

Read PDF Power Bowls All You Need In One Healthy Bowl

Power Bowls All You Need In One Healthy Bowl

Fancy minimising your meat intake this New Years but don't know where to begin? Modern Flexitarian has got you covered! Ethical meals and sustainable living have become hot topics in our modern day society, but transitioning into the leafy lifestyle can prove challenging. That's why you need ideas and recipes to ease the transition! Modern Flexitarian is filled with meat-free recipes, dairy-free meals, and healthy cooking ideas with a twist. Each page features

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sustainable meals with suggestions on how to include meat, dairy, eggs, or fish. Dive straight in to discover: -Over 100 easy-to-prepare, flexible vegetarian or vegan recipes -Every dish is complemented with full-colour photographs -Featuring recipes for every meal type for the whole family to enjoy This flexitarian diet book will encourage you to eat plants while moderating your meat consumption, proving to be a wonderful resource for healthy cooking ideas that will inspire you to make more socially responsible meal choices. We understand that giving up meat or

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animal-related products can be difficult, that's why this part-time vegetarian cookbook eases the transition and will inspire you to create the most delicious meat-free meals. Jam-packed with tips and tricks on how to get started, sound advice on getting the right nutrients, and a sample weekly menu. Featuring a diverse range of options to choose from, you'll be able to satisfy your cravings whilst reducing your impact on the environment and improving your gut health as you go! At DK we believe in the power of discovery. So why not explore this beautifully

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illustrated recipe book, and discover how to improve your health and wellbeing with the power of a plant-based diet! Proving the perfect gift for the plant-based foodie in your life or anyone looking to experiment with flexible vegan cooking for the first time.

For readers of *Behind the Beautiful Forevers* and *Nothing to Envy*, this is a breathtaking real-life story of four street children in contemporary Zambia whose lives are drawn together and forever altered by the mysterious murder of a fellow street child. Based on years of investigative reporting and unprecedented

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fieldwork, *Walking the Bowl* immerses readers in the daily lives of four unforgettable characters: Lusabilo, a determined waste picker; Kapula, a burned-out brothel worker; Moonga, a former rock crusher turned beggar; and Timo, an ambitious gang leader. These children navigate the violent and poverty-stricken underworld of Lusaka, one of Africa's fastest growing cities. When the dead body of a ten-year-old boy is discovered under a heap of garbage in Lusaka's largest landfill, a murder investigation quickly heats up due to the influence of the victim's mother and her

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far-reaching political connections. The children's lives become more closely intertwined as each child engages in a desperate bid for survival against forces they could never have imagined. Gripping and fast-paced, the book exposes the perilous aspects of street life through the eyes of the children who survive, endure and dream there, and what emerges is an ultimately hopeful story about human kindness and how one small good deed, passed on to others, can make a difference in the face of seemingly insurmountable odds.

Power up with these 100

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delicious, perfectly balanced meals in a bowl--all designed to deliver a targeted blast of energy that will sustain you throughout the day. Packed with recipes for all-in-one meals, Power Bowls offers easy-to-make, easy-to-serve dishes containing only the most wholesome ingredients. From nutty quinoa porridge for breakfast to Thai green cashew chicken, all these bowls showcase whole grains, vegetables, fruits, nuts, seeds, high-quality proteins, healthy fats, and natural, unrefined sugars. So whether you're energizing with a carrot cake protein smoothie bowl, lunching on a

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coconut and lemongrass veggie rice bowl, dining on a Nioise kale and salmon bowl, or treating yourself to a yummy rich cocoa chia smoothie bowl, you know you'll be doing your body good!

100 dependable recipes including no-fuss weeknight dinners plus leisurely weekend meals to look forward to, from the bestselling author of *Once Upon a Chef*. Years before she started her popular *Once Upon a Chef* blog, back when she became a new mom, Jennifer Segal kept a recipe binder divided into two sections- Weeknight and Weekend. This is how she

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thought about what to cook for dinner, and, fifteen years later, it still is. In this versatile collection, you'll find seventy recipes for fast and easy weeknight meals, like Sesame-Ginger Meatballs and Pecorino-Crusted Chicken with Rosemary, and thirty recipes for slow, soothing weekend cooking, whether that's company-friendly Sear-Roasted Beef Tenderloin with Horseradish Cream Sauce or lazy Sunday morning Popovers with Salted Maple Butter. You'll also find Jenn's favorite desserts, like Cherry Ricotta Cake and Triple Chocolate Cheesecake, that are easy enough for the

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weeknight rush and luscious enough for weekend rest and celebration. Featuring seventy all-new dishes plus thirty fan favorites from her popular blog, *Once Upon a Chef*, each recipe is tested and retested multiple times in Jenn's home kitchen to ensure they are reliable, delicious, and sure to please every night of the week.

The 3-Hour Diet (TM)

A Couple Cooks - Pretty Simple Cooking

Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half: A Cookbook

Bowls of Goodness: Vibrant Vegetarian Recipes Full of

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Nourishment

Plant Power Bowls

Nourish Bowls

A Fresh, Fuss-Free Approach
to Healthy Cooking

Easy, Nutritious, Low-Carb,
High-Fat Meals for Busy
People

A healthy, customizable way to cook every day with 75 complete bowl recipes and mix-and-match bases, toppings, and sauces Want to cook healthier low-stress dinners, improve your lunch game, and find meals that can be prepped mostly in advance? Bowls are for you! The beauty of building a meal in a bowl is its versatility, and this book helps you compose 75 interesting bowls that incorporate a multitude of flavors and textures, from a Harvest Bowl to a Pork Mojo Quinoa Bowl, all while

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streamlining prep work to keep them casual and fun. Where to start?

Choose your base--we've got chapters based on grains, noodles, greens, and broths--and then peruse options as diverse as Seared Tuna Poke Bowl, Green Fried Rice Bowl, Indian-Spiced Chicken Zoodle Bowl, and Vietnamese Beef Pho.

Components within recipes are frequently interchangeable, so if you've got pre-cooked grains on hand, or a rotisserie chicken, you can easily swap these foods in. (Lunch tip: Most bowl components can also be made the day before and transported.) Feel like improvising? Turn to our Bowl Basics section which offers 100 components, from Quinoa Pilaf to Quick Pickled Carrot Ribbons. Our vibrant Beet Tzatziki sauce or crunchy Savory Seed Brittle

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might be just the ticket to transform your bowl improvisation into something special, and everything can be made in advance and stored. Looking to eat vegetarian, vegan, or gluten-free? You'll find plenty of options here, plus full nutritional information for every recipe.

The first cookbook from YouTube cooking show superstar Sara Lynn Cauchon, aka The Domestic Geek *Eat Your Way to Health with 75 Quick and Easy and Gluten-Free LCHF Recipes for Busy People on a Keto Diet* Keto power bowls are the perfect way to pack a ton of nutrition into a single balanced meal for busy individuals and families on a keto diet! High-quality proteins, healthy fats, and non-starchy fruits and vegetables are the base of these customizable bowls. Use bases like

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zucchini noodles, cauliflower rice, and stir-fry, and add a protein, flavorful sauce, and nutrient-dense sides for one-bowl meals that are satisfying, easy to whip up (and can be made ahead of time), budget-friendly, and crowd-pleasing!

Featuring 75 easy-to-follow ketogenic recipes (that are also gluten-free and grain-free with no added sugar), Keto Power Bowls is for everyone—busy parents cooking for their families, singles who pack a healthy lunch for work, people who are trying to bulk up in the gym, and anyone who is short on time but doesn't want to sacrifice health. Learn to make breakfast, dinner, salad, soup, and desert bowls, as well as components like sauces and sides, with a variety of international flavors and dairy- and nut-free options:

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Poached Eggs with Pan-Fried
Summer Squash Turkey Sausage
Breakfast Hash Sweet and Sour
Chicken Stir Fry Rosemary Lamb
Greek Meatballs with Creamy
Cucumber Salad and Feta Chipotle
Lime Shrimp Cauliflower Rice Bowls
Classic Taco Salad Bowls Thai
Coconut Curry Bowls Kiwi Raspberry
Smoothie Bowls And More! Including
information on how to meal prep
power bowls, what a balanced meal
looks like on a low-carb diet, how to
swap out components to create new
flavor profiles, and how to use power
bowls to achieve different health
goals (weight maintenance, weight
loss, and weight gain), Keto Power
Bowls is your ultimate guide for keto
cooking and eating that will help you
meet your macros.

You will absolutely love the 101

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Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do—all in time for tonight's supper! The recipes will appeal to Americans' growing interest in Asian cuisines and a taste for foods that range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you're hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger (steamykitchen.com) Jaden Hair will walk you through the steps of creating fresh, delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both

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simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp with Garlic Korean BBQ-style Burgers Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes Fast, Healthy Recipes You'll Want to Eat 101 Asian Recipes Simple Enough for Tonight's Dinner 100 Super Easy, Super Fast Recipes Bowls! A True Story of Murder and Survival Among the Street Children of Lusaka Nourishing Recipes for Athletes: A

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Cookbook

Simple and Delicious Low-Carb, High-Fat Recipes for Your Ketogenic Lifestyle

The Power Bowl Recipe Book

Combine vegetables, protein, and whole grains in one dish to make a simple, complete, and nutritious meal with Vegan Bowl Attack! Bowl food. It's a hash tag. It's a buffet for one. It's a way of life. Simple and nourishing, vegan bowls are where it's at. Perfect for workday lunches, simple dinners, and even breakfast, these are meals so good you'll soon forget plates even exist. Bowl-tastic snacks (great for parties) and delectable desserts are included, too! Inside, you'll find more than 100 one-dish, plant-based bowls that feed

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every whim and fancy, created for you by author and vegan blogger extraordinaire Jackie Sobon. You don't have to be vegan to enjoy these recipes—you just need to love food! They're hearty and delicious, and sure to please any appetite. We're talking about: Peanut Butter Pretzel Oatmeal Biscuit Nacho Bowl Tex-Mex Potato Salad Spicy Sesame Brussels Bites Smoky Corn Chowder Bread Bowl Mean Green Ramen Kimchi Bowl with Red Curry Almond Sauce Spicy Sushi Bowl Raw Apple Crisp S'mores Pudding Bowl Grab your bowl, your appetite, and this book, and get ready to dig in! Forks and spoons optional. Nourish bowl, hippie bowl, buddha bowl, rainbow veggie bowl, poké

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bowl, glow bowl – these are just some of the names given to one of the most prevalent current food trends. Search for any of those names as a tag within Instagram and you'll be treated to a kaleidoscope of images of hearty, wholesome meals in a bowl. The basic premise of the nourish bowl is simple to follow: build a layered bowl with a leafy greens base, add raw or cooked vegetables or fruits, include a protein-rich element along with some healthy fats, keep the carbs to a minimum and then top with a final extra flourish in the form of a dressing, seeds or berries. With countless combinations of vegetables, grains, meat and fish, this book gives meal-time inspiration

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for creating inventive and delicious bowl of health-giving food. A nourish bowl can be quick and simple to prepare, with many elements being eaten raw. With every recipe photographed, showing the beautiful finished nourish bowl, eating well has never been so enticing or easy.

The Ultimate Blend of Delicious and Nutritious in One Bowl Ditch the boring green smoothie routine and discover quick, easy bowls loaded with vitamins, superfoods and irresistible toppings. Nicole Gaffney, Food Network Star finalist and co-owner of Soulberri Smoothies and Bowls, has created energizing flavor combinations for any time of day: • Classic Acai • Cinnamon Pumpkin

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**Pie • Watermelon Creamsicle •
Chocolate Hazelnut • Jalepeño
Honeydew Mint • Pom-Berry Yogurt
• Southern Peach & Pecan •**

**Coconut Toasted Caramel With
vegan and gluten-free options, plus
homemade toppings to finish off
your bowl, you'll be hooked on these
healthy, hydrating treats**

**The New York Times bestseller from
the founder of Oh She Glows**

**"Angela Liddon knows that great
cooks depend on fresh ingredients.**

**You'll crave every recipe in this
awesome cookbook!" —Isa Chandra
Moskowitz, author of Isa Does It**

"So many things I want to make!

**This is a book you'll want on the
shelf." —Sara Forte, author of The
Sprouted Kitchen A self-trained chef**

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and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day,

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Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a

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must-have for anyone who longs to eat well, feel great, and simply glow!

Cooking for Geeks

Braiding Sweetgrass

Nourishing Whole Food Recipes for Every Day

The Soup Book

Complete Gluten-Free and Vegetarian Meals to Power Your Day

Easy, Healthy Recipes to Feel Great from the Inside Out

Build-a-Bowl

Simple Plant-Based Bowls to Nourish Your Body and Soul Cara Carin Cifelli makes it easy to turn fresh, unprocessed ingredients into grain bowls, salads, pasta bowls and soups that fuel your body and spirit for complete

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holistic health. Each recipe has the perfect balance of rich flavors, varied textures and healing ingredients, all cozied up together in a comforting bowl. Every bite will have your taste buds doing a happy dance! Not to mention your body will feel light, fresh and full of energy. Each chapter focuses on a different base for your Buddha bowl, so it's easy to meal prep a big batch of wholesome grains to mix and match your meals throughout the week. From the Good Karma Bowl, Tropical Poke Bowls and Jicama Nacho Bowl to the "Cheezy" Butternut & Pesto Pasta and The Best Damn Taco Salad, these vibrant, nourishing recipes are sure to help you on your health journey, whether you're

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just beginning to heal your body with plant-based meals or are building upon a foundation of healthy eating. With this cookbook, you can always count on finding inspired, nutrient-rich meals that taste delicious and make you feel your best. Power Bowls shows you how to build a one-bowl-wonder meal. From smoothie and oatmeal bowls to burrito bowls to noodle and vegetable bowls, each of the 35 recipes is nutritionally balanced and packed with superfoods. Whether you want to make an energy-boosting breakfast, an on-the-go lunch, or a hearty dinner, you can build a bowl to suit your taste and dietary needs, including a gluten-free and vegan diet. Each bowl is

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loaded with nutritionally rich vegetables, fruits, seeds, and grains--including kale, pomegranate, chia seeds, and quinoa--and alternative ingredients are recommended as well. Some of the recipes don't require any cooking at all, and tips and tricks on what to cook ahead, what to prepare the night before, and how long you can store your leftovers make healthy eating quick and simple even on the busiest of days. Make every meal pack a delicious, nutritious punch with Power Bowls.

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants

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and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on “a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the

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awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

70 nourishing plant-based bowls to energize and fuel your body naturally—from Instagram star, certified health coach, and Real + Vibrant's Sapana Chandra Not strictly for vegans, these recipes will appeal to everyone who wants to include more plant-based meals in their diets. As a certified health coach, Sapana ensures that each bowl contains a balance of healthy fats, complex

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carbohydrates, and proteins—plus the yum factor! The recipes in this book honor Sapanana's common-sense philosophy for good health: eat real (food) and live well, and you will feel vibrant. Recipes are arranged seasonally so you can make the most of your area's local bounty and eat fresh throughout the year, including offerings such as: □ Shaved Asparagus & Barley Bowl □ Roasted Beet & Orange Bowl with a Pistachio-Lemon Dressing □ Watermelon Poke with Spicy Siracha Dressing □ Curried Cauliflower Bowl served with a Cilantro Chutney □ Warming Chickpea Coconut Curry Bowl □ White Bean & Crispy Rosemary Potato Bowl □ Coconut Chia Pudding Bowl with Caramelized

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Bananas □ Rosewater Bliss Ball & Yogurt Bowl □ Coconut-milk-based ice creams, such as Blackberry-Lavender, Ash-Lemon, and Chocolate-Tahini Fudge
Plant-Forward Recipes with Jamaican Flavor & Southern Charm

Make Your Meals Work For You:
Power Bowls

Lose up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours!

The Art of the Smoothie Bowl
70 Seasonal Vegan Recipes to Boost Energy and Promote Wellness

Modern Flexitarian

The Steamy Kitchen Cookbook
Delicious, Perfectly Balanced Meals in a Bowl

Eat your way to health with a

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packed, wholesome, customizable paleo bowl. Quick, healthful, and comfortingly delicious, the bowl food trend is the busy person ' s answer to jump-starting the ultimate paleo lifestyle! Build your own bowl with unprocessed, anti-inflammatory whole foods and nourish your body with one hundred gluten-free, dairy-free, and refined-sugar-free bowl recipes for a hearty breakfast, lunch, and dinner. A tremendous holistic resource, Paleo Power Bowls, filled with more than 100 gorgeous photos, is not only an essential guide to the paleo diet. It also promotes the concept of

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food as medicine and personalized nutrition—customizing what foods work for you based on your personal nutritional needs and gut biome. Mueller shows how to build a well-balanced bowl tailored to specific diets and restrictions, whether it is AIP, low-FODMAP, Whole30, vegetarian, or vegan. If you suffer from autoimmune disease or allergies, the book includes instructions for a thirty-day elimination diet. Paleo Power Bowls also features one-pot, slow cooker, and thirty-minute meals—including sides, condiments, and desserts—that can be assembled any night of

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the week. Learn to prepare:
Spaghetti Squash with Broccoli &
Pumpkin Seed Pesto Fluffy
Poppy Seed Pancakes with
Caramelized Figs All-the-Good-
Veggies Detox Salad with Lemon-
Parsley Dressing Chicken Tikka
Masala with Cauliflower Rice
Quick-and-Easy Turkey
Meatballs with Zoodles Pumpkin
Spice Chia Seed Pudding And
more!

Nina's recipes are always
vegetarian and often vegan. Her
food philosophy is all about
balance and fun. Good food
comes from a good source and
is made from scratch at home
with love.' This is wholesome

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vegetarian food at its best, inspired by cooking from around the world. It captures many of the ongoing culinary trends today - home-cooked comfort meals, plant-based recipes, power bowls, sharing dishes, salads, smoothies and porridges - foods that can all be served in a bowl. The chapters are Morning Bowls, Comforting and Energising Soups, Fresh and Delicious Salads, Grain Bowls, Noodles, Zoodles and Pasta, Hearty Bowls, Gatherings and Sweets. With recipes including a Cosmic Green Smoothie; a Buddha Bowl; Creamy Avocado and Crispy Kale Soba Noodles; a

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Laksa Luxe Bowl; and Chai Poached Pears with Coconut Ice Cream, this book gives you easy recipes brimming with vitality and health.

Adopting a plant-forward diet doesn't mean that you'll be eating a lifetime of meals that are primarily steamed broccoli and plain rice because eating healthy doesn't mean that food has to lack flavor. In *Orchids + Sweet Tea*, recipe developer and food stylist Shanika Graham-White shows you that plant-forward meals can be delicious, bold, and flavorful. You just have to be willing to be creative and treat food as art. Whether you're a

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home cook or a skilled chef, the more than 120 recipes in this book will help you make everyday comfort food recipes to nourish your family as well as unique, artful dishes for special occasions that call for more flair. This beautiful book celebrates the idea of turning old and new favorites into healthier options that everyone can enjoy while honoring a plant-forward approach to eating. Sample recipes include: -Leftover Jerk Chicken White Cheddar Scallion Scones -Hot Maple Cauliflower Bites + Sweet Potato Flourless Waffles -Rum + Raisin Bread -Buffalo Chickpea Kale Salad

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-Cajun Sweet Potato Rigatoni Pasta -Carrot, Sweet Potato, Pineapple, + Ginger Juice -Apple Cinnamon Tea -Cheddar Triple Apple Pie

The debut cookbook from the Saveur blog award-winning Internet expert on making eating cheap dependably delicious As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager

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to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients

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with expensive to ensure that you can still have that steak you ' re craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you ' re urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

Walking the Bowl

140 Nutrient-Rich Dishes for Mindful Eating

More than 100 One-Dish Meals Packed with Plant-Based Power Budget Bytes

100 Whole Food Recipes Made Deliciously Simple

Damn Delicious

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How To Meal Prep Easy Power Bowls For The Whole Week

Simply Swapped Everyday

It's a fact: the low-carb craze is everywhere. Another fact: two-thirds of Americans are still overweight and no one is getting thinner. Although low-carb diets produce short term weight loss, the results are not sustainable in the long term. Dieticians, fitness experts, and medical publications are slowly awakening to the fact that the low-carb diet isn't the answer to weight loss nor a solution to the obesity epidemic. What is the solution? Jorge Cruise's THE 3-HOUR DIET reveals

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that timing is the revolutionary weight loss element that has been kept secret until now. By eating small, balanced meals every three hours you reset your body's metabolism and achieve amazing results.

Eating every three hours turns off your "starvation protection mechanism" ensuring that fat is released and fat-burning muscle preserved. So get ready to lose 2 pounds each week! All with no calorie counting, no starvation, and no deprivation. Bottom line, timing will sculpt your body slim. With his now trademark easy-to-follow instructions, accessibility, and client

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success stories, Jorge Cruise's THE 3-HOUR DIET is a fluid combination of proven success and categorical innovation. Weight loss has never been easier!

Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and

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performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, Run Fast. Eat Slow. has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie,

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Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

Make your meals work for you! Power bowls are the newest nutritional trend--and for good reason. These versatile dishes are all about macronutrients and are packed with whole, nutrient-dense foods that are filling, satisfying, and completely free of empty calories and processed and refined foods. Best of all, the wholesome ingredients can be mixed, matched, and combined to create delicious meals that

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provide specific health benefits. Inside, you'll find 140 delicious power bowl recipes created to deliver specific nutrients that provide fourteen different health benefits, including bowls for: Pre- and Post-Workout Weight Loss Cleanses and Detox Better Immunity A Healthy Heart Reduced Inflammation Better Digestion Anti-Aging And More! With detailed nutrition information and a gorgeous photo for every recipe, The Power Bowl Recipe Book is the first step on the road to ultimate health! Build-a-Bowl is a fun and healthy way to put good food

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on the table! Popular food blogger and teacher Nicki Sizemore's fuss-free method starts with a grain base, whether it's a popular favorite such as brown rice or an ancient grain like farro. Add a layer of fresh vegetables and herbs, follow that with a lean protein, and then finish it off with a flavorful sauce for a delectable super-powered meal. Sizemore's 77 creative combinations range from the Chicken Sausage Meatballs Bowl to the Crispy Fish Taco Bowl and the vegan-friendly Double Broccoli Power Bowl. Suitable for breakfast, lunch, or dinner, the beauty of the

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bowl is that every combination can be customized, making it a perfect solution for feeding everyone at the table with their favorites — happily and easily.

Eat Less from a Box and More from the Earth

Vegan Bowl Attack!

70 Quick-Fix Weeknight

Dinners + 30 Luscious

Weekend Recipes: a Cookbook
Run Fast. Eat Slow.

Recipes and Inspirations for
Healthful One-Dish Meals

The Oh She Glows Cookbook

100 Delicious Vegetarian

Recipes to Make You Fall in
Love with Real Food

The Simple Bites Kitchen

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A fresh and flexible approach to grain bowls--thoughtfully structured one-dish meals that marry health and flavor--from James Beard Award-winning journalist and acclaimed cookbook coauthor Carolynn Carreno. Gorgeous, layered, satisfying bowls have become the next wave of healthy eating. From food blogs to Instagram, farm-to-table bistros to chain restaurants, "the bowl" has become part of our culinary vocabulary. And whole grains are not just for hippies and health nuts anymore! Hearty grains like quinoa, farro, millet, and spelt are replacing flour or corn tortillas, bread, pasta, white rice, and mashed potatoes as the base or

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vehicle for other, richer, more complex ingredients. Bowls of Plenty brings grain bowls to the home cook, offering more than 75 recipes for hearty, grain-centric, one-dish meals that layer flavorful veggies and delicious sauces and vinaigrettes, with optional meats and dairy on a foundation of whole-grain staples. A mix sweet and savory breakfast bowls, salad bowls that will put an end to the sad desk lunch, flexible composed main dish bowls that work with all diets, and creative dessert bowls, Bowls of Plenty is a modern handbook for healthy and delicious cooking at home.

INSTANT NEW YORK TIMES BESTSELLER "My Body offers a

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lucid examination of the mirrors in which its author has seen herself, and her indoctrination into the cult of beauty as defined by powerful men. In its more transcendent passages . . . the author steps beyond the reach of any 'Pygmalion' and becomes a more dangerous kind of beautiful. She becomes a kind of god in her own right: an artist." —Melissa Febos, *The New York Times Book Review* A "MOST ANTICIPATED" AND "BEST OF FALL 2021" BOOK FOR * VOGUE * TIME * ESQUIRE * PEOPLE * USA TODAY * CHICAGO TRIBUNE * LOS ANGELES TIMES * SHONDALAND * ALMA * THRILLEST * NYLON * FORTUNE

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A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time. Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book.

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My Body is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the gray area between consent and abuse. Nuanced, fierce, and incisive, My Body marks the debut of a writer brimming with courage and intelligence. Popular husband-and-wife bloggers and podcasters

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(acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't

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always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy

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approach to cooking, artfully illustrated with a custom watercolor

Bowls are the new plates, featuring flavorsome combinations of nutritious grains, proteins, vegetables, a sauce, and something crunchy. It's a casual, comforting, satisfying way to eat lunch or dinner, and a delicious way to serve up healthy superfoods and probiotics. What makes Bowls! different is that it offers a comprehensive strategy for tackling this fun new way to eat, including 26 full recipes perfect for bowls plus 90 recipes for mix-and-match components. And it leads with visual inspiration in the form of a photographic

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matrix of ideas, making this handy volume an ideal go-to for weeknight cooks and healthy eaters.

Elsa's Wholesome Life

The Domestic Geek's Meals Made Easy

Bowls of Plenty

200 Recipes, Season by Season

Keto Power Bowls

Vegan Buddha Bowls

Recipes for Healthy and Delicious Whole-Grain Meals

Bowls

Looking to make a positive change to your diet this year? Whether you're making a small adjustment or going all-in on a new diet or wellness plan, we have a suggestion for you: make a power bowl! This is one of those meals that can really help you make or break

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your new diet plan. You see, there is an infinite number of ways to make a power bowl. The ingredients are completely flexible, so it can be meaty or vegetarian, grain-free or vegan, no-carb or dairy-free. And any power bowl could be Whole30, gluten-free, Keto, Paleo, or Weight Watchers approved! Inside, you'll find 140 delicious power bowl recipes created to deliver specific nutrients that provide fourteen different health benefits, including bowls for:

- Pre- and Post-Workout
- Weight Loss
- Cleanses and Detox
- Better Immunity
- A Healthy Heart
- Reduced Inflammation
- Better Digestion
- Anti-Aging
- And More!

Comfort classics with a lighter spin, from the creator of the healthy-eating blog Well Plated by Erin. Known for her incredibly approachable, slimmed-down, and outrageously delicious

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recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, Well Plated by Erin. Clarke's site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success, and she hacks her recipes for maximum nutrition by using the "stealthy healthy" ingredient swaps she's mastered so that you don't lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the

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recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top-of-mind. She's eliminated odd leftover "orphan" ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she's even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they

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LOVED this!" This is your homey guide to a healthier kitchen. Gourmand Award Winner for Best Vegetarian Cookbook: A nutritionist offers over fifty full-meal, vegetarian, vegan, and gluten-free recipes. The creator of the award-winning food blog Yummy Beet shows you how to turn familiar and traditional tastes into fun, foolproof, and inventive whole bowls. Healthful, plentiful, and simple kitchen creations feel at home in a bowl, whether enjoyed as a weekday breakfast for one or part of a leisurely dinner with friends. For nutritionist Allison Day, meal-sized bowl recipes showcase her love of this cozy serving dish, staying true to her philosophy of eating with visually alluring, seasonal, and delicious food you can feel good about. Along with more than fifty full-meal, vegetarian, vegan, and gluten-

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free recipes (not to mention the dozens of mini recipes-within-recipes), these pages contain an innovative, easy-to-follow “Whole Bowls Formula” to build your own creations for quick everyday lunches and dinners.

Recipes include: Curried falafel and kale salad bowls Black bean bowls with butternut squash, black rice, and chimichurri Oat risotto bowls with soft-boiled eggs, avocado, and hazelnut dukkah Sunny citrus bowls with orange pomegranate salsa and lemon cream Carrot cake bowls with a cream cheese dollop and candied carrots Southern cheddar grits with tomatoes, kale, and black Beans Almost noodle salad with radishes and basil Chili con veggie with cornbread Mediterranean pasta with arugula, peas, yellow tomatoes, and feta Greek mushroom stifado with horseradish mashed

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potatoes Tuscan bean stew Baked polenta with caramelized onions, mushrooms, and marinara “I was bowled over by the mouthwatering photos and flavor combinations. The cauliflower hazelnut pilaf alone is worth the price of the book!” —Greta Podleski, bestselling author of *Looneyspoons*

Keeping up with ketosis has never been easier, with these build-your-own superfood bowls for breakfast, lunch, and dinner. Find out how easy, satisfying, and delicious your ketogenic diet can be with 50 recipes created for the bowl. The perfectly balanced, plentiful, and wholesome bowls make keto meal prep incredibly fast while offering portion control and easy cleanup. Each carefully developed recipe in *Keto Bowls* offers a low-carb, high-fat mix of non-starchy

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vegetables, meat, seeds and nuts, cheeses, oils and fats, and creative keto-friendly bases like calorie-free shirataki noodles—ensuring you get a full, nutrient-rich meal while continuing ketosis. Recipes include: Berry Coconut Yogurt with Granola Green Goddess Chicken with Jicama Noodle Salad Poke Bowl with Avocado and Sesame Seeds Cauliflower Cacio e Pepe Guajillo Braised Pork Taco Bowls With separate sections for breakfasts, (easily portable) lunches, dinners (and even desserts!), Keto Bowls offers the ultimate way to dramatically simplify every meal and stick to your ketogenic lifestyle.

Orchids and Sweet Tea

Over 100 Vegan Recipes to Glow from the Inside Out

100 Easy, Nutrient-Dense, Anti-Inflammatory Meals

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Real Science, Great Hacks, and Good Food

Vibrant Recipes with Endless Possibilities

Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

All You Need in One Healthy Bowl
Veg-based Recipes you can Flex to add Fish, Meat, or Dairy

Eat your way to health with a packed, wholesome, customizable paleo bowl. A must-own book for everyone living the paleo lifestyle or starting a paleo diet. Quick, healthful, and comfortingly delicious, the bowl food trend is the

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**busy person's answer to
jump-starting the
ultimate paleo lifestyle!
Build your own bowl with
unprocessed, anti-
inflammatory whole foods
and nourish your body
with one hundred gluten-
free, dairy-free, and
refined-sugar-free bowl
recipes for a hearty
breakfast, lunch, and
dinner. A tremendous
holistic resource, Paleo
Power Bowls, filled with
more than 100 gorgeous
photos, is not only an
essential guide to the
paleo diet. It also**

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promotes the concept of food as medicine and personalized nutrition—customizing what foods work for you based on your personal nutritional needs and gut biome. Mueller shows how to build a well-balanced bowl tailored to specific diets and restrictions, whether it is AIP, low-FODMAP, Whole30, vegetarian, or vegan. If you suffer from autoimmune disease or allergies, the book includes instructions for a thirty-day elimination

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diet. Recipes include:
Spaghetti Squash with Broccoli & Pumpkin Seed Pesto Fluffy Poppy Seed Pancakes with Caramelized Figs All-the-Good-Veggies Detox Salad with Lemon-Parsley Dressing Chicken Tikka Masala with Cauliflower Rice Quick-and-Easy Turkey Meatballs with Zoodles Pumpkin Spice Chia Seed Pudding And more! Paleo Power Bowls also features one-pot, slow cooker, and thirty-minute meals—including sides, condiments, and

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desserts—that can be assembled any night of the week. Learn to prepare:

Power Bowls All You Need in One Healthy Bowl Penguin

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so

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simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time

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around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Discover just how deliciously simple whole foods cooking can be with this essential cookbook, based on the popular Nutrition Stripped blog, featuring more than 100 exciting and good-for-you recipes and color

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photography throughout. Search the web and you'll find a variety of recipes from "health food" bloggers and "nutritionists." Yet many of these recipes often follow trends or fad diets. Now, McKel Hill, a Registered Dietitian Nutritionist and wellness coach, takes you back to bare basics to enjoy the amazing benefits and incomparable flavor of whole foods—nature's true healthy bounty. Drawing inspiration from nature, the turning of the

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seasons, the world of plants, nutrient dense foods and hidden gems in the world of superfoods, Hill celebrates simplicity, and shares her vast professional knowledge and expertise in this practical and easy-to-use cookbook. But Nutrition Stripped isn't just an approach to eating—it's a lifestyle that will help you look, feel, and be your best. Whole foods cooking is the foundation of health and can be enjoyed no matter what your dietary preference,

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whether it's vegan, paleo, or gluten-free. Hill's whole food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food, yet all can be adapted to specific tastes and needs, making them realistic, approachable, global, and livable. Start your day with delights such as Turmeric Milk (the new green smoothie), Carrot Cake Quinoa Porridge, or Plantain Flatbread with Poached Egg and Honey. For dinner, feast on Beetroot Burgers with

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**Maple Mustard or Carrot
Gnocchi with Carrot
Greens Pesto. And don't
forget dessert—indulge
with a mouthwatering
slice of Raw Peach Tart
with Coconut Whipped
Cream or some Salted
Caramel Brownies.**

**Illustrated with beautiful,
modern and minimalistic
color photographs,
Nutrition Stripped shows
you how delicious and
simple it can be to eat
healthier with whole
foods.**

**Whole Bowls
Power Bowls**

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Paleo Power Bowls
Simple and Nutritious
Balanced Meals in a Bowl
Beautiful Fruit Blends for
Satisfying Meals and
Healthy Snacks

My Body

Nutrition Stripped

Once Upon a Chef:

Weeknight/Weekend

National Winner for

Gourmand World

Cookbook Awards 2017 -

Family Books Winner of

the 2018 Taste Canada

Awards - General

Cookbooks, Silver

Delicious, wholesome

family-friendly recipes

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from the creator of the award-winning Simple Bites blog Toasty warm in the winter and cool in the summer, Aimée's comfortable kitchen is a place where the family gathers, cooks together, and celebrates everyday life. In The Simple Bites Kitchen, she brings her love of whole foods to the table and shares heart-warming kitchen stories and recipes that are nutritious, fairly simple to make, and utterly delicious. Aimée knows the challenges that come

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with feeding a family and tackles them head on by providing lunchbox inspiration, supper solutions and healthy snack options. Aimée's collection of 100 wholesome recipes draws on her experience as a mom and a seasoned cook and is brimming with fresh ingredients and simple instructions so that you can cook with confidence knowing you're providing your family with healthy and great-tasting meals. You and your family will enjoy

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*recipes from Overnight
Spiced Stollen Swirl Buns
and Maple-Roasted Pears
with Granola for
breakfast, Tequila-Lime
Barbecue Chicken and
Strawberry Rhubarb Pie
for a fresh air feast,
garden-inspired recipes
like Harvest Corn
Chowder and Lentil
Cottage Pie with
Rutabaga Mash, and
family dinner favourites
like Roast Chicken with
Bay Leaf and Barley and
Cranberry-Glazed Turkey
Meatloaf with Baked
Sweet Potatoes. Filled*

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with beautiful photography, The Simple Bites Kitchen also includes recipes to keep your preserves pantry well-stocked all year, tips, simple tutorials and inspiration and ideas for homespun hospitality. Make the most of fresh produce all year round with more than 200 homemade soup recipes organized by season. The Soup Book is packed with plenty of nourishing recipes for every season. Try winter warmers such as parsnip and apple soup

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or French onion soup, enjoy a light summer lunch of chilled cucumber soup with dill, and make a hearty borscht or pumpkin soup in autumn. The recipes are organized first by season, and then by ingredient, so you can easily find the ideal soup to suit the fresh ingredients you have to hand. Featuring recipes from Raymond Blanc, Dan Barber, Alice Waters, and other supporters of The Soil Association, The Soup Book offers plenty of recipe ideas and

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inspiration to fill your bowl. Each recipe is accompanied by freezing times so that you can prepare your favorite recipes to enjoy later. This updated edition features brand-new and updated photography to accompany the book's refreshed design. Make hearty, wholesome, and healthy soups all year round with The Soup Book.

Presents recipes ranging in difficulty with the science and technology-minded cook in mind,

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providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy. Ellie Bullen's hugely popular blog Elsa's Wholesome Life is a veritable explosion of colour, sunshine, coastal living and delicious plant-based recipes. Her first cookbook features more than 100 of her go-to dishes, from nutritious granolas and powerhouse smoothies to flavour-packed salads and soups, hearty curries and

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burgers, and drop-dead delicious sweets. A qualified dietitian and nutritionist, Ellie explains everything you need to know about adopting a plant-based diet, including how to: - get enough iron, vitamin B12 and calcium - achieve the right balance of carbs, proteins and good fats - shop smarter and get more organised in the kitchen - enjoy a lifestyle that is better for you and the environment Ellie's food is fresh, flavoursome, nutrient-

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***dense and - above all -
fun. If you ever needed a
reason to eat less from a
box and more from the
earth, this is it! This is a
specially formatted fixed-
layout ebook that retains
the look and feel of the
print book.***

***The Well Plated
Cookbook***

Keto Bowls

***77 Satisfying & Nutritious
Combos: Whole Grain +
Vegetable + Protein +
Sauce = Meal***