

Spiralize Now: 80 Delicious, Healthy Recipes For Your Spiralizer

From Saveur Award-winning Finnish author Virpi Mikkonen and Tuulia Talvio, a gorgeous book of decadent, easy--and healthy!--vegan ice cream recipes Just in time to beat the summer heat, N'ice Cream offers 80 decadent and healthy ice cream recipes made from all-natural, wholesome vegan ingredients like fruits, berries, and plant-based milks and nuts--as the authors say, "no weird stuff." Get ready to have your ice cream and eat it too. Award-winning Finnish author Virpi and coauthor Tuulia show that making your own ice cream can be easy and good for you at the same time. These recipes can be made with or without an ice cream maker, and include foolproof instant ice creams that can be savored right away. As Tuulia and Virpi say, people deserve to eat goodies without feeling crappy afterwards, and now they can; all the recipes are dairy-free, gluten-free, and refined-sugar-free, and many are nut-free and raw as well. These delicious recipes include creamy ice creams, soft serves, and milkshakes; fresh sorbets and popsicles; party fare like ice cream cakes, sauces, and more. Enjoy light, summery treats like Coconut Water Coolers and Apple Avocado Mint Popsicles, or relish more decadent fare like the Dreamy Chocolate Sundae and Mint Chocolate Ice Cream Sandwiches. The book itself is gorgeously designed with mouth-watering photographs. Perfect for those who want to devour summer treats without guilt, N'ice Cream is about to make your summer a whole lot more delicious.

NEW YORK TIMES BESTSELLER • The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, Inspiralized, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

"Since Ali Maffucci first launched Inspiralized, home cooks have been able to turn their favorite high-carb, high-calorie

dishes into clean meals that fit into any diet, from paleo to vegan to gluten-free to raw....Now, with this ultimate guide, she's making it easier than ever for you to spiralize every meal,"--Amazon.com.

We all know there is more to Indian food than just curries; it can also be really healthy, fresh and super delicious. Chetna's Healthy Indian contains home cooking at its best - straightforward methods, very few ingredients, crowd pleasing flavours, nourishment and comfort. It draws upon inspiration from Chetna's family and friends, creating realistic recipes for midweek, after work, busy weekends or when you simply want to look after yourself with wholesome food. You'll find 80 delicious recipes that require minimum time and effort, including Onion & whole spice chicken curry, Tandoori pan-fried sea bream, Paneer & cavalo nero saag and Baked cardamom & pistachio yogurt pots. Inspired by Indian cuisine, Chetna's Healthy Indian is proof that healthy food does not need to be health food, and convenient meals can be good for you, too.

Unicorn Food is the food trend redefining clean eating, with plant-based dishes that are as bewitchingly beautiful and Instagrammable as they are nourishing and delicious. Now, in a kaleidoscope of 75 innovative, naturally colorful recipes, food journalist Kat Odell—author of Day Drinking and entrepreneur behind the alt-milk brand Unicorn Foods—introduces healthy, vibrant dishes that are as fun to eat as they are good for you. The ingredients are all natural and nutrient packed, ranging from fresh fruits and vegetables to superfoods like flax seeds, coconut oil, spirulina, chia, and bee pollen. And the hyper-colorful, creative recipes are perfect for healthy-forward eaters, including gently flavored nut milks, grain bowls loaded with fresh vegetables, probiotic breakfast custards, toasts with slathers and spreads. This is health food filled with joy, and in all the colors of the rainbow: the deep glowing yellow of a Frozen Turmeric Lassi, the greens of Bean Thread Noodle Salad with Miso-Arugula Pesto, the intense oranges and purples of Sweet + Sour Rainbow Radish Tacos, the tie-dye rainbow effect of Pineapple Kimchi Summer Sunset Rolls, and the pastels of Strawberry-Pink Peppercorn "Ice Cream" Sticks. Filled with dazzling full-color photographs, and published in a package as special as the dishes themselves, Unicorn Food is a cookbook of real beauty, in the look, in the recipes, in the spirit of the food itself.

The Plant Paradox Family Cookbook

Raw Food Diet

Quick and Healthy Spiralized

Quick, Healthy & Affordable Recipes

Deliciously healthy home-cooking to share and enjoy

Make an Awesome Month with 30 Best Blender Recipes! (Ninja Blender Cookbook, Blender Drinks Recipe Book, Organic Smoothie Recipe Book, How to Make Smoothies)

Naturally Relieve Anxiety, Combat Insomnia, and Balance Your Brain in Just 14 Days

300 Healthy, Plant-Based Recipes Perfect for Your Baby and Toddler

The instant New York Times and USA Today bestseller Hungry Girl Clean & Hungry: Healthy Recipes for Clean Eating in the Real World Complete with full-color photos of EVERY recipe, Hungry Girl Clean & Hungry combines the best of Hungry Girl with the best of clean eating. The food is still guilt-free, and the portions are still huge...but now Lisa Lillien is highlighting CLEAN ingredients and doing away with artificial and processed foods. This book gives mainstream America delicious, satisfying, and clean recipes, using healthy ingredients found in supermarkets everywhere. The best part? The recipes are so easy, anyone can make 'em! Featuring... 90 vegetarian recipes 108 gluten-free recipes 56 recipes in 30 minutes or less 43 recipes with 5 ingredients or less Recipes like... PB&J Waffles (203 calories) BBQ Meatloaf (196 calories) Hawaiian Shrimp Fried Rice with Pineapple (229 calories) Fudgy Flourless Chocolate Cake (100 calories) Finally... a real-world (and DELICIOUS) approach to clean eating!

Chef Ming Tsai believes that everyday cooking needs to be tasty, healthy, easy to prepare and affordable and this supremely useful cookbook gives you 85 recipes with an Asian influence that perfectly fit the bill. Ingredients are varied and used imaginatively but can still be easily sourced (keeping it tasty), every recipe tracks its salt and fat contents, calories and allergens (with an eye on the healthy), every dish feeds four people as economically as possible (to help save you money), and you'll only ever have to use one pot to prepare it in (beautifully simple). The recipes also come with a drink suggestion and a full-colour photograph to make the preparation even easier.

Eat Your Way to a Healthier, Happier You The key to losing weight is not to deprive yourself until the scale hits a certain number, but to eat properly balanced meals that leave you feeling fuller for longer. Megan Olson, certified nutritionist and founder of the blog Skinny Fitalicious, gets this. In her breakthrough collection, Megan not only shows you how to make delicious breakfasts, lunches, dinners and desserts—all amazingly under 500 calories—but how to cook meals rich in protein, fiber and healthy fats, so you can curb your cravings and effortlessly cut the junk from your diet. These flavorful recipes replace high-calorie ingredients with creative, low-calorie swap outs, such as subbing Greek yogurt for mayo or ground oats for white flour, to naturally (and deliciously!) make each meal leaner. Find healthier ways to enjoy your favorite dishes, with recipes like Chicken Pad Thai, replacing noodles with spiralized sweet potato, or Stuffed Pepper Soup, which ditches the rice and beef for low-calorie cauliflower rice and ground turkey. You ' ll never settle for a bland breakfast again thanks to Megan ' s incredible, low-carb PB&J Doughnuts or Cheesy Tex-Mex Cauliflower Casserole. And if you thought losing weight meant ditching sweets, think again. Enjoy an array of processed sugar-free treats like Tahini, Vanilla and Espresso Chocolate Bites and No-Bake Cookie Dough. Plus each of these incredible recipes is accompanied

with helpful nutritional information so you know exactly what you 're nourishing your body with. With Megan 's wholesome, balanced recipes, you 'll lose weight and build a better relationship with food, all while enjoying delicious, leaner meals. "I LOVE this cookbook. The recipes are super simple and are perfect for an air fryer novice, like myself." -T. Oksman "So many awesome recipes, from breakfast to dinner and in between." -JMcDubs --- Healthier versions of your fried favorites—all under 500 calories! Using an air fryer is fast, convenient—and healthy. You need less oil to cook food and you can use healthier ingredients than traditional fried foods. Registered dietician Dana Angelo White, the nutrition expert for Food Network.com, has developed recipes that have fewer calories and less fat than the same recipes you'd make in a deep fryer. Healthy Air Fryer Cookbook features: 100 recipes for breakfast essentials, healthier mains, lighter sides, wholesome snacks, and (less) sinful desserts Nutrition per serving for calories, carbs, fat, and other nutrients Expert advice from Dana Angelo White on how best to use your air fryer None of the recipes in this book compromise on the flavors you'd expect. And you can still enjoy all your fried favorites—donuts, French fries, and, yes, chicken wings—without feeling guilty. Plus, you can make foods you didn't think an air fryer could make, including steak fajitas, shrimp scampi, and cookies. So equipped with this book, you don't have to let your air fryer continue to sit on your kitchen counter!

Vegetables to the front: We 've flipped the traditional ratio on its head by keeping our protein portions small while making vegetables superabundant. Embrace the fresher side of Instant Pot cooking with satisfying meals and exciting flavors to invigorate weeknight dinner. These wholesome recipes are easy—over half ready in an hour or less—yet are anything but predictable, with options that bring a variety of flavors to the table. Cook a wide range of cuisines and ingredients with meals that will leave you feeling nourished and energized:

- Steam fluffy Persian jeweled rice with pressure-poached chicken for an eye-catching dinner
- Pressure-cook fall-off-the-bone oxtails in an aromatic broth abundant with mustard greens to create authentic Hawaiian Oxtail Soup
- Poach haddock with tomatoes, escarole, and top it with crispy garlic for extra savoriness
- Perfectly sear chicken breasts, then pressure-cook with barley and butternut squash to create a creamy update on risotto
- We indicate calories per serving on each recipe page to help you easily choose dinner for the night.

With newer models coming out every year, it 's more important than ever to understand how your Instant Pot functions. ATK has tested across a range of models to make sure you won 't have to settle for dry proteins or blown-out textures. We show you how to utilize your pot to add that crispy element, such as toasted croutons, garlic chips, and more for meals with varied textures. Plus, our intro chapter teaches you how to best troubleshoot issues to ensure that you 're getting the best out of your Instant Pot.

Everyday family meals effortlessly good for you
Spiralize It!

Energize Your Day with Over 100 Easy, Healthy, and Delicious Meals

Eat Green

SPIRALIZE Now!

Easy Everyday Keto

Green Kitchen at Home

This book will guide you through the endless possibilities with more than 75 quick, healthy and delicious recipes featuring spiralized fruit and vegetables. Recipes are marked with icons indicating gluten-free, dairy-free, vegetarian, vegan, low-carb, low-sodium and/or high-fiber, and all recipes include nutritional information. Also included is a two-page introduction with photos covering the basics of how to spiral fruits and vegetables.

The host of the popular YouTube healthy living and cooking channel HealthNut Nutrition shares 100+ recipes and her secrets to nutritious, quick, and delicious meals. Nikole Goncalves's HealthNut Nutrition brand is all about finding a balanced life that works for you. It's about listening to your body, surrounding yourself with positive sources, and limiting stress while enjoying the foods you love. There's no calorie counting, low fat or sugar free labels on HealthNut recipes; because she uses real, unprocessed foods--it's as simple as that. In The Everyday HealthNut Cookbook, each recipe is made with a combination of plant-based and meat options with easy substitutions for vegan and gluten-free diets. Nearly all of the recipes can be prepared in 30 minutes or less, and the 4-week meal prep guide provides readers with a roadmap for sustaining healthy, time-saving cooking habits. Taking readers through breakfast, nourishing drinks and snacks, salads, plates and bowls, sweets, and HealthNut staples including a wide range of Condiments and Sauces, Herbs and Spices, Nuts and Seeds, Goncalves offers everything any reader may need to incorporate healthy, enjoyable meals into their day-to-day lives. Recipes include: Jalapeno Pumpkin Waffles, Curry Mushroom Spinach Omelet, Blueberry Basil Smoothie, Everyday Nut and Seed Loaf, Grilled Vegetable Salad with Chimichurri, Salmon Burgers with Pineapple Salsa, Spiralized Zucchini Nests with Poached Eggs, Roasted Poblano and Mushroom Fajitas, Bananas foster Caramelized Crepes, Key Lime Pie in a Jar, and more.

‘ Ireland ’ s answer to Deliciously Ella... this girl is going to go far - and we ’ re not going to go hungry ’ – Stellar Magazine The Little Green Spoon includes over 100 gorgeous and healthy everyday recipes that don ’ t compromise on anything, least of all taste! Indy Power aims to make mealtimes as simple as possible, and has marked every dish with vegan, paleo, gluten-free and dairy-free symbols so that you can easily identify the perfect food to suit the way you choose to eat. Her recipes will make you fall in love with healthy food that ’ s easy, accessible and perfect for sharing with family and friends. Transforming how we view healthy food, Indy has created a stunning collection of

nourishing dishes that taste just as amazing as they will make you feel.

Discover your inner salad genie with this creative cookbook. Over 230 recipes, ingredient information, and tips, make this the only cookbook you'll ever need to make innovative, stunning, and satisfying salads. What does salad have the potential to be? An exciting mix of color, crunch, and flavor: Peaches over silken burrata; oil spiced with curry leaves on crunchy carrots flavored with lime and cilantro; Southwest Beef Salad with Cornbread Croutons. Explore the creative possibilities of salads, learn how to build and layer unique flavor combinations and embrace ingredients from barley, octopus, and miso to radicchio, pattypan squash, and pears. These ATK dishes will be the star of the table. Our recipes feature salads like Pea Green Salad with Warm Apricot-Pistachio Vinaigrette and Tomato Salad with Steak Tips as well as Crispy Eggplant Salad, and riffs on classics: Caesar salad with grilled romaine or pasta salad with One-Pot Pasta Salad with Chicken (and tomatoes, olives, pepperoncini, green beans, arugula, feta). Sidebars highlight surprising salad ingredients such as couscous, purslane, curry powder, and radicchio. You'll also acquire ideas and inspiration to assemble your own salads in The Architecture of a Green Salad, with great tips on mixing and matching ingredients, flavors, and textures. The Salad Bar chapter equips you with an assortment of dressings, toppings, infused oils, and spice blends like za'atar. This is the cookbook you pull out when you want inspiration for dinner and a feast for the eyes.

"Elviira shares her trademark delicious and easy recipes in this wonderful book! These healthy keto-friendly recipes will satisfy your taste buds and your desire for simple healthy recipes you can prepare quickly. Low-Sugar So Simple will quickly become a staple in your keto kitchen!" --Maria Emmerich, author of Keto-Adapted and The Ketogenic Cookbook "As a fellow blogger, I'm excited to recommend Elviira's new cookbook to anyone interested in delicious, fuss-free and sugar-free recipes. Elviira's book proves that you can whip up tasty food without having to spend hours in the kitchen. It's an absolute must-have for every busy cook who wants to quit sugar and follow a healthy low-carb diet." --Martina Slajerova, author of the The KetoDiet Cookbook Sugar is quickly becoming the next health epidemic. Numerous studies have confirmed that sugar is a highly addictive substance with catastrophic effects on our health. Research has shown that drinking a can of soda a day increases the risk of a heart attack nearly as much as smoking. Avoiding sugar isn't easy. Sugar lurks in everything from condiments to salad dressing to deli meat. Combine that with the fact that many foods contain things like starches, fillers, and artificial ingredients which act like sugar in the body, and you've got a perfect storm for lifelong sugar addiction and compromised health. Low-Sugar, So Simple shows you how to get sugar off your plate for good. Popular blogger, Elviira Krebber of Low-Carb, So Simple provides 100 low and no sugar recipes for everything from condiments to main dishes to desserts. Learn healthy substitutions for sugar, how to remove stealth sugars, and get the sugar pretenders like starches, fillers, and additives out of your diet for good. Done in the author's trademark approachable style, living the low-sugar lifestyle is

easy with 100 recipes that are delicious, healthy, and easy to prepare.

Recipes to Eat Well and Thrive: A Cookbook

100 Delicious Low-Sugar, Low-Carb, Gluten-Free Recipes for Eating Clean and Living Healthy

Make an Awesome Month with 31 Simple One Pot Recipes! (One Pot Pasta Cookbook, One Pot Dinners, One Pan Recipe Book, One Person Recipes)

Real Food, Real Simple

Hungry Girl Clean & Hungry

80 Quick, Healthy and Affordable Everyday Recipes

Breakfasts, Snacks, Sides, Entrees, Desserts and More

80+ Recipes for Healthy Homemade Vegan Ice Creams: A Cookbook

Reset Your Body with Plant-Powered Eating With this one-of-a-kind guide to plant-based eating, it only takes 28 days to gain a healthier you. Written by Jessica Jones and Wendy Lopez, both registered dietitians/ nutritionists, each and every recipe in this cookbook is both delicious and nutritious. All of the 100 recipes have a healthy balance of carbohydrates, fat and protein and are typically between 300 and 500 calories per meal. This book is perfect for those who want to become more comfortable with preparing vegetarian meals that are not only good for you but taste great too. The beauty of this book is that you can decide how you want to plan your meals for the week, using the recipes and meal plan templates provided. These incredible recipes will leave you feeling nourished and energized, with minimal stress. You won't need an endless amount of ingredients that will break the bank: the motto here is simple, delicious, nutritious and fun! With this cookbook, you will feel healthier while enjoying satisfying plant-powered recipes like Southwest Scramble with Baked Sweet Potato Fries for breakfast and Mushroom Black Bean Enchiladas for lunch. End your day with Butternut Squash Black Bean Burgers for dinner and if you like to munch between meals, there are tasty snacks like Garlic-Roasted Chickpeas, Spicy Dark Chocolate-Covered Almonds or Zucchini Pizza Bites. Let's make this your healthiest year yet!

From the trusted nutritionist behind the bestselling healthy cookbook on meal prep comes The Easy 5-Ingredient Healthy Cookbook--your next course in healthy meals made super simple. Keeping balanced meals on the table can be tough when you're busy. That's why registered dietitian nutritionist and bestselling healthy cookbook author, Toby Amidor, created The Easy 5-Ingredient Healthy Cookbook. With truly simple 5-ingredient recipes--many of which are ready to eat in 30 minutes or require just one cooking vessel--The Easy 5-Ingredient Healthy Cookbook is your solution to eating healthy on a hectic schedule. Your complete healthy cookbook for hassle-free, nutritious meals, The Easy 5-Ingredient Healthy Cookbook contains: 150 no-fuss recipes using only 5 easy-to-find main ingredients per meal Quick, no-mess meals requiring only 30-minutes to make or one-pot Healthy cooking bonus tips including meal planning guidelines and grocery shopping advice that are unique to this healthy cookbook A healthy cookbook with a simple solution to nutritious meals--The Easy 5-Ingredient Healthy

Cookbook helps you eat well even when you're busy.

Touch the HAPPINESS in FAMILY'S MEAL with 31 One-Pot Meal Recipes! Today's Special Price! SALE! 80% OFF 5.99 0.99 Read this book for FREE on the Kindle Unlimited NOW ~ DOWNLOAD FREE eBook (PDF) included ILLUSTRATIONS of 31 recipes right after conclusion! If someone asks us a question "Why should we cook at home instead of eating outside", the answer can be varied, but all of them are around the meaning of family meals. However, people are always busy with their own work. So, getting a meal with all members of the family gradually also become difficult. But, dear friends, do not ever skip it when you still can spend time with your family, your loved ones! With the desire that people will not accidentally drop family meals in this busy life, nor lose the opportunity to be with the people we love, I wrote the series "Everyday Cooking Diary". You are having on your hand the book "Dear, One-Pot Meal Diary Volume 1" with the parts listed below: Welcome To Gift Boxes of PuPaDo Cooking Family Part 1: Bring Your Family Closer Together With Homemade Meal! Why not? Part 2: 31 Awesome One-Pot Meal Recipes The book "Dear, One-Pot Meal Diary Volume 1" is not the common cookbook, it is a small cooking diary! Let me tell you a bit in order that you can know more about my books. From the fact that I often write diaries to save every moment in life, especially whenever I walk into the kitchen, I make the series "Dear, Diary"! You are holding your hand the book "Dear, One-Pot Diary Volume 1" in the series. I firmly believe that each dish always has an interesting story around it to save. So, with the book, you not only own 31 recipes for a full month but also create your own cookbook by noting some experiences after your "experiments" in the kitchen or writing the memorable stories of the dish you made, noting your favorite quotes, creating everything you like in this book. I strongly believe that "Dear, One-Pot Meal Diary Volume 1" will make you feel so excited and save your interesting stories. It is exactly your small cooking diary, right? Hopefully, I would see you again in the kitchen more time later on. And I also hope "Dear, One-Pot Meal Diary Volume 1" would always be your friend in your little kitchen! You also see more cooking diaries in the series "Everyday Cooking Diary" such as: Blender Diary Microwave Diary Spiralizer Diary Wok Diary Pressure Cooker Diary ... Purchase the Print Edition & RECEIVE a digital copy FREE via Kindle MatchBook If you have time, let's leave some lines about yourself, or share your interesting stories, delicious dishes and memorable moments with us in the comments! Enjoy the book. PuPaDo Cooking Family. Tag: one pot cookbook, one pot recipe book, one-pot recipes, one pot cooking, one pot book, easy one pot cookbook, one pot healthy cookbook, one pot meal cookbook, one pot pressure cooker cookbook, one pot vegetarian cookbook, one pot pressure cooker book, one pot keto recipes, one pot cookbook for two, crock pot recipes for one, one pot meal cookbook

Inside these pages, you'll discover 80 inspiring recipes for the spiralizer. With this innovative and easy-to-use tool, create delicious, attractive, nutrient-packed spirals and ribbons of fruit and vegetables. Transform your home cooking with low-calorie "pasta" and "noodles" and much more made from fresh ingredients.

Create delicious, plant-based soups any night of the week with Awesome Vegan Soups. Without processed flours or sugars, these stews, broths, chilis, chilled and raw soups are effortless to throw together on the stovetop and make enjoyably filling

meals for the whole family. Vanessa Croessmann shows readers how to create beautifully balanced flavors that highlight a variety of textures (broths, creamy and chunky), styles (stews, chilis, chowders, gazpacho, curries, pho, goulash and raw) and seasonal produce. The 80 recipes feature warm soups for fall and winter like Mushroom Quinoa Chili, Chipotle Pumpkin Soup with Apple and Cauliflower Tikka Masala Soup. Cooling soups for spring and summer include Creamy Horseradish Parsley Soup, Celeriac Arugula Soup with Coconut Cream and Crispy Chickpeas and Chilled Creamy Borscht. Packed with fresh produce, healthy grains and fantastic flavors, these meat and dairy-free soups are perfect for dinner, and make convenient and affordable next-day lunches for everyone.

Quick & Healthy Spiralized

Light on Calories, Big on Flavor

The Little Green Spoon

The Low-Calorie Cookbook

Dear, Blender Diary

28-Day Plant-Powered Health Reboot

The Paleo Sheet Pan Cookbook

Pasta Reinvented

Baby food finally goes plant-based in this cookbook featuring 300 easy, delicious recipes that any parent can make to ensure their babies and toddlers get all the nutrients they need...without any of the ingredients they don't. Every parent wants to make sure their baby is eating the freshest, healthiest food possible, whether their baby is eating mashes and purees or simple finger foods. The Big Book of Plant-Based Baby Food makes preparing baby food easier than ever with these 300 simple, plant-forward recipes that give your children the nutrients they need, all while being delicious to eat! Focused entirely on whole, natural foods from plant-based sources, this book includes recipes like: -Basic baby-approved purees that feature a wide range of fruits and veggies, from the simplest applesauce to a tasty garden vegetable and lentil mash -Functional snacks like teething biscuits for babies to chew or homemade puffed treats that toddlers will love to pick up for improved motor skills -And finger foods that sound so delicious you'll want to try them yourself, like sweet potato fries, strawberry raspberry muffins, and whole wheat mac 'n' cheese These easy, appetizing recipes will ensure that your kids are getting all the nutrients they need with ingredients you love!

Are you anxious, frazzled, exhausted? Do you find yourself constantly worrying? Do you feel like you're "running on empty"? Do you have trouble sleeping? Like millions of people living today, your brain has become drained. These days, it seems like everything in our day-to-day lives—from our increasingly unpredictable world, the smart phones we can't stop using, to the processed foods we eat all day long, to the many hours we spend at our jobs—is setting us up to feel drained. The short-term effects of becoming drained are uncomfortable, but the long-term effects can be life-threatening. Left untreated, it can quadruple your risk of high blood pressure—the #1 cause of preventable death. Finding natural solutions to anxiety and

insomnia is becoming increasingly vital as sleeping pills, antianxiety medications, and hospitalizations have seen a dramatic spike recently. More and more people are desperate to heal their drained brains. In his latest book, Dr. Mike Dow offers a 2-week plan designed to help you naturally balance your brain. He explains what drains modern brains, which groups are wired for it, and provides clinically proven tools to help you feel less drained. Dr. Mike offers nutritional tips, recipes, cognitive behavioral tools, supplements, breathing techniques, self-hypnosis, and mindfulness. Stress hormones like cortisol and adrenaline go down as feel-good neurotransmitters like GABA and serotonin rise. "When you balance your brain, you experience countless rewards. You have more energy. You feel like yourself again. You sleep more soundly and wake up looking forward to the day ahead. . . . I can't wait for you to become the best version of yourself, and I look forward to the life you will create when you are no longer drained." — Dr. Mike Dow

Bold Korean Flavors Without the Guilt Enjoy healthier versions of all your Korean favorites with Jean Choi's innovative spin on her family's traditional recipes. Jean—a certified Nutritional Therapy Practitioner and the founder of What Great Grandma Ate—shares "Paleo-fied" versions of authentic meals from her family's cookbook. These include gluten-, dairy- and grain-free takes on classic Korean dishes like Bibimbap (a savory steamed rice and marinated vegetable dish), Bulgogi (tender barbequed beef), Quick Kimchi (a traditional spiced-vegetable side), plus so much more. Whether you're on a strict Paleo diet or simply searching for a way to make your typical takeout order healthier and at home, this book ensures that your Korean cravings will never go unsatisfied again.

From the New York Times bestselling author of The Plant Paradox comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of The Plant Paradox in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In The Plant Paradox Family Cookbook, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, The Plant Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.

*Touch the HAPPINESS in FAMILY'S MEAL with 30 Blender Recipes! Today's Special Price! SALE! 80% OFF 5.99 0.99 Read this book for FREE on the Kindle Unlimited NOW ~ DOWNLOAD FREE eBook (PDF) included ILLUSTRATIONS of 30 recipes right after conclusion! If someone asks us a question "Why should we cook at home instead of eating outside", the answer can be varied, but all of them are around the meaning of family meals. However, people are always busy with their own work. So, getting a meal with all members of the family gradually also become difficult. But, dear friends, do not ever skip it when you still can spend time with your family, your loved ones! With the desire that people will not accidentally drop family meals in this busy life, nor lose the opportunity to be with the people we love, I wrote the series "Everyday Cooking Diary". You are having on your hand the book "Dear, Blender Diary: Make An Awesome Month With 30 Best Blender Recipes! (Ninja Blender Cookbook, Blender Drinks Recipe Book, Organic Smoothie Recipe Book, How To Make Smoothies) [Volume 1]" with the parts listed below: Welcome To Gift Boxes of PuPaDo Cooking Family Part 1: Bring Your Family Closer Together With Homemade Meal! Why not? Part 2: 30 Awesome Blender Recipes The book "Dear, Blender Diary Volume 1" is not the common cookbook, it is a small cooking diary! Let me tell you a bit in order that you can know more about my books. From the fact that I often write diaries to save every moment in life, especially whenever I walk into the kitchen, I make the series "Dear, Diary"! You are holding your hand the book "Dear, Blender Diary Volume 1" in the series. I firmly believe that each dish always has an interesting story around it to save. So, with the book, you not only own 30 recipes for a full month but also create your own cookbook by noting some experiences after your "experiments" in the kitchen or writing the memorable stories of the dish you made, noting your favorite quotes, creating everything you like in this book. I strongly believe that "Dear, Blender Diary Volume 1" will make you feel so excited and save your interesting stories. It is exactly your small cooking diary, right? Hopefully, I would see you again in the kitchen more time later on. And I also hope "Dear, Blender Diary Volume 1" would always be your friend in your little kitchen! You also see more cooking diaries in the series "Everyday Cooking Diary" such as: Blender Diary Microwave Diary Spiralizer Diary Wok Diary Pressure Cooker Diary ... Purchase the Print Edition & RECEIVE a digital copy FREE via Kindle MatchBook If you have time, let's leave some lines about yourself, or share your interesting stories, delicious dishes and memorable moments with us in the comments! Enjoy the book. PuPaDo Cooking Family. Tag: blender cookbook, ninja blender cookbook, blender book, blender recipes, ninja blender book, hand blender cookbook, immersion blender book, healthy smoothie recipe book
Reset Your Body, Lose Weight, Gain Energy & Feel Great
A Fresh Guide to 200+ Vibrant Dishes Using Greens, Vegetables, Grains, Proteins, and More
80 Bold-Flavored, Gluten- and Grain-Free Recipes
Healthy Air Fryer Cookbook
150 Best Spiralizer Recipes
Inspired meals with a world of flavor
Delicious Flexitarian Recipes for Planet-Friendly Eating
Creative Spiralizer Recipes for Every Type of Eater*

The only pasta and noodle cookbook focused on healthy alternatives to wheat-based pasta-often gluten-free-and offering recipes for making pasta doughs from scratch, as well as sauces and dishes to enjoy. Discover a world beyond traditional wheat-based pasta, and enjoy nutrient-packed alternative pastas made from a variety of grains, beans, nuts, and spiralized produce with Pasta Reinvented. Prepare dishes that will highlight-not hide-the flavors of your chickpea pasta, almond flour pappardelle, or shirataki noodles. Learn how to make and shape your own pasta doughs made from alternative flours, or buy ready-made, then exploit their unique flavours with recipes for interesting new taste pairings. Eighty protein- and fiber-packed recipes-many gluten free and vegetarian-offer you a new generation of dishes to go with the latest evolution of pasta and noodles.

SPIRALIZE Now!80 Delicious, Healthy Recipes for Your SpiralizerSimon and Schuster

You bought a spiralizer; now what do you do with it? This book will guide you through the endless possibilities with more than 80 quick, healthy, and delicious recipes featuring spiralized fruit and vegetables. Chapters include: Breakfast, Appetizers and Snacks, Salads, Soups, Main Dishes, Noodles and Zoodles (zucchini noodles), Sides, and Desserts. Recipes are marked with icons indicating gluten-free, dairy-free, vegetarian, vegan, low-carb, low-sodium, and/or high-fiber, and all recipes include nutritional information. Also included is a two-page introduction with photos covering the basics of how to spiral fruits and vegetables. Each recipe is accompanied by a color photo.

'A delicious and much-needed nudge towards a healthier and more sustainable kitchen' Hugh Fearnley-Whittingstall 'More than a recipe book, this is a guide for how to shop and eat now!' Skye Gyngell Foreword by Guy Singh-Watson, farmer and founder of Riverford. Bestselling author and home cook, Melissa Hemsley gives you over 100 recipes that focus on UK-grown, easy-to-buy ingredients, cutting down on food waste and putting flavour first. Eat Green is a helping hand towards eating a lot more vegetables in a way everyone can enjoy together. These veg-packed and veg-centric recipes are easy to make and perfect for the whole family. Chapters include: One Pot and One Tray; Cook Now, Eat Later; Family Favourites; and 30 Minutes or Less. Simple swaps mean that meat and fish can be added in or taken away, so everyone can enjoy a delicious meal, whether they are vegan, vegetarian, enjoying a meat-free Monday or something in between. Melissa's down-to-earth approach to joyful eating encourages us to cook healthy food from scratch while being mindful of life's pressures and time constraints. Eat Green includes plenty of: - easy swaps to use up food you have to hand and reinvent your leftovers - batch cooking advice and meals to stock up your freezer - quick 30-minute midweek dinners and one-pot meals - make-ahead packed lunches for work or weekend trips - family-friendly dishes and healthy spins on comfort food favourites - ideas for using up odds and ends that you might usually throw away Eat Green celebrates the pleasure of really good food anyone can cook and everyone can savour.

In Green Kitchen at Home, bestselling authors David Frenkiel and Luise Vindahl share over 100 vegetarian recipes for the family favourites which feature in their own kitchen every day of the week. From quick, delicious weekday breakfasts and dinners, to

more elaborate meals for weekend celebrations, this is food that will make you look and feel great. Recipes are smartly composed so they are easy to make, featuring prep and cook times as well as helpful tips along the way. Start with the staples such as Big-batch Tomato Sauce, Rice Crêpe Batter and Lazy Lentils and you'll have the building blocks for some standout meals throughout the week. The weekend recipes take a little more time to prepare but are delightfully uncomplicated: from Cauli Fish and Chips, their fun, vegetarian take on fish and chips, to a comforting Lemon Ricotta Lasagne and light yet indulgent Va-va-voom Doughnuts, they are most definitely worth the effort. With stunning photography and food styling, as well as charming personal anecdotes, Green Kitchen at Home sets a new standard in modern and inspiring vegetarian and gluten-free recipes. This is a cookbook you will refer to time and time again.

Korean Paleo

100 Great Recipes with Fewer Calories and Less Fat

Inspiralized

80 Easy, Affordable Whole Food Stews, Chilis and Chowders for Good Health

80 Delicious, Healthy Recipes for Your Spiralizer

N'ice Cream

60 No-Fuss Recipes with Maximum Flavor and Minimal Cleanup

The Big Book of Plant-Based Baby Food

The One-Pan Solution to Making Healthy Paleo Meals Every Day Get nutritious Paleo meals on the table faster and easier than ever before with these fantastic sheet pan recipes. Jennifer Bumb of Pretend It's a Donut shares a diverse array of hands-off choices, from breakfasts to main meals to sides and desserts, that all cook on one pan—all you need to do is pop it in the oven! Spice up your weeknight with suppers full of healthy fats, lean proteins and hearty vegetables like Fajita Meatballs with Squash and Cilantro-Lime Dressing, Mediterranean Pizza and Apple-Dijon Stuffed Pork Loin. Have breakfast ready in a flash with filling Paleo dishes like Tomato-Basil-Bacon Frittata and Heavenly Blueberry Pancakes, which are perfect for busy mornings. And don't forget to try crowd-pleasing sides like Broccoli Tater Tots and Spicy Crispy Green Beans with Pancetta. Because everything fits on a sheet pan, these set-it-and-forget-it meals will have you out of the kitchen and back about your day in no time. Whether you're new to Paleo, a longtime devotee or simply trying to incorporate healthier choices into your weekly meal rotation, The Paleo Sheet Pan Cookbook is the solution your busy lifestyle needs.

Satisfying and Nutritious Meals without the Hassle Real Food, Real Simple makes preparing whole, nutrient-dense foods as easy as one, two, three, four, five with delicious recipes that are gluten-free, Paleo-friendly and exceptionally healthy. Taylor Riggs, Registered Dietitian Nutritionist and founder of

Simply Taylor, shares 80 incredible recipes that encompass her healthy lifestyle manifesto in five steps or less. Her recipes showcase complex and intriguing flavors but are surprisingly easy to make. They include: • Asian Chicken Lettuce Wraps • Balsamic Date and Prosciutto Pizza with Goat Cheese and Arugula • Rich Chocolate Ramekin Cakes • Coconut Crêpes Two Ways • Hawaiian Beef Burgers with Pineapple and Avocado • Game Day Bison and Sweet Potato Chili With Mornings Over Easy, Effortless Entrées and everything in between, you'll have delicious and creative dishes to fuel your body and entice your taste buds with little-to-no effort.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

The Best Raw Food Recipes to Help You Look and Feel Amazing (even if you're not fully raw) Do you LOVE eating and hate calorie counting? What if I told you that you can lose weight, increase your energy levels and improve your overall health without having to eat less? It's as simple as enriching your diet with fresh, raw foods (and you don't have to be perfect!). Focus on ABUNDANCE. Health does not have to be complicated! Raw food lifestyle is very flexible. It means that it doesn't matter if you are vegan, vegetarian, paleo, alkaline, gluten-free, or you don't follow anything at all. You can always add more raw foods into your existing diet to enjoy all the benefits (natural weight loss, healthy looking skin, unstoppable energy) you deserve. The good news is - you do not need to spend hundreds of dollars on expensive superfood fads or herbs from the other side of the world... The solution is just in front of you and it's not about following some crazy and restrictive fruit cult diet... Here's exactly what you will learn with Raw Food Diet: Exciting raw salads, soups and creams Vegan Alkaline (raw) treats and desserts Super tasty salad dressings and salsas so that you never feel bored with raw food The best

healing herbs to help you transform (and make your healthy food taste better than "normal food"). How to combine raw food with cooked food (so that you can still keep it healthy but never get bored) The most effective healing smoothies (they are so rich in nutrients that even if you have only 1 day, you will be able to level up your energy!) It's up to you if you want to go raw full-time or part-time because the raw lifestyle is very flexible. You will also discover the best raw food recipes to: Improve your digestion Sleep better Mesmerize people with your healthy-looking skin and hair Supercharge your immune system and feel energized so that you spend less time sick and more time doing things you love Ready to take revolutionize your health on a deeper level? Grab your copy today and help your body and mind feel great again! Join thousands of others in our flexible raw alkaline community and start transforming your body with the most delicious raw food recipes.

Offers tasty, healthy recipes all using the spiralizer, a tool that turns fruit and vegetables into noodles, including Jicama Shoestring Fries, Sweet Potato Fried Rice and Zucchini Linguine with Garlic Clam Sauce. Original.

Awesome Vegan Soups

The Healthnut Cookbook

Healthy and Delicious Instant Pot

Low Sugar, So Simple

Heal Your Drained Brain

Easy All-Natural Recipes for Healthy Eating in the Real World

80 One-Pot Recipes to Nourish Your Family Using Your Instant Pot, Slow Cooker, or Sheet Pan

80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less

A spiralizer is the perfect way to get more vegetables into your diet!

America's Test Kitchen raises the bar on keto cooking with dishes that offer fantastic flavor, efficiency, and ease. Break free from the monotonous or time-consuming recipes that too often make up the reality of a keto diet and discover easier, naturally keto dishes that deliver inspiration, variety, and great taste--all while perfectly meeting your macros. In this meticulously tested, must-have collection we set our sights on regular meals anyone would enjoy, skipping the gimmicky ideas and seeking nourishing healthy fats and low-carb vegetables in recipes such as Lemon-Thyme Pork Tenderloin with Green Beans, Grilled Chicken Thighs with Shaved Zucchini Salad, One-Pan Steak Fajitas, Kimchi Beef Meatball Soup, and Green Shakshuka. Essential keto-friendly comfort foods help satisfy cravings with all-purpose keto wraps, pancakes, and simple sweets and

snacks. Our recipes keep mealtime easy but interesting (most recipes take less than an hour), with plenty of variations to change up the routine (try making Butter-Basted Rib-eye Steak using Coffee-Chile Butter). Since eating outside the house is challenging, our Keto Meal Prep feature highlights the best make-and-take recipes--so you can skip that packaged snack bar and enjoy a bite of something homemade. A Keto essentials section and weekly meal plans will help to organize your shopping list, and healthy tips from our nutritionist make your goals achievable.

Discover how simple and delicious eating well can be. Jasmine and Melissa Hemsley are revolutionizing how we eat. Experts on wholesome, nutritious cooking and living a healthy, fashionable lifestyle, the sisters teach people how to enjoy real food to feel happier and more energized. Their simple philosophy of eliminating gluten, grains, and refined sugars, while focusing on maximizing nutrition has revolutionized the way people think of "diet." And, the best part is, preparing such meals is easy and fun. Good + Simple has 140 beautiful recipes that are so tasty you'll forget that they're designed with nourishment in mind. Dishes such as Roasted Squash Soup with Coriander Pesto, Green Goddess Noodle Salad, Cauliflower Rice 3 Ways, Roasted Chicken Thighs with Watercress Salsa Verde, Shrimp and Arugula with Zucchini Noodles, and Cannellini Vanilla Sponge Cake with Chocolate Avocado Frosting are packed with healthful, whole ingredients and taste wonderful. Also included is lots of helpful information from the sisters on making first steps and maintaining a healthy lifestyle; you'll find an at-a-glance guide to their principles of eating well, ten recipes to get you started, basic pantry ingredients to have on-hand, their signature bone both recipe, and much more. With 140 vibrant photographs, tips on transforming leftovers, stocking your fridge and freezer, meals on the run, advice on mindful eating, and a one-week body reset plan, as well as two weekly meal plans, Good + Simple is the perfect book for any home cook who loves food and wants to eat well every day.

Chef Ming Tsai believes that everyday cooking needs to be tasty, healthy, easy to prepare and affordable and this groundbreaking cookbook gives you 85 recipes with an Asian influence that perfectly fit the bill.

This delicious collection of recipes is the answer to that harassed everyday question: 'What's for dinner?' Simple Asian Kitchen is filled with QR codes which link each recipe to a video of Ming teaching you how to prepare the dish. Packed full of no-fuss, delicious recipes with an ingenious East-West twist that can be made in 30 minutes or less with easy-to source ingredients, this book delivers every time - Grilled Miso-Glazed Salmon with Lime-Cucumber Orzo; Garlic Chicken Satays with Basil Purée; Honey Crab Wontons. Ming Tsai's approach is simple. His appetite for food and life is infectious and he shares all his know-how in every recipe, both within the pages of this book and in the accompanying videos. Simply scan the QR code and it will lead you straight to a how-to vodcast of Ming cooking the recipe from start to finish, as well as a shopping list that can be downloaded straight to a mobile device.

Beautiful Plant-Based Recipes to Nurture Your Inner Magical Beast

Delicious Raw Food Diet Tips & Recipes to Revolutionize Your Health and (if Desired)

Start Losing Weight

Healthy Kitchen-Perfect Recipes

Dear, One Pot Meal Diary

The Easy 5-Ingredient Healthy Cookbook: Simple Recipes to Make Healthy Eating Delicious

Chetna's Healthy Indian

80 Recipes to Watch, Learn, Cook & Enjoy

Quick and Healthy Food for Every Day

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

Good and Simple

Simply Ming One Pot Meals

Simply Ming in Your Kitchen

Turn Vegetables into Healthy, Creative, Satisfying Meals: A Cookbook

Turn Vegetables Into Healthy, Creative, Satisfying Meals

Inspiralize Everything

The Skinnytaste Cookbook

Healthy, Satisfying Meals with 500 Calories or Less