

Over 100 Kid-Tested, Whole-Foods Vegan Recipes
Everyday Happy Herbivore
The Everything Vegetarian Slow Cooker Cookbook
Over 175 Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes
PlantPure Comfort Food

More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners

There is a secret hiding inside the remote Vermont farmhouse where eleven-year-old Becky and her family move after her father is fired from his job under mysterious circumstances. A guardian emerges with an ominous warning that someone is coming through a mirror to take Becky from the safety of her new home, and leads her to the discovery of artifacts hidden under her bedroom floor. That same night she finds an abandoned puppy destined to protect her, and whose collar causes the artifacts to turn on. An ancient battle resumes for control over a secret once thought buried too deep to be uncovered. As more mysterious creatures arrive, how will she know who is there to help and who means her harm? Becky and her new puppy must race to interpret the warnings, overcome their fear of sinister forces, and trust in new alliances to solve a compelling mystery that has been hidden from her family for generations. But is it too late?

Indulge in the revised and expanded edition of the bestselling China Study Cookbook—with more than 175 mouthwatering recipes and stunning all-new photography With 2 million copies sold, The China Study has been hailed as one of the most important health and nutrition books ever published. It reveals that a whole foods, plant-based diet is the best way to stop widespread growth of obesity, diabetes, heart disease, and cancer. This new edition of the bestselling China Study Cookbook puts the groundbreaking scientific findings of The China Study on your plate. Written by LeAnne Campbell, daughter of The China Study coauthor T. Colin Campbell, The China Study Cookbook is now expanded to feature even more delicious, easy-to-prepare plant-based recipes—with no added fat and minimal sugar and salt. All of LeAnne's recipes follow three important principles: 1) optimal nutrition is based on eating foods, not taking supplements; 2) the closer foods are to their native states when eaten, the greater their long-term health benefits; and 3) choosing locally grown organic produce whenever possible maximizes nutritional value. Inside, discover time-tested favorites and brand-new dishes: □ Almond-Topped Blueberry Coffee Cake □ Ensalada Azteca □ Green Banana Cassava Soup □ Peanut Butter Bars □ Cassava (Yuca) con Cebollas □ Black Bean Chipotle Burgers □ Sweet Potato Enchiladas □ Passion Fruit Bliss Cheese(less) Cake Delight LeAnne invites you into her kitchen to share the recipes she uses to nourish her own family. She also offers a look inside her organization, Global Roots, which strives to create sustainable communities around the globe through whole foods, plant-based eating. Filled with tips on substitutions and keeping foods nutrient-rich, The China Study Cookbook shows you how to transform your health and the health of your entire family—along with contributing to the health of your community and the world—all while enjoying incredible meals.

The long-awaited cookbook companion to the revolutionary New York Times bestseller Prevent and Reverse Heart Disease. “I hope you'll treat yourself to one of these recipes and just open that door. I guarantee you won't close it!” —Samuel L. Jackson Hundreds of thousands of readers have been inspired to turn their lives around by Dr. Caldwell B. Esselstyn’s Jr.’s bestseller, Prevent and Reverse Heart Disease. The plant-based nutrition plan Dr. Esselstyn advocates based on his twenty-year nutritional study—the most comprehensive of its kind—is proven to stop and reverse even advanced coronary disease, and is built on the message the Esselstyn family has lived by for years: Your health is truly in your own hands, and what you eat matters. Mother-daughter team Ann and Jane Esselstyn have decades of experience developing delicious, healthful recipes for both their family and Dr. Esselstyn’s many grateful patients. Now, they combine their expertise to offer you the cookbook companion to Dr. Esselstyn’s groundbreaking book, with more than 125 easy and mouthwatering recipes, brimming with nourishment for your heart and your overall health. From their quick and easy meals like Fast Pasta and Greens and delicious “Sloppy Joes” to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls, these recipes will empower you to reclaim your health and discover the pleasures of eating plant-based.

Lose weight, lower cholesterol, and improve your health, one delicious bite at a time in this companion to the runaway New York Times bestseller The Engine 2 Diet. The Engine 2 Diet has sold hundreds of thousands of copies and inspired a plant-based food revolution. Featuring endorsements from top medical experts and a food line in Whole Foods Market, Engine 2 is the most trusted name in plant-based eating. Now, readers can bring the Engine 2 program into their kitchens with this cookbook companion to the original diet program. Engine 2 started in a firehouse in Texas, and if Texas firefighters love to eat this food, readers nationwide will eat it up, too! The Engine 2 Cookbook packs the life-saving promise of the Engine 2 program into more than 130 mouth-watering, crowd-pleasing recipes, including: Mac-N-Cash Two-Handed Sloppy Joes Terrific Teriyaki Tofu Bowl Badass Banana Bread

Healthy Meals That Taste as Good as They Make You Feel Kathy Hester, bestselling author of The Ultimate Vegan Cookbook for Your Instant Pot®, brings her signature simple style to this exciting new vegan recipe collection. From Chickpeas and Dumplings to The Easiest Vegan Mac and Cheese to Onion and Molasses Baked Beans and even Almond Berry Cake, each delectable recipe is made from whole foods and is not only plant-based and gluten-free but also soy-free, refined sugar-free and has low or no salt. This cookbook makes it easy to prepare amazing meals that are truly good for you! With these wholesome Instant Pot® recipes, you can have all the developed flavor of low and slow cooking in half the time with meals like Jackfruit White Bean Chili and Veggie Hunter's Lentil Quinoa Stew. You can even prepare kitchen staples tailored to your dietary needs with recipes like Easy DIY Yogurt without Soy!, No-Oil Vegan Corn Butter and Oil-Free Chickpea Sliceable Cheese. So whether you're a full-time vegan, gluten-intolerant or just looking to make healthier choices, this book has something for everyone.

America's Healthy Heart Doc's Plan to Power Your Health
How I Lost Half My Weight on the Fuel Plus Fortification Diet
Recipes and Expertise from Your Favorite Vegan Authors
Gluten-Free, Vegan Cooking in Your Instant Pot®
The Secret to Living a Long and Healthy Plant-Based Life
Good Food for Bad Vegans
The Happy Herbivore Cookbook

Cook Once, Eat All Week with Whole Food, Plant-Based Recipes

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.

Benji Kurtz is on the side of science. For twenty years he struggled with obesity; he experimented with all kinds of catchy, fad diets that had everything going for them but scientific truth. In The Plant Advantage, he explains how a movie changed his life, inspiring him to eat the way human beings were designed to eat. And he subsequently lost half his weight, from 260 pounds to 130, in eighteen months. Without struggling. In his thoughtful and sometimes comic analysis of nutrition and weight-loss, co-written with author Glen Merzer (Off the Reservation), Kurtz uses ample scientific evidence to explain the many advantages of a low-fat, plant-based, whole foods diet. But it’s his own remarkable experience that seals the deal. "A delightful read for anyone who may be confused by the gibberish infusing the public discussion on food and health-In this very special book, Benji Kurtz speaks with a voice and personal conviction that is original and refreshingly honest. Kurtz honestly relates his uncertainties and confusion as he searched for an answer why he could not shed a large amount of excess body weight. Although not a scientist, he presents the scientific evidence with a reliability that is rare for a layperson. Even though I have been a researcher in this field for more than a half century, I found myself being his student as he sought answers to his unusually intuitive questions about the scientific evidence. The Plant Advantage is a really good read for anyone caught in the squeeze between what is real and what is not on matters of food and health."-Dr. T. Colin Campbell, Author, The China Study, and Whole and Professor Emeritus of Nutritional Sciences, Cornell University "Together with Glen Merzer, Benji Kurtz has shared awareness of whole-food plant-based nutrition and epic personal transformation. This book concisely defines the science and skills enabling the lifestyle and nutritional literacy required for a long and healthy life." -Caldwell B. Esselstyn, Jr., M.D., author, Prevent and Reverse Heart Disease "Benji Kurtz's personal journey is an inspiration, and his wisdom and practical information will help you maximize your own health. In our clinical research studies at the Physicians Committee, we see many people make wonderful transformations, and I hope you will read about his experiences and jump into your own journey toward better health. You, too, can become a success story!"-Dr. Neal Barnard, Author, A Physician's Slimming Guide, and President, Physician's Committee for Responsible Medicine "Benji Kurtz is the best kind of expert on weight-loss: someone who has LIVED the struggle and come out victorious!! Combined with wit, intelligence, and fantastic recipes, The Plant Advantage shows the reader how they can have his success too!" -Lindsay S. Nixon, Author, The Happy Herbivore Cookbook Series "The odds of losing a large amount of weight and keeping it off are small. Most people fail because they do not take an effective approach. For all those that say it can't be done, Benji Kurtz presents a proven plan that is both successful and health promoting." -Alan Goldhamer, Director, TrueNorth Health Center "This book is a treasure. It is engaging, entertaining and enlightening. It is one of the rare "nutrition" books that is hard to put down. The story Benji Kurtz tells is one that millions of people can relate to. It is gives others hope for health. I wholeheartedly recommend reading it then sharing it with friends and family!" -Brenda Davis, RD, Co-author, Becoming Vegan: The Complete Guide to Adopting a Healthy, Plant-Based Diet, comprehensive and express editions

Living plant-based doesn't mean you have to resign yourself to eating salads for every meal (although we wouldn't say no to a bowl of leafy greens). BenBella's Best of Plant-Based Eating, which has been downloaded over 125,000 times, includes creative and delicious recipes for a well-balanced, varied, and satisfying vegan lifestyle. Inside this second edition, you'll find nearly 50 recipes, including 14 brand-new dishes, from our top-selling cookbooks including: Thai Tacos Savory Chickpea Omelets Buddha Lentil Burger Raspberry and Coconut Glazed Doughnuts And more! Along with recipes, you'll also find selections exploring the global implications of a plant-based lifestyle, to feed your mind as well as your body. BenBella's Best of Plant-Based Eating includes recipes and selections from: Tracy Russell's The Best Green Smoothies on the Planet Del Sroufe's Better Than Vegan Christy Morgan's Blissful Bites LeAnne Campbell's The China Study Cookbook Del Sroufe's The China Study Quick & Easy Cookbook Jeff and Joan Stanford's Dining at The Ravens Lindsay Nixon's Happy Herbivore Series The Happy Herbivore Cookbook Everyday Happy Herbivore Happy Herbivore Abroad Happy Herbivore Guide to Plant-Based Eating Happy Herbivore Holidays & Gatherings Happy Herbivore Light & Lean Eric Brent and Glen Merzers' The HappyCow Cookbook Christina Ross' Love Fed Laura Theodore's Jazzy Vegetarian Classics Dreena Burton's Plant-Powered Families Kim Campbell's The PlantPure Nation Cookbook Heather Crosby's YumUniverse Pam Popper and Glen Merzer's Food Over Medicine J. Morris Hicks's Healthy Eating, Healthy World T. Colin Campbell and Howard Jacobson's Whole and The Low-Carb Fraud

Discover the amazing versatility of the slow cooker! If you're a vegetarian who thought slow cookers were just for meat-eaters, Fresh from the Vegetarian Slow Cooker will introduce you to the wonders of slow cooking. And if you're already a slow cooker enthusiast, here's a whole new array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed, preservative-heavy ingredients. Fresh from the Vegetarian Slow Cooker changes that. What a good idea! Here, every ingredient is fresh and real, and there's not a single pot roast with dehydrated onion soup to be found! Hooray for this cookbook's ease, innovation, delicious-sounding variety, bright ingredients, and fine results. Not just vegetarians, but anyone who needs cooking ease but doesn't want to sacrifice full flavor or health, will rejoice in this inviting book." - Crescent Dragonwagon, James Beard Award-winning author of Passionate Vegetarian

This is more than a tale of mutual rescue. This is an epic story of friendship and strength. Eric was 150 pounds overweight, depressed, and sick. After a lifetime of failed diet attempts, and the onset of type 2 diabetes due to his weight, Eric went to a new doctor, who surprisingly prescribed a shelter dog. And that’s when Eric met Peety: an overweight, middle-aged, and forgotten dog who, like Eric, had seen better days. The two adopted each other and began an incredible journey together, forming a bond of unconditional love that forever changed their lives. Over the next year, just by going on walks, playing together, and eating plant-based foods, Eric lost 150 pounds, and Peety lost 25. As a result, Eric reversed his diabetes, got off all medication, and became happy and healthy for the first time in his life -- eventually reconnecting with and marrying his high school sweetheart. WALKING WITH PEETY is for anyone ready to make a change in his or her life, and for everyone who knows the joy, love, and hope that dogs can bring.

Bake and Destroy

The Plant-Based Solution

Over 100 Plant-Powered Recipes to Unearth Vibrancy, Health, and Happiness

Vegan Under Pressure

Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs

The PlantPure Kitchen

The Engine 2 Cookbook

Frugal Vegan

Discover new whole food recipes and plant-based recreations of traditional family dishes—with no oil, often no gluten, and lots of rich, satisfying flavor Good health begins in the kitchen, and great recipes make switching—or maintaining—a plant-based diet easy. In PlantPure Comfort Food, Kim Campbell—Director of Culinary Education and Development at PlantPure and daughter-in-law of Dr. T. Colin Campbell, the “science father” of the modern plant-based nutrition movement—offers comfort food recipes to satisfy a wide range of palates, making a healthy, plant-based lifestyle more accessible than ever. From enchiladas to pho bowls to buffalo pot pie, the possibilities for plant-based eating are endless—and delicious! This third PlantPure cookbook offers over 100 reinventions of comforting culinary classics, including: Southern Style Polenta and Greens Lasagna Stew Spinach Quesadillas Chickpea Tikka Masala Samosa Burritos Pad Thai Zoodles Sweet Potato Spice Muffins Apple Cranberry Crisp Plus, Campbell offers helpful suggestions on how to swap out flavors and ingredients to truly make these recipes your own, as well as detailed guidelines for swapping meat, dairy, and egg for whole plant substitutes in your own family’s favorite dishes. Food is a vital part of who we are. It’s what brings us together, connects us to tradition, and feeds us, physically and spiritually. Create for your family a new tradition of delicious, sustaining, health-promoting whole plant foods. Give them the gift of a plant-pure table.

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In Plant-Powered Families, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie Vanilla Bean Chocolate Chip Cookies Cinnamon French Toast No-Bake Granola Bars Creamy Fettuccine Sneaky Chickpea Burgers Apple Pie Chia Pudding Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —Plant-Powered Families is a perfect reference for parents raising “weegans” or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. Plant-Powered Families also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

Harness the healing power of plant-based foods for vibrant health and longevity Vegan lifestyle expert Tracye McQuirter teams up with her mother Mary to share their secrets for maintaining radiant health for more than 30 years (hint: it's all in the greens), and 100 of their favorite plant-based recipes that have kept them looking and feeling ageless. They break down the basics of nutrition, how to build a vegan pantry, and how to make sure you're getting the best nutrients to promote longevity and prevent chronic disease. They also provide a 14-step guide with practical, easy-to-follow advice on how to transition to vegan foods, jumpstart your healthy eating habits, and how to up your game if you're already a vegan. Their 100 fresh, simple, and flavorful recipes are based on everyday whole food ingredients, including Maple French Toast with Strawberries, Thai Coconut Curry Soup, Cajun Quinoa with Okra and Tomato, Vegetable Pot Pie, Citrusy Dandelion Greens Salad, and Perfect Pecan Pie. Illustrated with beautiful, full-color photographs, Ageless Vegan helps you kiss diet-related disease and fatigue goodbye and gives you the information, inspiration, and affirmation you need to live a long, glowing, and healthy life you love.

With more and more physicians promoting grass-fed beef, free-range eggs, and organic butter as miracle foods, have we forgotten about the scientifically proven power of a vegan diet? Leading cardiologist Dr. Joel Kahn wants to set the record straight—eating plants can save your life and the planet too. With The Plant-Based Solution, Dr. Kahn provides a comprehensive guide for moving toward a plant-based diet, supported by decades of scientific studies on our health and our environment. A vegan of over 30 years, Dr. Kahn includes a 21-day plan for implementing changes in your own life, complete with easy and delicious recipes from his popular vegan restaurant, the Greenspace Café in Ferndale, Michigan. Join Dr. Kahn to explore: Expanding compassion through vegan living; how plant-based eating impacts global warming; plants and your gut health; major religions and veganism; the surprising link between vegan diets and sex drive; reversing cancer and autoimmune disease; why plants might hold the key to better aging; and more!

Following her bestselling The China Study Cookbook, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in The China Study All-Star Collection. Featuring your favorite chefs and cookbooks authors, The China Study All-Star Collection includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the New York Times bestseller Forks Over Knives Cookbook; Laura Theodore, host of PBS' Jazzy Vegetarian; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by The China Study. Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving. With an introduction from The China Study co-author Dr. T. Colin Campbell, The China Study All-Star Collection is the ultimate plant-based cookbook for healthful, savory eating.

The Dog Who Saved My Life

Forks Over Knives—The Cookbook

Unbelievably Vegan

The China Study Quick & Easy Cookbook

130 Mouthwatering, Whole Food Recipes and Tips for a Plant-Based Life

An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right

The Ethics of What We Eat

The Plant Advantage

Andrea Chesman presents 366 creative and flavorful "natural gourmet" recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzuki beans, amaranth, and quinoa. Organized by course and main ingredient, these dishes range from light and lively starters to hearty and soul-satisfying foods that

stick to your ribs but not to your waistline. American favorites are well represented here, but adventurous cooks will be pleased to find ethnic cuisines dominating this mouthwatering collection, including such recipes as: Healthy Mediterranean diet-inspired recipes Spicy Vegetable Couscous Pesto Pasta with Cranberry Beans Smoky Black Bean Burritos Jamaican-Style Rice and Peas This wonderful addition to our 366 Ways series features foods that are among the most versatile and healthful in the human diet, not to mention absolutely delicious. Recipes are high in flavor, low in fat. Each recipe includes a detailed nutritional analysis, which counts calories, fat, percentage of calories from fat, protein, fiber, sodium, and calcium. Vegetarian dishes dominate the collection, but healthful variations include salmon, shrimp, and chicken.

75 vegan recipes for meat alternatives and tasty dishes from cult favorite vegan "butcher" shop The Herbivorous Butcher. Think of any go-to American meat-focused cookbook. Now, imagine it vegan. From the Guamanian brother-sister duo behind the acclaimed and beloved vegan "butcher" shop, The Herbivorous Butcher, here are 75 innovative recipes for plant-based meats and standout vegan dishes. These are butcher shop classics (but so much healthier) such as Pork Chops, Ground Beef, and Chicken Cutlets that taste and chew as good as the real thing—perfect for vegans as well as anyone who wants to eat less meat. Use these base recipes (or store-bought substitutes) to prepare super-tasty, hearty dishes that are—yep—totally vegan: Cherry-Glazed Rib Rack, Nashville Hot Popcorn Chicken, Kale's Very Fine Lasagna, BLT Couscous Crust Quiche, and more. With a chapter on bases, "butters," and sauces that will elevate your vegan dishes, plus beautiful photography and entertaining stories, this book is a glimpse of the future—and the future tastes delicious. AUTHORS WITH SERIOUS KNOW-HOW: Siblings Aubry and Kale Walch opened The Herbivorous Butcher in 2016, which quickly gained a cult following in their local Minneapolis and beyond. Their products are now sold in regional Whole Foods locations, and they ship a wide range of products to all 50 states and Puerto Rico. Their fans have been ardently asking for their recipes—and here they are, for the first time, in this book. EAT LESS MEAT: Whether for health, political, or environmental convictions, more and more people are eating less meat and embracing alternative proteins. The Herbivorous Butcher Cookbook offers achievable recipes for making meat substitutes at home, as well as recipes for delicious dishes using those homemade meat substitutes (or store-bought substitutes if you're in a pinch!). RECIPES MADE AT HOME FROM REAL INGREDIENTS: These recipes were originally developed in home kitchens by home cooks using widely available ingredients, such as vital wheat protein and soy. Perfect for: Vegans, vegetarians, and those looking to consume less meat Environmentalists Fans of The Herbivorous Butcher shop and products

The PlantPure Nation CookbookThe Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based RecipesBenBella Books, Inc.

By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears. In The Low-Carb Fraud, longtime leader in the nutritional science field T. Colin Campbell (author of The China Study and Whole) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as "carbs" aren't all created equal—and treating them that way has major consequences for our nutritional well-being. If you're considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes: • A variety of recipes from quick and simple to decadent and advanced • Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe • An easy-to-use glossary demystifying any ingredients that may be new to the reader • Healthy insight: Details on the health benefits and properties of key ingredients • Pairing suggestions with each recipe to help make menu planning easy and painless • Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

BenBella's Best of Plant-Based Eating

The Herbivorous Butcher Cookbook

Bravo!

The Future of Nutrition

Ageless Vegan

Surprising Insights from a Whole Food, Plant-based Perspective

The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes

Discover the World's Healthiest Diet--with 150 Engine 2 Recipes

Wholesome, protein-packed dishes! Cooked automatically! Preparing healthy, delicious plant-based meals at home can be a challenge when you're busy or simply don't like to cook! This Instant Pot cookbook with 71 delicious recipes will help you put your cooking on autopilot as these meals only take a few minutes of your time. With amazing combinations of just 8 ingredients, here are exciting oatmeals, hearty risottos, satisfying soups & delicious curries -- with about 25 % of the calories from protein & 100% oil-free. These flavorful dishes complement an active lifestyle and are all about great flavor & minimal hassle. Each recipe includes detailed nutrition facts, recommended storage times, mouth-watering photos & both U.S. and metric measurements for every ingredient. With the Instant Pot High-Protein Cookbook, you'll have a go-to source of delicious, protein-packed meals that can be cooked with the press of a button, every day of the week!

The Low-Carb Fraud

Norm and Ginger Enter the Hidden

Vegan Recipes from The TrueNorth Health Center

Discovering the Word of Wisdom

Revised and Expanded Edition with Over 175 Whole Food, Plant-Based Recipes

The Plantiful Table

Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue ...and hundreds more!

100+ Recipes to Help Prevent and Reverse Disease