog TheWholeSmiths.com-fully endorsed by Whole30 As fans of the Whole30 know, it can be challenging to figure out how to eat for the other 335 days of the year. Michelle Smith, creator of the blog The Whole Smiths, has the answers. This cookbook, the first ever fully endorsed and supported by Whole30, offers a collection of 150 recipes to keep Whole30 devotees going strong. Many recipes like Spaghetti Squash Chicken Alfredo are fully Whole30-compliant, and all are gluten-free, but you'll also find recipes with a careful reintroduction of grains, like the tortillas in the Chile Enchilada Bake. Some recipes include beans and legumes, so there are plenty of vegetarian options. There are even desserts like Chocolate Chip and Sea Salt Cookies! Throughout the book, icons help readers identify which recipes fit their dietary constraints (and which are easily adaptable), but perhaps most important of all, the recipes are a delicious way to help anyone achieve a long-term approach to good health.

The New York Times bestseller by the co-creator of the WHOLE30 "If you want to stop turning to food to make you feel better, this is the book for you!" Sun "Food Freedom Forever gives you everything you need for achieving dietary success, for today and for the rest of your healthy life" David Perlmutter, MD, No. 1 New York Times bestselling author of Grain Brain What does 'food freedom' mean to you? Maybe it's eating whatever you want without negative consequences to your health or waistline. (Good luck with that.) Maybe it's giving up your obsession with calorie counting, food restriction, and the scales. (Now we're getting somewhere.) Bestselling author and nutritionist Melissa Hartwig defines true food freedom as being in control of the food you eat, instead of food controlling you. It means indulging when you decide it's worth it, savouring the experience without guilt or shame, and the returning to your healthy habits. In Food Freedom Forever Melissa outlines a simple three-part plan that will help you to discover food freedom for yourself, no matter how out of control you feel. It will point you down a self-directed path that keeps you balanced, satisfied and healthy, without requiring that you obsess about food, count calories or stork yourself. By the last page, you'll have a detailed plan for creating the perfect diet for you, finding your own healthy balance, and maintaining the kind of control that brings you real food freedom every day. Welcome to food freedom.

NEW YORK TIMES BESTSELLER Create easy and delicious meals for two with Slow Cooking for Two. If you're short on time, few in numbers, and craving the comfort of a home-cooked meal, Slow Cooking for Two is here to save the day. Slow Cooking for Two offers 101 easy recipes meant for just two people, including soups, stews, casseroles, desserts, and more. Slow Cooking for Two will save you time and money with simple and delicious meals that are flavorful without requiring hours of preparation. Slow Cooking for Two will give you all the tools you need to start enjoying slow cooking for two people, with: 101 easy slow cooker recipes specifically designed for 1½ and 2-quart slow cookers Comforting Slow Cooking for Two recipes, including Minestrone Soup, Beef Bourguignon, Chicken Pot Pie, Mac and Cheese, and Turtle Brownies Easy one-pot meals, including Short Ribs with Polenta and Meat Loaf with Potatoes Practical techniques for slow cooking for two, including shopping lists, and food preparation and storage tips Slow Cooking for Two will make it easy for you (and one more!) to enjoy delicious and hassle-free meals.

IMAGINE YOURSELF HEALTHIER THAN YOU EVER THOUGHT POSSIBLE IT STARTS WITH FOOD. It starts With Food outlines a clear, balanced, sustainable plan to change the way you eat forever—and transform your life in profound and unexpected ways. Your success story begins with the Whole30, Dallas and Melissa Hartwig's powerful 30-day nutritional reset. Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the "magical" elimination of a variety of symptoms, diseases, and conditions in just 30 days. diabetes high cholesterol high blood pressure obesity acne eczema psoriasis chronic fatigue asthma sinus infections allergies migraines acid reflux Crohn's celiac disease IBS bipolar disorder depression Lyme disease endometriosis PCOS autism fibromyalgia ADHD hypothyroidism arthritis multiple sclerosis Now, Dallas and Melissa detail not just the "how" of the Whole30, but also the "why," summarizing the science in a simple, accessible manner. It Starts With Food reveals how specific foods may be having negative effects on how you look, feel, and live—in ways that you'd never associate with your diet. More important, they outline their lifelong strategy for eating Good Food in one clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food. Infused with the Hartwigs' signature wit, tough love, and common sense, It Starts With Food is based on the latest scientific research and real-life experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

The Whole30 Day by Day

The Paleo Kids Cookbook

Transition Your Family to Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating

150 TOTALLY COMPLIANT Prep-And-Go Recipes to Help You Succeed with the WHOLE30 and Beyond

The Everyday Low-carb Slow Cooker Cookbook

Whole30 Endorsed, Delicious Real Food Recipes to Cook All Year Long

The Whole Smiths Good Food Cookbook

The Whole30 Friends & Family

With more than half a million copies sold, the first edition of Practical Paleo revolutionized the way we think about food and our bodies. Dubbed " The Paleo Bible " by readers, it explained how simply eating real, whole foods and avoiding processed, refined foods can improve our health—including reducing or even eliminating symptoms associated with common health disorders. Now, this second edition has been updated to include new information, answer common questions, and make it even easier for you to customize your diet to meet your personal health goals. What ' s a new how-TO TWO ENTIRELY NEW CHAPTERS • Getting Started with Whole30 " shows you step by step how to switch to the Paleo way of eating, whether you want to go all-in all at once or transition gradually over time. This chapter also includes a more comprehensive explanation of the 4R Protocol, which walks you through removing harmful foods, repairing the gut, recalculating with beneficial bacterial, and reintroducing foods that were previously eliminated. • " Living the Paleo Lifestyle " offers tips and suggestions for navigating holidays and parties, talking to friends and family about Paleo, getting your kids involved in the kitchen, and much more. 3 NEW 30-DAY MEAL PLANS • The new meal plans provide guidance for addressing common health concerns: Adrenal Health (stress management), Healthy Hormones (for both women and men), and Liver Detox Support. • There ' s also a new detailed guide to finding the meal plan that ' s right for you, so you can get the health benefits you need with the fewest restrictions. 40+ NEW RECIPES! • These brand-new, mouthwatering recipes range from breakfast foods to family-friendly weeknight meals—many of which are one-pot or meal-in-one and use budget-friendly proteins. • Recipes from the last edition have been updated based upon reader feedback over the years • There ' s also a new guide to special ingredients and where to find them Plus, additions throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. And the organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly—and easier to apply to your own health needs. Practical Paleo has proven to be the resource people reach for again and again for information on healthy living, delicious recipes, and guidance on changing your diet to improve your health.

Paleo Recipes as Bold and Flavorful as They are Healthy Amanda Torres, founder of The Curious Coconut, tells a story of heritage and tradition with her recipes. In collaboration with her Puerto Rican mother-in-law, Milagros, she provides authentic recipes from Puerto Rico, Cuba, Colombia and Venezuela, among others. Discover a new, adventurous side to Paleo with recipes like Ropa Vieja (Shredded Beef in Tomato Sauce), Empanadas al Horno (Baked Meat Turnovers) and Pollo a la Brasa (Marinated Roasted Chicken). This is Paleo as you ' ve never experienced before, embracing traditional Latin American comfort foods and also making them completely gluten-, dairy- and re ned-sugar-free. Latin American Paleo Cooking introduces layers of flavor, and with over 80 recipes, you ' ll always have something new to try.

A groundbreaking new cookbook presents a low-carb approach to slow cooking through more than one hundred recipes for chilis, soups, entrees, snacks, and desserts, all convenient, quick, and easy-to-prepare meals. Original.

Previously published as Whole30 Cookbook, this bestseller has been updated with 10 exclusive new recipes and a new introduction from Melissa Urban The groundbreaking Whole30 program has helped millions of people transform their lives by bringing them better sleep, more energy, fewer cravings, and a healthy relationship with food, built on a foundation of healthy habits that last a lifetime. In this cookbook (previously published as The Whole30 Cookbook) best-selling author and Whole30 co-creator Melissa Urban delivers over 150 recipes to help readers prepare delicious, healthy meals during their Whole30 and beyond. A Whole30 refresher, including an updated introduction to the program, 5 steps to get you started, and tips for stocking your Whole30 kitchen. More than 150 recipes for main dishes, sides, dressings, and sauces. Easy tips that simplify meal planning and prep to save time and money. Recipe Remixes designed to turn one dish into two or three different meals. 10 exclusive, new recipes from community recipe creators. Whether you ' ve done the Whole30 once or five times—or just want to make a variety of satisfying, nourishing meals—this book will inspire you to change your life in 30 days with the Whole30 program.

Letting go of bad habits, guilt and anxiety around food by the Co-Creator of the Whole30

Over 150 Delicious Recipes for the Whole30 & Beyond

Well Fed Weeknights

Everyday Grain-Free Baking

The Whole30 Fast & Easy Cookbook

Buck Naked Kitchen

Your Daily Guide to Whole30 Success

Whether you're new to the Instant Pot® or it's already your favorite appliance, this cookbook can provide all the information you need to create fabulous meals in no time. Choose from more than 125 quick and easy pressure cooker recipes, from whole grain breakfasts and hearty soups and stews to one-pot pastas, super simple side dishes and decadent desserts. Discover how to cook family favorites such as chili mac, lasagna, barbecue ribs, Italian beef sandwiches and brownies in your Instant Pot—you'll get irresistible results in about half the time of their stovetop or oven versions. Try out fun and flavorful new dishes like Chicken Adobo, Garlic Parmesan Spaghetti Squash, Panake Breakfast Casserole or Sticky Cinnamon Monkey Bread. A helpful introduction explains the basics of electric pressure cooking and offers valuable tips that make meal preparation a snap. The book also includes handy pressure cooking time charts for common ingredients (meat, poultry, seafood, beans, grains, and vegetables). Chapters include: Breakfast, Soups & Stews, Chicken & Turkey, Beef & Pork, Beans & Grains, Vegetables, and Desserts. More than 110 beautiful photos.

Gluten-free, dairy-free, and grain-free recipes that sound and look way too delicious to be healthy from The Defined Dish blog, fully endorsed by Whole30.

NEW YORK TIMES BESTSELLER • The TV star and author of *True Roots* shares 130+ of her favorite recipes for healthy, natural, wholesome comfort food in this essential cookbook. "Kristin's family-friendly, decadently 'health-ified' recipes will have you reliving favorite memories and making delicious new ones bite after bite!"—Daphne Oz, Emmy Award-winning television host and bestselling author NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY DELISH Over the past few years, Kristin Cavallari has become known for the healthy recipes she cooks at home for her family. In her bestselling cookbook, *True Roots*, she shared the recipes that keep her motivated and inspired and in turn challenged fans to cook more meals at home and live a healthier lifestyle. Now, in *True Comfort*, Kristin turns her attention to some of the most-requested dishes that are hardest to find: healthy comfort food. *True Comfort* features her favorite recipes for cozy breakfasts (Apple Pecan Dutch Baby, Espresso Overnight Oats, and Sweet Potato Toasts), Lunches (Roasted Cauliflower Tartine, Nashville Hot Chicken Salad Cups, and Butternut Squash and Leek Chowder) and dinners (Red Wine Braised Short Ribs, Out Crust Chicken Pot Pie, and Saffron Seafood Cioppino) plus desserts (Orange Olive Oil Cake and Dark Chocolate Peppermint Silk Pie) and drinks (Cashew Eggnog and Rosemary Charcoal Late). With tips and tricks to put together a well-stocked pantry, fridge, and freezer, this book goes beyond the traditional cookbook to help readers feel more like Kristin in the kitchen.

You want wholesome and delicious meals but you just don't have the time to prepare them after a long day at work. Most slow cooker cookbooks offer recipes for a crowd and there are only two of you, or maybe the two of you plus a baby or toddler, and you don't want a whole week's worth of leftovers taking up space in the fridge. This slow cooker cookbook is different. The perfect gift for newlyweds, elderly couples, or anyone who is too busy to spend hours futzing in the kitchen, these recipes will put just the right amount of home-cooked food on your table with shockingly little time and effort on your part. You can trust these recipes because they are — • Collected from some of America's best home cooks • Tested in real-life settings • Carefully selected from thousands of recipes Learn what size slow cooker to purchase, discover tips for easy prep and cleanup, and find scrumptious recipes such as: • Chicken Parmigiana • Buttery German Chocolate Fudge • Taco Bean Soup • White Bean and Chicken Chili • Poppy Seed Tea Bread • And many more!

150 Delicious and Totally Compliant Recipes to Help You Succeed with the Whole30 & Beyond

The Defined Dish

60 Delicious Gluten- and Grain-Free Recipes Without the Fuss

Instant Pot Cooking at the Speed You Need

Food for Humans

More Than 100 Cozy Recipes Free of Gluten and Refined Sugar: A Gluten Free Cookbook

Nom Nom Paleo

150 Totally Compliant Prep-and-Go Recipes for Your Whole30 with Instant Pot Recipes

A New York Times bestseller featuring 150 all new, Whole30-compliant recipes—all fast and easy to prepare Millions of people have transformed their lives with Whole30, yet co-creator Melissa Hartwig wants to make it even easier to achieve Whole30 success—with delicious, compliant, fast, and easy recipes. This follow-up to the best-selling The Whole30 Cookbook is packed recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. The Whole30 Fast and Easy Cookbook features: Recipes perfect for weeknight cooking, lunches in a hurry, and hearty breakfasts that still get you out the door on time Nearly effortless skillet meals, stir-fries, sheet-pan suppers, and slow-cook and no-cook meals, most of which can be made in 30 minutes or less Creative, delicious meals using widely-available ingredients found in any supermarket Melissa's favorite kitchen hacks, designed to save time and money while maximizing flavor Whether you ' re doing your first Whole30 or your fifth, or just looking for some healthy, fast, and easy recipes to try, this collection is a must-have for any kitchen.

Customize your diet to meet your personal health goals. What ' s a new how-TO TWO ENTIRELY NEW CHAPTERS • Getting Started with Whole30 " shows you step by step how to switch to the Paleo way of eating, whether you want to go all-in all at once or transition gradually over time. This chapter also includes a more comprehensive explanation of the 4R Protocol, which walks you through removing harmful foods, repairing the gut, recalculating with beneficial bacterial, and reintroducing foods that were previously eliminated. • " Living the Paleo Lifestyle " offers tips and suggestions for navigating holidays and parties, talking to friends and family about Paleo, getting your kids involved in the kitchen, and much more. 3 NEW 30-DAY MEAL PLANS • The new meal plans provide guidance for addressing common health concerns: Adrenal Health (stress management), Healthy Hormones (for both women and men), and Liver Detox Support. • There ' s also a new detailed guide to finding the meal plan that ' s right for you, so you can get the health benefits you need with the fewest restrictions. 40+ NEW RECIPES! • These brand-new, mouthwatering recipes range from breakfast foods to family-friendly weeknight meals—many of which are one-pot or meal-in-one and use budget-friendly proteins. • Recipes from the last edition have been updated based upon reader feedback over the years • There ' s also a new guide to special ingredients and where to find them Plus, additions throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. And the organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly—and easier to apply to your own health needs. Practical Paleo has proven to be the resource people reach for again and again for information on healthy living, delicious recipes, and guidance on changing your diet to improve your health.

150 TOTALLY COMPLIANT Whole30 prep-and-go recipes for your slow cooker Every day, Praise for Christopher Kimball's Milk Street "Kimball is nothing if not an obsessive tester, so every recipe has an implicit guarantee. . . Scanning the streamlined but explicit instructions, you think, easy, quick, works. " -- The Atlantic

The best-selling authors of It Starts With Food outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.

The Whole30 Instant Pot Cookbook

The Complete Paleo Slow Cooker

150 Small-Batch Slow Cooker Recipes

Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People

Ready or Not!

Milk Street Fast and Slow

Fix-It and Forget-It Cooking for Two

Against All Grain

150 TOTALLY COMPLIANT Whole30 prep-and-go recipes for your slow cooker

Offers recipes for a paleo diet, including Spanish frittata with chorizo, Korean beef noodle bowls, and lemon vanilla bean macaroons.

Beautiful and delicious gluten-free, grain-free, and dairy-free recipes, fully endorsed by Whole30

Hartwig presents this volume of Whole30-compliant menus and recipes for everyday social occasions from birthday parties to baby showers, movie night, tailgating, and more, all designed to mix and match to create the perfect menu whether the reader is the host or a guest.

150 Simply Delicious Everyday Recipes for Your Whole30

Over 80 Traditional Recipes Made Grain and Gluten Free

Over 120 Delicious Low-carb Recipes that Cook Themselves

A Paleo Cookbook for Everyday Meals That Prep Fast & Cook Slow

The 30-day Guide to Total Health and Food Freedom

150 Totally Compliant Prep-and-Go Recipes for Your Whole30 with Instant Pot Recipes: A Cookbook

Discover the Whole30 and Change Your Life in Unexpected Ways

Tasty, easy-to-make recipes for grain-free, dairy-free baking! Cinnamon Swirl Bread, Fruit and Nut Snack Bars, Deep Dish Apple Pie. With Everyday Grain-Free Baking, you can finally enjoy the baked goods that you've been missing! In this beautiful, easy-to-use cookbook, Whether you're grain-free or gluten-free, author and creator of The Nourishing Home blog Kelly Smith shows you how to create grain-free, dairy-free versions of all your favorite baked goods that are compatible with the most common grain-free diets. From breads, biscuits and muffins to savory snacks and decadent treats, you'll find step-by-step instructions for more than 100 delicious, grain-free and dairy-free recipes, including: Easy Everyday Bread Southern Style Biscuits Fluffy Almond Flour Pancakes Simple Garden Herb Crackers Blueberry Lemon Scones Raspberry Crumble Bars Strawberry Vanilla Custard Cake Don't give up the bakery staples you love—with these flavorful recipes, you can make delicious grain-free, dairy-free baked goods that your whole family will enjoy whether or not everyone is living a grain-free lifestyle!

The types of food that we eat greatly affect our health. Eating healthy is very important so that our body can function optimally. But while there are so many foods that are touted as healthy, didn't you know that some food categories can drive the inflammatory responses of the body thus increasing cravings, blood sugar levels, and cholesterol levels. This is the reason why the Whole30 program was developed. If you are one of the many people who want to revert your health by eating the right kinds of foods, then this book is for you. The secret to good health is the types of food that you eat. By eliminating foods that drive the inflammatory responses in the body, you can revert your health back to its healthy state. With the Whole30 program, you are encouraged to consume healthy and compliant foods for 30 days to experience many health benefits such as weight loss, stable blood sugar levels, better blood pressure, and other important vitals. While some people think that preparing meals made from healthy and whole food ingredients is difficult, they are far from difficult as long as you have the Instant Pot. The Instant allows you to cook healthy meals without sacrificing the flavor thus for you can still eat your favorite comfort foods even if you are following the Whole30 program. Let this book serve as your guide to making sumptuous, easy, and practical Whole30-compliant meals with minimal time and effort. Instant Pot Whole30 Diet: 1. Learn About the Whole30 Diet Program 2. The Types of Foods That You Need to Avoid 3. Pantry Staples and Exception to the Rule 4. What to Do For 30 Days 5. 63 Delicious Recipes for Breakfast, Lunch, Dinner, Snacks and Desserts 6. Nutritional Information for Each Recipe

Discover the delicious ease of the Paleo diet with The Simple Paleo Kitchen, your one-stop shop for scrumptious meals that are not only gluten- and grain-free, but hassle-free as well. With this cookbook, Jessie Bittner has curated a mouthwatering collection of recipes—which can all be tackled in just five steps or fewer—to help save you time in the kitchen without skimping on flavor. From make-ahead breakfasts like Breakfast Burrito Bowls with Spicy Ranch or Banana-Blueberry Breakfast Bread to five-ingredient dinners like Buffalo Chicken–Stuffed Sweet Potatoes or a Honey-Glazed Salmon Dinner and even one-bowl desserts like the decadent No-Bake German Chocolate Cake Bars, Jessie has all your Paleo bases covered for a deliciously minimalist cooking experience. Whether you're constantly on the go, hate the hassle of cleaning up a dirty kitchen or are just looking to streamline your lifestyle, this awesome cookbook is your no-muss, no-fuss guide to incredibly easy, incredibly tasty Paleo recipes.

Lose weight, feel great, stop the dimmerette stress! Are you tired, overweight, and low on energy? Join the millions of people who have lost weight and changed their lives by switching to a Whole Foods diet for 30 days. Ashley Wilmer is one of them. A busy working mother, Ashley lost 10 pounds by doing a 30 day Whole Foods challenge. But as soon as the 30 days were over, she couldn't seem to keep the weight off or dinner on schedule. Then, she discovered meal prep. With meal prep, Ashley found the secret to sticking to a Whole Foods lifestyle: delicious, insanely easy, totally compliant meal prep recipes. Once she had the right Whole Foods meal prep recipes, Ashley kept losing weight by sticking to a rotation of delicious, grain-free, dairy-free, sugar-free meals that she could have on the table in 5 minutes. Suddenly, hurried weeknight cooking and accidental cheating became a thing of the past. Now, for the first time ever, she's sharing those game-changing recipes in The 30 Day Whole Foods Meal Prep Cookbook: The Easiest + Fastest Whole Foods Compliant Meal Prep Recipes for Your 30 Day Challenge. In The 30 Day Whole Foods Meal Prep Cookbook, you'll find: Affordable, easy-to-find ingredients: The recipes in The 30 Day Whole Foods Meal Prep Cookbook have short, totally compliant ingredient lists, with an emphasis on bright vegetables and hearty proteins. The 50 best Whole Foods meal prep recipes: Don't waste time wading through hundreds of mediocre recipes. The 30 Day Whole Foods Meal Prep Cookbook takes you straight to the 50 fastest and easiest Whole Foods meal prep recipes for your 30 day challenge and beyond. 7 Ingredient, 20 Minute, and Kid-Friendly recipes: Because who doesn't want a Whole Foods meal prep cookbook that fits in with real life? So don't stay stuck in the same unhealthy eating patterns. With The 30 Day Whole Foods Meal Prep Cookbook, you're just a meal prep away from a healthy, delicious, and insanely easy new way to eat. For each copy of The 30 Day Whole Foods Meal Prep Cookbook sold, one meal will be donated to a family in need through Feeding America.

The Ultimate Whole30 Instant Pot Quick, Easy and Healthy Recipes for Your Multicooker and Instant Pot Pressure Cooker

More Paleo Recipes for People Who Love to Eat

Healthy and Wholesome Weeknight Recipes

No Crumbs Left

The Whole30

Whole30 Endorsed, Recipes for Everyday Food Made Marvelous

Homestyle Comfort Food from Our Table to Yours

Delectable Paleo Recipes to Eat Well & Feel Great

Imagine getting home at the end of the day, opening the fridge and finding that your dinner is done. All you need to do is heat, serve and eat. What bliss. No stress from working out at last minute what to cook for your tribe, if you have everything you need to cook it, then trying to get it ready in record speed. Well, guess what? We've made this a reality. We've come up with a system that will minimise the amount of time you spend preparing food each week. You'll spend two hours in the kitchen, tops, and at the end of it you'll have all your weeknight meals cooked for the whole family. Each week includes a dinner cooked in the slow cooker, on the stove top and in the oven, and a big hearty salad too, all using the season's freshest and most delicious ingredients. We've also included shopping lists to make your life even easier. Welcome to Dinner's Done - and getting your life back.

Well Fed 2: More Paleo Recipes For People Who Love To Eat is the follow-up to the deliciously popular Well Fed — by "The Clothes Make The Girl" blogger Melissa Jouvan — and it's packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas. Well Fed 2 proves that the Paleo diet — too often defined by what you give up — is really about what you gain: good health, a light heart, and memorable meals to share with the people you love.

Indulgent Favorites You Crave Get ready to enjoy the comfort foods your family loves again, thanks to mother-daughter duo Michelle Daniels and Makenna Homer's Paleo versions of classic recipes. When Makenna's health required cutting out grain and dairy, she and her mom re-created all their cherished family recipes with Paleo-friendly ingredients. Whether it's hearty, nostalgic dishes like biscuits and gravy, bacon-infused mac 'n' cheese or chicken and dumplings, or their family's favorite dessert recipes, like DeVona's Chocolate Pudding Cake, nothing is off-limits, thanks to their shrewd substitutions and smart techniques. For a quick breakfast on the go, grab a better-for-you baked good like Patsy's Pumpkin–Chocolate Chip Muffins. Warm up a cold day the gut-friendly way with cozy Creamy Mushroom Poutine or Instant Pot® Mini Sirloin Burger Soup. And don't forget dessert—after years of testing, Michelle and Makenna have created the perfect Paleo pie crust, which you can enjoy in their Rustic Herbed Cherry Galette. Each mouthwatering recipe—from Saturday Morning Donuts to Grilled Hawaiian Vibes Pizza and everything in between—is sure to become a favorite at your own family's table.

Instant Pot Quick and Easy: Super Simple Recipes for Your Electric Pressure Cooker

150 Totally Compliant Prep-and-Go Recipes for Your Whole30 — with Instant Pot Recipes

Practical Paleo

The Whole30 Fast and Easy Cookbook

The Whole30 Slow Cooker

Cooking Whole30

Fix-It and Forget-It Baking with Your Slow Cooker

150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo

You know how it is: some days, you're tired up and ready to cook; other days, you dread the thought of making dinner. More often than not, you find yourself floating somewhere between inspiration and desperation. What's a crazy busy (but kind of lazy) home cook to do? The answer: pick up this book. Ready or Not makes healthy Paleo home cooking a breeze, no matter if there's time to prepare or just minutes to spare. Whether you're a fastidious planner or a last-minute improviser, you'll find plenty of deliciously nourishing options, from make-ahead feasts to lightning-fast leftovers to impressive presentations in Nom Nom Paleo's deliciously fun comic book style. Ready or Not makes Paleo cooking easy, no matter how much time you have. In fact, this cookbook is organized into color-coded sections to match your readiness level: GET SET! First, stock your kitchen with essential building blocks—from store-bought necessities to D.I.Y. ingredients that'll set you up for anytime cooking. READY! Got time to cook? Turn to these recipes for make-ahead meals and spectacular dishes like Pressure Cooker Bo Soam and Strawberry Almond Semifreddo! KINDA READY! Learn how to transform pantry staples and leftovers into impromptu meals that'll satisfy the most discriminating palates. NOT READY! Emergency meals can be delicious, too. In this section, you'll find super-fast recipes like savory stir-fries and sheet pan suppers. Along with colorfully written and gorgeously photographed step-by-step recipes presented in a cheeky cartoon format, Ready or Not features kitchen hacks, Paleo ingredient guides, meal plans, shopping lists and more!

A New York Times cookbook best-seller, Nom Nom Paleo is a visual feast, crackling with humor and packed with stunningly photographed step-by-step recipe free of gluten, soy, and added sugar. Designed to inspire the whole family to chow down on healthy, home-cooked meals, this cookbook compiles over 100 foolproof paleo recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh introduction to Paleo eating, taking readers on a guided tour of author Michelle Tam's real-food strategies for stocking the kitchen, saving time, and maximizing flavors while maintaining a Paleo lifestyle. Also, sprinkled throughout the book are enlightening features on feeding kids, packing nutritious lunches, boosting umami, and much more. But the heart of this book are Michelle's award-winning primal Paleo recipes, 50 percent of which are brand-new --- done to diehard fans who own her bestselling Pad cookbook app. Readers can start by marrying their favorite ingredients with building blocks like Siracha Mayoemulsion, Louisiana Remoulade, and the infamous Yankee Mushroom Powder. These basic recipes lay the foundation for many of the fabulous delights in the rest of the book including Eggplant "Ricotta" Stacks, Crab Louie, and Devils on Horseback. There's something for everyone in this cookbook, from small bites like Apple Chips and Kabalagala (Jugandan plantain fritters) to family-sized patties of Coconut Pineapple "Rice" and Siu Yoke (crispy roast pork belly). Crave exotic spices? You won't be able to resist the fragrant aromas of Fast Pho or Mulligatawny Soup. In the mood for down-home comforts? Make some Yankee Pot Roasts or Chicken Nuggets drizzled with Lemon Honey Sauce. When a quick weeknight meal is in order, Nom Nom Paleo can show you how to make Crispy Smashed Chicken or Whole-Roasted Branzino in less than 30 minutes. And for a cold treat on a hot day, nothing beats Paleo-diet-friendly Mocha Popsicles or a two-minute Strawberry Banana Ice Cream. Eating healthy doesn't mean sacrificing flavor. This book gives you "Paleo with personality," and will make you excited to play in the kitchen again.

Delicious and totally compliant recipes to get people through the wildly popular Whole30, and beyond

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 Recipes and Meal Plans I Used to Lose over 100 Pounds Pressure Cooker, and More

Dinner's Done

The 30 Day Whole Foods Meal Prep Cookbook: The Easiest and Fastest Whole Foods Compliant Meal Prep Recipes for Your 30 Day Challenge

Food Freedom Forever

The Whole30 Cookbook

Instant Loss Cookbook

Latin American Paleo Cooking

Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking

Tips, hacks, advice, and inspiration to help you achieve Whole30 success every day of the program The Whole30 Day by Day is the essential companion to the New York Times bestseller The Whole30; a daily handbook to keep you motivated, inspired, accountable, and engaged during your Whole30 journey. It's like having Whole30's own Melissa Hartwig coaching you through the Whole30 one day at a time, sharing a day-by-day timeline, personal motivation, community inspiration, habit hacks, and meal tips. Plus, each day offers guidance for self-reflection, food

journaling, and tracking your non-scale victories to keep your momentum going and help you plan for the days to come. The Whole30 Day by Day also serves as a quick-reference guide for the program: keeping the rules handy, sharing helpful resources, and walking you through the important reintroduction phase, one day at a time. You'll carry it everywhere during the program, using it to stay accountable and motivated during the 30 days, and letting the observations and reflections you record guide your food freedom plan long after your Whole30 is over. All the Paleo Slow Cooker Benefits in Half the Time Favored by home chefs for years, the slow cooker remains a kitchen staple in many homes today-with good reason! Its flexible timing, easy cleanup, and bulk cooking capabilities offer practical solutions to everyday culinary conundrums. Combine these benefits with the healthy principles of a Paleo diet and tasty recipes designed by a top cookbook author, and you have The Complete Paleo Slow Cooker. The Paleo slow cooker recipes in this book offer fresh, creative Paleo slow cooker meals that retain the tenderness and richness of your ingredients-all while yielding leftovers for days to come! The Complete Paleo Slow Cooker offers more than 150 recipes, bringing the slow cooker back to its simple roots while making it more convenient than ever to eat Paleo whenever you choose! Recipes in The Complete Paleo Slow Cooker ... Require less than 20 minutes of active prep time Use easy-to-find Paleo slow cooker ingredients-many of which you may already have Apply the "set and forget" principle-prepare your Paleo slow cooker meal and it's ready 8 to 10 hours later (Bonus: avoid those pesky slow cooking surprises with special labeling for additional prep time) Indicate Lower Sodium (for recipes containing less than 300mg of sodium per serving) or Super Quick Prep (for recipes that require 10 minutes or less of active prep time)

100 Awesome Paleo Recipes to Help Your Kids Eat Well Today and Every Day Transform your family's diet for good with whole-food recipes that appeal to kids' tastes and your nutrition and health goals. Bestselling Paleo cookbook author Jennifer Robins committed to taking her three kids on this journey to a better diet and a better life, and they made it! She knows firsthand that while it may be challenging, the transition is unquestionably worth it. As she transitioned her family's diet, she learned tricks and techniques that will get you over the tough hurdles. Some of her strategies you'll learn about are making healthy ingredients kid friendly with creative and tasty recipes, getting the kids involved in the cooking adventure and being consistent. Invite your kids to join you in the kitchen and have fun making recipes they'll love that are grain-, dairy- and gluten-free, such as: -French Toast Sticks -Pale-O's Cereal -Chicken Nuggets -Pizza Pockets -Animal Crackers -Sweet Potato Bacon Tots -Soft Pretzels -Double Chocolate Layer Cake The Paleo Kids Cookbook is packed with everything you need to give your kids the best gift you can—a lifetime of healthy eating habits and great food.

You knew that slow cookers make delicious soups and stews, but did you know that they also make soft and chewy cookies, gooey bars, fluffy cakes, and moist breads? The beloved Fix-It and Forget-It series has sold nearly eleven million copies, giving home cooks around the world exactly what they crave—recipes for delicious, satisfying meals that anyone can make with simple ingredients and minimal preparation time. Now, New York Times–bestselling author Phyllis Good presents a collection that gives cooks an unexpected treat—fabulous baked goods! Featuring 150 new, mouthwatering recipes—all carefully tested—this will be the go-to book for bake sales, last-minute guests, holiday baking, and everyday treats! Fix-It and Forget-It Baking with Your Slow Cooker is a big, full-color, useful cookbook that, in addition to recipes, offers tips and tricks for baking with your slow cooker, FAQs, suggestions for substituting common allergen ingredients, and more. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to

authors whose work might not otherwise find a home.

150 Slow Cooker Recipes for Breads, Pizza, Cakes, Tarts, Crisps, Bars, Pies, Cupcakes, and More!

Complete Paleo Meals in 45 Minutes Or Less

It Starts with Food

The Simple Paleo Kitchen

True Comfort

Well Fed 2

Whole30 Endorsed: Radiant and Nourishing Recipes to Fuel Your Health Journey

Back Porch Paleo

A New York Times Bestseller! Since 2009, millions of people have transformed their lives with the Whole30. Now, co-creator Melissa Hartwig is making it even easier to achieve Whole30 success with delicious slow cooker recipes that turn ingredients into delicious, hearty meals while you're out and about. This follow-up to the best-selling The Whole30 Cookbook is packed with 150 recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. The Whole30 Slow Cooker features delicious, no-fuss dinners that cook while you work; roasts that transform into tacos, salads, and soups, for easy meals throughout the week; and satisfying one-pot meals that make prep and cleanup a breeze. These creative meals use whole-food ingredients found in any supermarket, and as an added bonus, feature recipes and directions for making your meals Instant Pot-friendly!

Easy-to-prepare, healthful, and delicious recipes for the Whole30 and beyond