

Little Leon: Soups, Salads Snacks: Naturally Fast Recipes

'Breathtaking.' Sunday Times 'Exquisite.' The Times 'Beautiful.' Independent 'Powerful.' New York Times An international bestseller and a modern classic, this suspenseful epic of one family's tragic undoing and their remarkable reconstruction has been read, adored and shared by millions around the world. This story is told by the wife and four daughters of Nathan Price, a fierce, evangelical Baptist who takes his family and mission to the Belgian Congo in 1959. They carry with them everything they believe they will need from home, but soon find that all of it - from garden seeds to Scripture - is calamitously transformed on African soil. What readers are saying "This remains one of the most fascinating books I have ever read." 'I felt every emotion under the sky with this book.' 'Riveting.' 'This novel left a lasting - YEARS LASTING - impression.' 'This is one of those booksthat stands the test of time and is worth rereading.' 'Five epic, no-wonder-this-book-is-so-well-loved stars!'

With more than 100 sweet and savoury bakes, LEON Happy Baking contains recipes for everyone, from the novice cook to the expert baker. Following the LEON principle that what tastes good can also do you good, many of the recipes are sugar-, dairy-, wheat- or gluten-free - so there's plenty to indulge in even if you have a food allergy, an intolerance or an eye on your waistline. New recipes from the LEON menu are combined with favourites from the classic cookbook, LEON Baking & Puddings, now with fresh photography.

One of the first four titles in the exciting new Little Leon series - created with brilliant healthy fast food chain, Leon.

This amazing work, first published in 1909, is divided into five parts. The first is a discussion of ancient beliefs and the unifying truths that are found in all of them. The second concentrates on the basic concepts of spiritism such as the imortality of the soul, the purpose of life, reincarnation, God, and death. The third section explores deeper spiritist concepts such as fluids and magnetism, spiritual phenomena, nature and science, evolution of the spirit, dangers of Spiritism, and charlatanism. The fourth part discusses related topics to the spiritual world such as errant souls, higher life, inferior spirits, providence, free will, and hell. The last section discusses ethical topics such as moral life, faith, consolation, wealth, poverty, and charity.

The Last Kids on Earth: June's Wild Flight

120 Recipes for Colorful, Seasonal Food from PCC Community Markets

Leon Breakfast and Brunch

Happy Leons: Leon Happy Fast Food

Go Dairy Free

The Mexican Home Kitchen

A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen

Among their many pleasures, Donna Leon's Commissario Guido Brunetti novels have long been celebrated for their mouth-watering descriptions of food. Multicourse lunches at home with Paola and the children, snacks grabbed at a bar with a glass of wine or two, a quick sandwich during a busy day, or a working lunch at a neighborhood trattoria in the course of an investigation have all delighted Brunetti, as well as Leon's readers and reviewers. And then there's the coffee, the pastries, the wine, and the grappa. In Brunetti's Cookbook, Donna Leon's best friend and favorite cook brings to life these fabulous Venetian meals. Eggplant crostini, orrechiette with asparagus, pumpkin ravioli, roasted artichokes, baked branzino, pork ragu with porcini these are just a few of the over ninety recipes for antipasti, primi, secondi, and dolci. The recipes are joined by excerpts from the novels, four-color illustrations, and six original essays by Donna Leon on food and life in Venice. Charming, insightful, and full of personality, they are the perfect addition to this long awaited book.

"Amber's beautiful book is bursting with great ideas that make healthy eating a joy-and she's done a great job covering all the bases that, in my experience, teens and kids really want."

-Jamie Oliver Fifteen-year-old Amber Kelley is inspiring a whole new generation of eaters to get in the kitchen and have fun. She is the first winner of Food Network Star Kids, a member of celebrity chef Jamie Oliver's Food Tube family, and the host of her own web series on A href="https://protect-

us.mimecast.com/s/w5AlCVO20OUlgO25cJsi5l?domain=foodnetwork.com"Foodnetwork.com/a and YouTube. Her work has been recognized by First Lady Michelle Obama, and Amber has been featured on national TV networks such as the Disney Channel, E!, and NBC's Today. Now, Amber's 80 most popular and delicious recipes have been hand-picked for her cookbook to empower teens to get in the kitchen. From nourishing breakfasts to start the day right, to school lunches to impress your friends, party ideas for every occasion, and even recipes for the best homemade facial scrubs to fight that dreaded teen acne, Amber shares her secrets for using the power of food to get the best out of her teen years. Includes 45 full-color photographs throughout.

This book contains over 60 recipes, each introduced with an insightful historical story or anecdote, and an accompanying image, spanning such delicacies as aspic, borscht, caviar and herring, by way of bird's milk cake and pelmeni. As the Soviet Union struggled along the path to Communism, food supplies were often sporadic and shortages commonplace. Day to day living was hard, both the authorities and their citizens had to apply every ounce of ingenuity to maximize often inadequate resources. The stories and recipes contained here reflect these turbulent times: from basic subsistence meals consumed by the average citizen (okroshka), to extravagant banquets held by the political elite (suckling pig with buckwheat), and a scattering of classics (beef stroganoff) in between. Illustrated using images sourced from original Soviet recipe books collected by the author. Many of these sometimes extraordinary-looking pictures depicted dishes whose recipes used unobtainable ingredients, placing them firmly in the realm of 'aspirational' fantasy for the average Soviet household. In their content and presentation the pictures themselves act as a window into cuisine of the day, in turn revealing the unique political and social attitudes of the era.

Bring the authentic flavors of Mexico into your kitchen with The Mexican Home Kitchen, featuring 85+ recipes for every meal and occasion.

Good and Cheap

Little Leon: Soups, Salads & Snacks

Little Leon: One Pot

The Longevity Paradox

After Death

Leon Happy Baking

Fun, Fresh Recipes to Get You in the Kitchen

120 simple and delicious recipes in a cookbook that's chock-full of nutritional information and expert advice from Seattle's popular grocer, PCC Community Markets. Eating healthy, local food prepared from scratch is at the heart of this cookbook from PCC Community Markets. Going strong for sixty-five years, they are respected and appreciated throughout the NW for their commitment to local producers, sustainable food practices, and healthful, organic seasonal foods. You will find 120 recipes organized for every meal of the day, including many of PCC's most popular dishes, such as their treasured Emerald City Salad. The book also includes cooking, storing, and shopping tips -everything you need to know to make the most of the local bounty offered in your area, wherever you live.

The workday packed lunch - so often a repetitive and disappointing affair - is easier than you think to get right; it just requires a little forward planning. Throw out the soggy sandwiches and fill your Thermos or lunch box with nutrient-packed goodies that are simple to prepare, delicious - and full of things that are good for you. Contemporary and seasonal recipes are supported by sound nutrition to bring you this hip and easy guide on lunch on the go. While food writer Becky Alexander shows you how to knock up simple and satisfying bites - from vibrant Skip to the Beet Soup to satisfying Good Mood Cookies - nutritionist Michelle Lake will explain how that lunch is doing you good. Chapters include: • Get Up and Go for those breakfasts on the run • Raw Goodness salads • Filling Flasks of satisfying hot food • Fork-free Fare: sandwiches, dips and other cutlery-free eats • Snacks and Bites for the inbetween times and treats By strategic shopping, making things ahead, and using your fridge and freezer craftily, creating exciting and healthy lunches every day becomes almost effortless. Health benefits of particular foods are featured throughout, so you know your blood sugar will be balanced, the nutrition will be packed in and your brain will be kept in top gear. Because work is harder when you're not fully fuelled!

If you can't stand the heat, get into the kitchen! This cookbook helps children learn about making food by themselves--a skill that will last them a lifetime. The recipes in this "no-cook" cookbook will help children to gain independence in the kitchen and understand how to make healthy, yet very tasty meals with simple ingredients and no heat. The No-Cook Cookbook is a photographic cookbook with recipes that kids can make all by themselves. No cooking means that kids can use this recipe ebook to learn the basic skills needed to be successful in the kitchen by themselves. This ebook teaches children how to use tools such as a grater, peeler, and zester safely, and will explain kitchen safety rules. Kids will also find out how to grow their own herbs and vegetables at home, and then use these to prepare delicious meals. Helping young food lovers turn into budding chefs!

This book reviews the research pertaining to nutrient requirements for working in cold or in high-altitude environments and states recommendations regarding the application of this information to military operational rations. It addresses whether, aside from increased energy demands, cold or high-altitude environments elicit an increased demand or requirement for specific nutrients, and whether performance in cold or high-altitude environments can be enhanced by the provision of increased amounts of specific nutrients.

Unlock Every Secret of Cooking Through 500 Amazing Dim Sum Recipes (Dim Sum Cookbook, Vegetarian Dim Sum, Dim Sum Book, Chinese Dim Sum, ...) (Unlock Cooking, Cookbook [#23])

Pasta

CCCP Cook Book

Nutritional Needs in Cold and High-Altitude Environments

Eat Well on \$4/Day

Happy Gut

The Poisonwood Bible

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: •

More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

Read this book for FREE on the Kindle Unlimited NOW ~ BONUS RIGHT AFTER CONCLUSION ACT NOW BEFORE GONE! Welcome to Dim Sum World: Unlock EVERY Secret of Cooking Through 500 AMAZING Dim Sum Recipes (Dim Sum Cookbook, Vegetarian Dim Sum, Dim Sum Book, Chinese Dim Sum,...) (Unlock Cooking, Cookbook [#23]) Top 500 Dim Sum Recipes: 1. (Shio) Salt-broth Chicken Ramen 2. Kabocha Spring Rolls with Cream Cheese 3. Gyoza Dumplings with Wings 4. [Meat-Free] Pan-fried Gyoza with Kiriboshi Daikon 5. 20-Minute Congee 6. A Basic Stir-Fried Bok Choy Recipe 7. A Cheung Fun Recipe (Homemade Rice Noodles), Two Ways 8. A Sweet Potato Tart 9. Absolutely Delicious! Authentic Char Siu 10. Addictive Chicken Wing Gyoza Dumplings 495. Xiaolongbao (Chinese Soup Dumplings) Made From Gyoza Skins 496. Xiaolongbao (Chinese Soup Dumplings) Made with Gyoza Skins in a Frying Pan 497. Xiaolongbao (Chinese Soup Dumplings) 498. Yummy Scallop and Bamboo Shoots Shumai 499. Yummy Yummy Yummy Shumai (Siumai) Dumplings 500. Zongzi Enjoy the very best, Annie Kate - Founder of www.SmallPassion.com Tags: dim sum cookbook, dim sum for everyone, dim sum book, yum yum dim sum, chinese dim sum, dim sum recipes, vegetarian dim sum, easy chinese recipes, easy chinese

cookbook, chinese cookbook for beginners, best chinese cookbook, how to cook chinese food, chinese cooking made easy, healthy chinese recipes, how to cook chinese food

"Whether home is a small apartment, a tiny house or RV, a boat, or a college dorm room, chef Annie Mahle shares her small-space cooking strategies and 50 of her favorite recipes"--

Maya's Secrets

Cooking from Scratch

The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain

Zero Sugar Cookbook

Born to Run

The Tower Garden Thief

The Wrong Twin

More than 200 recipes and 45 full-color photographs celebrate 25 years of good eatin' in this original regional Southern cooking classic. A quarter-century ago, while many were busy embracing the sophisticated techniques and wholesome ingredients of the nouvelle cuisine, one Southern loyalist lovingly gathered more than 200 recipes—collected from West Virginia to Key West—showcasing the time-honored cooking and hospitality traditions of the white trash way. Ernie Mickler's much-imitated sugarnap-pare prose style accompanies delicacies like Tutti's Fancy Fried Porkettes, Mock-Cooter Stew, and Oven-Baked Possum; stalwart sides like Bette's Sister-in-Law's Deep-Fried Eggplant and Cracklin' Corn Pone; waste-not leftover fare like Four-Can Deep Tuna Pie and Day-Old Fried Catfish; and desserts with a heavy dash of Dixie, like Irma Lee Stratton's Don't-Miss Chocolate Dump Cake and Charlotte's Mother's Apple Charlotte.

Fewer ingredients, big-time flavors-that's the magic of Big Little Recipes. Inspired by Food52's award-winning column, this clever cookbook features 60 new recipes that'll deliver wow-worthy results in five, four, three . . . or, yep, even two ingredients. Put down the long grocery lists. Food52's Big Little Recipes is minimalism at its absolute best . . . and most delicious. From chewy-dreamy oatmeal cookies to pasta sauce you'll want by the gallon, this cookbook is action-packed with crowd pleasers, plus smart techniques (and plenty of tricks!)-showing just how much you can accomplish with essentials you can count on one hand. It answers life's important questions, like- Can long-winded classics like chili or eggplant Parmesan work for busy weeknights? Why, yes. Will chicken noodle soup taste, well, chicken noodle-y enough with just two ingredients? Absolutely. Does subbing in olive oil for butter in lemon bars really make a difference? You won't believe your taste buds. With "Big Little Recipes" columnist Emma Laperruque by your side, you'll learn how to make every single step count and every last flavor sing. (She'll even prove that water-yes, water!-can be invaluable in everything from extra-tender meatloaf to veggie burgers.) And in the true spirit of getting the most out of every last bit-there's no shortage of extras, too. You'll find tons of need-to-know tips, mini-recipe spreads, and choose-your-own-adventure charts to give meal-planning a burst of energy. There are shortcuts for days- A fervent case made for simpler (but just as rich!) homemade stock, a loving ode to canned tuna, a very good reason to always have bananas in your freezer, and more. This'll be your new sidekick for every meal-fresh-as-heck salads and brothy comfort foods, brawny meats, briny fishes, and hearty veggie dishes that'll take center stage. Big Little Recipes shows busy home cooks how to turn less into more.

Reproduction of the original: The Wrong Twin by Harry Leon Wilson

A Netflix Original Series! The New York Times, USA Today, and Wall Street Journal bestselling Last Kids on Earth series—now with over 7 million copies in print—presents June Del Toro in her very own adventure! Told from June's point of view—and set between the shattering events of The Midnight Blade and The Skeleton Road—June's Wild Flight brings new characters, high-stakes action, and stunning revelations in an adventure that could only be June's. An essential Last Kids story that readers won't want to miss! The Midnight Blade ended with a shocking twist: a long-missing villain has returned and now has an army of the dead at his command! Jack, June, Quint, and Dirk have battled the worst kind of monsters, zombies, and cosmic servants, but an endless horde of animated skeletons is next-level. While the kids plan their next move, an unexpected threat emerges and June gets separated from her friends, dragged miles away from Wakefield to a town overgrown with monstrous vines and never-before-seen creatures. Drawing on her post-apocalyptic survival and action skills--and with the help of some odd new companions--June attempts to make her way back home. But not before she uncovers critical information about the mysterious "Tower." Information that the future of our world may hinge upon . . . Told in a mixture of text and black-and-white illustration, this is the perfect series for any kid who's ever dreamed of starring in their own comic book or video game.

How to Die Young at a Ripe Old Age

Leon Fast Vegan

Traditional Home-Style Recipes That Capture the Flavors and Memories of Mexico

The Power of Three (Marvel Spidey and His Amazing Friends)

Tower Garden by Juice Plus®+

Brunetti's Cookbook

Naturally fast recipes

Lexi, the talent behind the highly acclaimed recipe blog Lexi's Clean Kitchen, answers the demand for a one-stop cookbook that takes the focus off of the constraints of modern dieting and puts the spotlight back on achieving health and happiness through one simple concept—eating clean. While applying the invaluable principles of gluten-free and Paleo lifestyles, Lexi's Clean Kitchen: 150 Delicious Paleo-Friendly Recipes to Nourish Your Life takes a practical approach to clean eating that won't deprive you of your favorite foods. This cookbook transcends dietary labels—it is for everyone who loves preparing delectable meals that satisfy every palate and craving. Lexi's Clean Kitchen is a complete guide to putting together delicious meals from nutrient-dense whole foods. Lexi's Clean Kitchen is packed with more than 150 nourishing recipes, full-color photos, shopping lists, how-to guides, and simple tips for customizing your clean lifestyle, making each step of the way approachable and, above all, enjoyable! Lexi delivers healthy meals packed with flavor, like Thai Meatballs, Classic Chili, One-Pan Arroz con Pollo, Maple-Glazed Salmon, and Sriracha Lime Chopped Chicken Salad, with healthier options of your favorite indulgent foods, like French Toast Sticks, Perfect Waffles, Birthday Cake, Easy Sandwich Bread, and more.

Little Leon: Soups, Salads & SnacksFast lunches, simple snacks and healthy recipes from Leon RestaurantsHachette UK

From the author of the New York Times bestseller The Plant Paradox comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In The Longevity Paradox, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In The Longevity Paradox, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, The Longevity Paradox offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The Love & Lemons Cookbook features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved Love & Lemons blog has attracted buzz from everyone from bestselling author Heidi Swanson to Saveur Magazine, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, The Love & Lemons Cookbook teaches readers how to make beautiful food with what’s on hand, whether it’s a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, The Love & Lemons Cookbook is a resource that you will use again and again.

Strategies and Recipes for Creating Amazing Meals in Small Spaces

Fast lunches, simple snacks and healthy recipes from Leon Restaurants

Little Leon: Fast Suppers

Food52 Big Little Recipes

White Trash Cooking: 25th Anniversary Edition
An Apple-to-Zucchini Celebration of Impromptu Cooking
Leon

Wholesome, yummy . . . joyously healthy - The Sunday Times
Be pot-prudent with Little Leon: One Pot, the bite-sized collection of healthy and tasty one-pot recipes, from Storecupboard Daube and John's Thai Curry to warming Winter Vegetable Herb Pot Roast and Leon Chilli Con Carne.

A great breakfast or brunch has always been at the heart of the Leon experience and this irresistible compact collection of naturally fast recipes will make your taste buds sing. From a Breakfasty Banana Split and a Mini Knickerbocker Glory to luxurious wheat-free Saturday Pancakes, every day will get off to a fabulously energetic Leon-style start.

Lose up to a pound a day with more than 100 mouthwatering recipes for sugar-free meals, drinks, snacks, and desserts, based on the cravings-busting, fat-melting science from Zero Sugar Diet. With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continued his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explained why you can't lose weight—showing that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even “health” foods. Now, with Zero Sugar Cookbook, Zinczenko shows how you, too, can melt away belly fat, boost your energy levels and metabolism, improve your gut health, and take control of your health. Inside you'll discover: Belly-Filling Breakfasts Enjoy quick and delicious morning meals to supercharge your day. Skinny Soups and Salads Slim down one taste at a time. Indulgent Pizza and Pasta Craft hearty Italian classics made healthier at home. All-American Classics Make your favorite go-to comfort foods—and watch the pounds melt away. 10-Minute Meals Whip up the quickest, easiest, tastiest meals for when you want something satisfying—fast. And Delicious Desserts! Cap your amazing meals with insanely decadent post-dinner delights. “I've lost 15 pounds thanks to Zero Sugar, and my friends and family have all lost weight. Easy and delicious, these recipes really work!”—Barbara Skarf, Southfield, Michigan “I lost 10 pounds and have a flatter tummy! And the best part is, I don't need sugar and I don't crave desserts.”—Lisa Gardner, Elgin, South Carolina “I have type 2 diabetes, and Zero Sugar changed my life!”—David Menkhaus, Liberty Township, Ohio

A dazzling and authoritative look at three decades of Prada's groundbreaking fashion designs through stunning runway photography

Packed

Lunch Hacks to Squeeze More Nutrients Into Your Day

The Love and Lemons Cookbook

The Training of a Forester

Cook with Amber

The Big Book of Vegan Cooking

NO MEAT, ONLY PLANTS A cookbook for vegans and anyone who wants more plants in their life, LEON Fast Vegan is all about delicious food, which just happens to be vegan. Whether you are looking for breakfasts or party food, weekday suppers or ambitious feasts, there is something here for everyone. With 200 recipes, the book is packed with everything from breakfast and brunch dishes to sharing plates and party food, via quick suppers and slow-cooked recipes, and masses of sides and nourishing sides, with a generous serving of desserts, cakes, ices and drinks to round off your meal. As ever, healthy fast food chain LEON takes inspiration from around the world, with recipes for vegan sushi, Mexican tacos, Vietnamese American burgers. The emphasis throughout is on great flavour and keeping things simple.

Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning the secrets of the gut from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success rate in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. Happy Gut takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—and eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at the source, restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved their overall health. Addressing gut issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help with constipation, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.

Bestselling author and sensational food stylist Jennifer Joyce shares quick, delicious, and healthy cooking for busy lives—made easy and fun. Make no mistake, Skinny Meals in Heels is not a diet book. Nor is it a mundane “health” cookbook. It's all about the flavor and all the fun. Picture instead a collection of quick, mouthwatering recipes that happen to be low in fat. It's all about healthy meets delicious, with aromatic herbs, spice pastes, and chillies to flavor dishes instead of butter or oil, and replaces frying. Most of the 130 recipes inside can be made in thirty minutes or under an hour. They vary from skinny snacks, like Oven-Dried Root Vegetable Crisps, to comforting dishes, like Pork Scaloppine with Lemon-Wine Sauce. Sweet and simple, with details on how to make fat-free frozen yogurt and cocoa meringue kisses. Quick, delicious, and healthy is the new cooking mantra. So cook your friends and family a guilt-free, glamorous meal, and don't forget a glass of wine. (P.S.: It's not just for you're wearing heels or slippers.)

Wholesome, yummy.... joyously healthy. - Sunday Times
The Leon motto is 'naturally fast food', and this bite-sized collection is full of ideas for quick-to-table suppers. From Natasha's Chicken Fajitas and Tom's Red Pesto Surprise to the Perfect Steak, each tasty, healthy and fast recipe will take you less than 30 minutes to prepare. Quick desserts such as Henry's Salted Caramel Bananas are also included.

The No-Cook Cookbook

True Stories of Soviet Cuisine

Good Food with Minimal Ingredients and Maximal Flavor [a Cookbook]

The Complete Collections

100 Delightful Latin Dishes for a Healthier You

Naturally Fast Recipes

175 Recipes for a Healthy Vegan Lifestyle

From tasty appetizers to scrumptious desserts, the 100 dishes in this health-conscious cookbook were created by an authoritative team comprised of a TV food show host, a professional chef, and a registered dietitian. Each recipe features tempting Latin flavors and an appealing combination of ingredients and spices, as well as recommendations for the prevention or control of particular diseases and conditions, such as cancer, diabetes, or cardiovascular concerns. Special projects highlight holiday favorites and delicious treats just for kids. Helpful shopping lists of key ingredients to keep in the pantry simplify the process of making wholesome food choices.

'Cook yourself healthy and happy!' - the Sunday Telegraph
From the very beginning, LEON has asked the question: why can't fast food be delicious and good for you? Well, it can - this book is packed with the quickest recipes from around the world that have been given a healthy-but-flavourful LEON spin. From burgers to baguettes, pizza to pasta and wraps to (jack)wings, Leon Happy Fast Food offers 100 recipes organized into five sections: Breads & Buns, Salads, On the Hob, Grilled & Baked, Sides, Sauces & Rubs and Sweets & Shakes.

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!;” and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

Leon restaurants have transformed lunchtime with their many flavourful alternatives to an energy-sapping sandwich. In this adorable gift-sized collection discover Apple's Persian Onion Soup, Laura's Jewelled Salad or Arthur's Favourite Duck & Lettuce Wrap.

Lexi's Clean Kitchen

150 Delicious Paleo-Friendly Recipes to Nourish Your Life

Skinny Meals in Heels

The Spirit and Craft of Italy's Greatest Food, with Recipes [A Cookbook]

Applications for Military Personnel in Field Operations

Soups, Salads & Snacks

Prep-Ahead, Figure-Friendly Dishes for the Busy Home Chef

JAMES BEARD AWARD NOMINEE • A stylish, transporting pasta master class from New York City ' s premier pasta chef, with recipes for 40 handmade pasta shapes and 100 Italian American, regional Italian, and modern dishes IACP AWARD FINALIST • “ Missy Robbins brings her extraordinary knowledge and generous heart to teach us to prepare the pastas that made her restaurants, Lilia and Misi, two of the best in the world. ” —Ina Garten, Barefoot Contessa ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: San Francisco Chronicle, Boston Globe • ONE OF THE BEST COOKBOOKS OF THE YEAR: Minneapolis Star Tribune, Glamour, Food52, Epicurious Food trends come and go, but pasta holds strong year after year. Despite its humble ingredients—made of merely flour and water or flour and eggs—the magic, rituals, and art of pasta making span over five centuries. Two ingredients are turned into hundreds of stuffed, rolled, extruded, dried, stamped, and hand-cut shapes, each with its own unique provenance and enrobed in a favored sauce. New York City chef Missy Robbins fell in love with Italian food and pasta twenty-five years ago. She has been cooking, researching, and studying her way across Italy ever since, which led her to open two of America ' s most renowned pasta restaurants, Lilia and Misi. With illustrated step-by-step recipes for handmaking forty of the most versatile pasta shapes and one hundred recipes for Italian American, regional Italian, and Robbins ' s own best pasta dishes, plus two dozen vegetable sides, this is the hard-working manual for home cooks who aspire to master the art of pasta cooking. Whether making pasta sheets for lasagna or stamping out pasta “ coins ” for Corzetti with Goat Cheese and Asparagus—or even buying handmade pasta to make Tagliatelle with Porcini, Rosemary, and Garlic—Robbins provides all the inspiration, instruction, and encouragement required to make pasta exceptionally well. Evocatively photographed with nearly 100 full-color mouthwatering photos of pasta dishes and twenty images from Italy, this is a richly illustrated ode to the ingredients, recipes, and craft that have made pasta the most popular fare of a beloved cuisine.

Spider-Man swings into action with Gwen Stacy and Miles Morales in this action-packed Little Golden Book based on the new hit pre-school show Marvel's Spider-man And His Amazing Friends! Miles Morales and Gwen Stacy team up with Peter Parker to fight no-good villains as an amazing group of friends who know how to save the day. Based on the hit pre-school animated series Marvel's Spider-man And His Amazing Friends airing on Disney Junior, this Little Golden Book captures the show's fun, action, and life lessons that are just right for little heroes ages 2 to 5 years old. In The Power of Three, Spider-Man and his fellow heroes learn that teamwork is the best way to bring down the bad guys.

Who – or what – would want to steal vegetables? Fifth graders Jasmine and Jesse don ' t know who wants their veggies, but they certainly know why! For the salad contest, of course! It ' s “ the who ” or “ what ” the friends must figure out, and they must be careful about it, or they could get hurt. The friends believe their Tower Garden® salad is going to win, until something or someone begins destroying and stealing from it. Join Jasmine and Jesse during their six weeks of cooking classes as the contest date approaches. Discover the fun the friends have growing food on a tower and the joy of eating “ the fruits of their labor. ” Can you put the clues together about the mystery thief before the two heroes do? This is the second book in the series. The first was The Enchanted Tower Garden. The books encourage children to eat healthy and make wise decisions about food. With water resources shrinking, a Tower Garden® is a great way to act water-wise where space is limited.

The Tiny Kitchen Cookbook

The Ultimate Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living

Dim Sum World

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