

Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet Noodles

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

120 fresh, flavourful recipes that put vegetables first! Welcome to a celebration of the tastes, textures, colours, and possibilities that vegetables have to offer. These easy-to-follow, triple-tested recipes put vegetables front and centre, and let meat and fish play a supporting role. Discover delicious, bright dishes popping with colour (tomato and ricotta tartlets), full of comfort (squash and roasted vegetable lasagne), and ready to celebrate (Beauty and the Beet cocktail). With each recipe, Ricardo reinvents what vegetables can mean for the modern family, and always stays true to his philosophy: eat together, keep it simple, and make it tasty.

Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet NoodlesWondering what to do with your spiralizer? Here's a collection of recipes for you! Put your spiral cutter to work with these tasty dishes. Get ready for one of simplest, and most delicious recipes you've tried in a long timeSpiralized eating isn't only healthier, it's more fun. With spiralizing, you have more versatility in the shapes and sizes of your vegetables, so you can put a twist on classic holiday dishesThere are 98 recipes in this book that will teach us how to make nutrient-dense meals with the aid of a spiralizer, a kitchen device that is easy to use and worth adding into your kitchen. Countless hours of slicing, dicing or chopping your veggies become a thing of the past: just mount your desired blade and ingredient in a spiralizer, turn the handle clockwise, and voila! Your vegetables turn into crisp cuts and strands that are ready to be mixed into soups, salads, pasta dishes and breakfast meals. Moreover, this book contains basic know-how about the spiralizing process such as a step-by-step guide on using a spiralizer, a list of spiralizer-friendly vegetables and the health benefits we can expect to see in ourselves once we incorporate a healthier and paleo-friendly diet. Here Is A Preview Of What You'll Learn... Paleo-Friendly Carbonara Roasted Carrot and Coconut Crostino Chicken and Zucchini Noodle Bowl Mediterranean Zoodle Platter Spiralized Zucchini Rice with Sweet Cider Dressing Parmesan Broccoli Noodles with Tomatoes Beet Noodles with Tangy Mustard Dressing Gluten-Free Parsnip Putanesca Avocado and Beet Omelet Rutabaga Spaghetti with Truffle Marinara Sauce Summer Prosciutto and Cottage Cheese Pasta Much, much more! Buy your copy today!Try it now, click the "add to cart" button and buy Risk-Free

Published in association with the Brenthurst Foundation.

100 Perfectly Portioned Recipes for Healthy Eating

Beat Cancer Kitchen

120 Vibrant Vegetable-Forward Recipes

Run on Plants and Discover Your Fittest, Fastest, Happiest Self

Milk Street: Cookish

The Big Book of Vegan Cooking

Holiday Keto

Spiralize, Chop, Rice, and Mash Your Vegetables into Creative, Craveable Meals: A Cookbook

Spiralizing has taken the culinary world by storm, and now everyone can make their own delicious spiralized recipes at home. Vegan, paleo, low carb and gluten-free diets are all catered for, so you can create imaginative, nutritious meals for the whole family. From Bang Bang Chicken and Vegetable Noodles to Skinny Carrot Fries and Spiralized Squash & Sage Risotto, you can transform any vegetable into a delicious meal which is the equal of its indulgent original. Soups, salads, snacks and sweet treats are all covered, as well as family favourites like Cottage Pie and Chicken Wings. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

150 easy ways to turn vegetables and fruits into creative and healthy meals! Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including: Quick and Easy Jalapeño Hash Browns Sweet and Salty Apple Chips Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun-Spiced Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped Cream You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day! Too often when dieting or trying to cut back, dinner times leave you feeling hungrier than before: the portions too small, the food too bland and boring. Gina Holmolka's Skinnytaste Cookbook offers the perfect solution - 150 flavour-full, skinnified versions of family favourites and hearty yet healthy dishes to suit every preference.

Sophie Guidolin's goal is to make the task of daily cooking easier for you, not just through the convenience of using a thermo appliance but by providing inspiration for your everyday meals and using wholesome, easily sourced ingredients. Her latest cookbook will change the way your family eats and interacts, by saving you time in the kitchen preparing meals so you have more time to sit down together as a family and eat and connect. Sophie's food philosophy is to eat as close to the natural source as possible, with the least amount of processing involved, so you'll not only be getting food on the table fast, but it will be food that's good for you too!

Healthy Eating for Life

Lessons from Countering Insurgency and Stabilising Fragile States

Spiralizer Cookbook: Top 49 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries and Zucchini Ribbons to Carrot Rice and Beet Noodles

Pinch of Nom

Ovens, BBQ, Camping

Maximum flavour, minimum fuss: the ultimate in vegan food

Good Food Eat Well

Turn Vegetables Into Healthy, Creative, Satisfying Meals

Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won't find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso pots. While a number of vegan and plant-based books focus on health, Rebel Recipes is unashamedly about taste; it's all about pleasure, vibrancy and flavour - food for the soul. Niki's delicious recipes are bought to life with photography from Kris Kirkham.

Throw together fast, flavorful meals in no time with just a handful of ingredients with 200 highly cookable, delicious, and incredibly simple recipes from the James Beard Award-winning team at Milk Street. In Cookish, Christopher Kimball and his team of cooks and editors harness the most powerful cooking principles from around the world to create 200 of the simplest, most delicious recipes ever created. These recipes, most with six or fewer ingredients (other than oil, salt, and pepper), make it easy to be a great cook -- the kind who can walk into a kitchen and throw together dinner in no time. In each of these recipes, big flavors and simple techniques transform pantry staples, common proteins, or centerpiece vegetables into a delicious meal. And each intuitive recipe is a road map for other mix-and-match meals, which can come together in minutes from whatever's in the fridge. With most recipes taking less than an hour to prepare, and just a handful of ingredients, you'll enjoy: Pasta with Shrimp and Browned Butter West African Peanut Chicken Red Lentil Soup Scallion Noodles Open-Faced Omelet with Fried Dill and Feta Greek Bean and Avocado Salad And for dessert: Spiced Strawberry Compote with Greek Yogurt or Ice Cream When it's a race to put dinner on the table, these recipes let you start at the finish line.

This illuminating collection features a different vegetable for every day of the year. Rustic and elegant, simple and complex, classic and contemporary, the 365 recipes will inspire you to put seasonal vegetables on every menu.

Two vegans in a world of quinoa and kale that refuse to go with the grain. Who says one must give up an insatiable need for comfort food just to eat better, to save animals and the planet? The Edgy Veg, the YouTube sensation (200,000 subscribers and counting, not to mention 630,000+ views per month) are on a culinary journey to revolutionize vegan food as we know it. Tired of traditional plant-based diets filled with salads and smoothies that just feels, well, tired, Candice and James set out on a culinary mission to re-purpose familiar favorites, by recreating childhood and adult cravings for folks with sophisticated palettes and food-nerd obsessions. Every single recipe can be enjoyed by vegans, vegetarians and omnivores alike -- they're all tested by James Aita, a former meat and cheese loving guy, and also tirelessly tested on friends and family. These dishes taste fabulous. The Edgy Veg has 100 amazing recipes to meet and exceed the need for stick-to-your-ribs/don't even miss the meat, comfort dishes. Those take-out pangs will be banished once and for all with Perfectly Pleasing Pesto Pizza. With General Tso's Chicken or Buffalo Cauliflower Wings, entertaining for even the most hard-core carnivores is a snap. One taste of Spaghetti and Neat Balls, Bro, or Infamous Edgy Veg Fried Chicken or The Mac Daddy will easily convince all. To quench a thirst or sweet tooth, Mean Green Ginger Machine, Grade Eh Caesar and swoon-worthy Death by Chocolate Mousse is perfect. Goodbye to dairy, milk, eggs and tired tofu and hello to tasty tacos, perfect pizza and deluxe burgers. Cake, burgers and fries are here too!

Spiralize It!

Vegetable of the Day

The Vegan Slow Cooker

The Very Best of Recipes for Health

The Spiralizer Recipe Book

Ninja Foodi Grill Cookbook for Beginners

Sophie Guidolin's Everyday Thermo: Easy, Convenient and Quick Wholefoodrecipes

The No Meat Athlete Cookbook

'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 Bestseller 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 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 the 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 the 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 on 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 c 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 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 b 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 diet 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: Asia 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 an 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

Gout Relief Now: Your Quick Guide to Gout Treatment, Diet, Medicine, and Home Remedies You're about to discover proven steps, strategies, and resources on how to treat your Gout and finally find relief Here Is a Preview Of What You'll L What exactly Gout is and who gets it • What causes the buildup of uric acid that actually causes the gout attacks • The symptoms and complications • Most common gout treatments and medications • How nutrition affects gout and pot help relieve pain and future attacks Take action today and download this book for a limited time discount of only \$0.99! Scroll up and get your copy of Gout Relief Now: Your Quick Guide to Gout Treatment, Diet, Medicine, and Home Remedies From the celebrated NYTimes.com food columnist come her favorite ways to use seasonal produce and a well-stocked pantry to create easy, nutritious meals every day of the week From its inception, "Recipes for Health" has been one of f mailed) features, showing health-conscious readers fast, no-fuss ways to turn seasonal produce, whole grains, and other nutritious ingredients into easy weeknight meals. Now, the most popular have been gathered into one comprehensive how to fill your refrigerator, freezer, and cabinets with healthy staples such as beans, grains, extra virgin olive oil, tuna, eggs, yogurt, and tomato sauce, so that you are prepared to cook delicious dishes like Asparagus and Herb Frittata, Q Dressing and Shrimp, or Pizza Marinara with Tuna and Capers in minutes. Vegans and vegetarians will discover an entire selection of tofu recipes, from stir-fries to sandwiches, and even a tofu cheesecake. Those who frequent the farmers' collection of dishes for virtually every vegetable under the sun. Full of lists, explanations, and tips, The Very Best of Recipes for Health will help you cook and eat better all year long.

Cooking with Scraps

Throw It Together: Big Flavors. Simple Techniques. 200 Ways to Reinvent Dinner.

Rebel Recipes

The Mediterranean Diet Cookbook for Two

Gout Relief Now

Inspiralized

Whole Food, Plant-Based Recipes to Fuel Your Workoutsand the Rest of Your Life

Carnivore-Approved Vegan Recipes

Sample amazing vegan dishes from around the world—right in your own kitchen. HappyCow.com helps millions of people everywhere find delicious vegan and vegetarian cuisine across the globe through the site's extensive database of restaurants and reviews. Now, Eric Brent, creator of HappyCow, and Glen Merzer, coauthor of Better Than Vegan and Food Over Medicine, bring the HappyCow concept home with a collection of nutritious and delicious dishes from top-rated vegan restaurants around the world. Featuring recipes from many of the world's finest and most popular vegan restaurants, The HappyCow Cookbook shares the history and evolution of each restaurant, provides Q&As with the owners, and teaches you how to make some of their mouthwatering dishes. With entrées like Blackbird Pizzeria's Nacho Pizza, desserts such as Sublime Restaurant's Apple Crumble Pie à la Mode, and drinks such as El Piano's Granada Chai tea, HappyCow fans and newcomers alike will enjoy a selection of international gourmet vegan fare from the comfort of their own kitchens. The HappyCow Cookbook is a must-have guide for vegetarians, vegans, and those who simply want to experience some of the most delicious and healthy food on the planet.

Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries and Zucchini Ribbons to Carrot Rice and Beet Noodles

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. “Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day.” —MindBodyGreen For the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond expectations—and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat—and that’s just the beginning. Among the brand-new recipes, complete with nutritional information, you’ll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest assured, Ali still offers up some favorite spiralized dishes, too. Get ready to get your veggies on.

Easy, Delicious recipes to help you ENJOY HEALTHY EATING FOR LIFE Based on The Daniel Plan book, The Daniel Plan Cookbook: 40 Days to a Healthier Life is a beautiful four-color cookbook filled with more than 100 delicious, Daniel Plan-approved recipes that offer an abundance of options to bring healthy cooking into your kitchen. No boring drinks or bland entrées here. Get ready to enjoy appetizing, inviting, clean, simple meals to share in community with your friends and family. **Healthy cooking can be easy and delicious, and The Daniel Plan Cookbook is the mouth-watering companion to The Daniel Plan book and The Daniel Plan Journal to help transform your health in the most head-turning way imaginably—from the inside out.**

Zero Belly Diet

Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries and Zucchini Ribbons to Carrot Rice and Beet Noodles

Creative Spiralizer Recipes for Every Type of Eater

From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes

The HappyCow Cookbook

Lose Up to 16 lbs. in 14 Days!

Skinnytaste Cookbook

Victory Among People

Say Bonjour to Green Cuisine—it's the new French way to be healthy, happy, and stylish, bien s'ûr! No one does food and lifestyle like the French! That's why the French approach to clean, green eating adds a dash of flair—or a drizzle of decadence—to even the humblest of fruits, veggies, and legumes. In this cheerful, charming cookbook, Rebecca Lefter shows you how they do it. She introduces her "best friend foods" like sweet potatoes and chia, whirlwinds through an entire rainbow of juices and smoothies, and keeps the focus on fitness, food, and fun in equal measures. Globally inspired, but with lots of French accents, all 150 plant-based recipes are free of gluten, soy, and refined sugar. Rebecca organizes them the natural way: by season. Feed your body what it needs during . . . Spring: Beet Rawvioli with Faux-mage, White Asparagus Velouté , Le "Chic" Cake Summer: Salade Ni çaise, Cabinet Curry, "Split"-Second Banana Ice Cream Fall: Sobeautiful Soba Salad, Beauty Bourguignon, Pancr é pes, Apple Tarte Tatin Winter: Totally Wild Stuffed Squash, Amaranth Caviar, Happy Hazelnut Quinoa Bowl. Plus, enjoy Rebecca's mood-boosting tips year round: natural beauty treatments, illustrated yoga poses, and positive playlist to sing along with as you peel, mince, and stir. Having to choose between pleasure and health is so last season. It's time to say non to unhealthy foods and out to color, flavor, variety, and smiles!

****AS SEEN ON CHANNEL 4**** 130 brand-new recipes to cook up at home, any day of the week... Following their bestselling Fast 800 Recipe Book, Dr Clare Bailey and Justine Pattison return with a fabulous new cookbook, featuring super-simple recipes to enable you to eat well with minimum prep time on your fastest days. All of the dishes in this book are based on the Mediterranean style of eating now proven to revolutionise your health, and many can be thrown together from freezer or store-cupboard staples. There are numerous vegetarian options, plus simple ways to expand meals for non-fast days or when you are eating with friends or family. With everything from salads and wraps to winter stews and curries, The Fast 800 Easy will help you rustle up delicious, nutritious meals in minutes - food that tastes so good you won't feel the low calorie count. 'One word - brilliant! I lost 28lb in 9-10 weeks and 7 inches off my waist. Also dropped 2 clothes sizes. Love this programme!' - Anne INCLUDES 8 WEEKS OF CALORIE-COUNTED MEAL PLANS

It's official! This is the companion cookbook for your new Ninja® Foodi(tm) Grill Your brand-new Ninja Foodi Grill--the grill that sears, sizzles, and crisps--has arrived. Unlock the grilling greatness of this shiny new appliance with the official grilling cookbook. This new multicooker is your entry into a grilling world you didn't know existed. The Ninja Foodi Grill Cookbook for Beginners is more than a cookbook. It also provides set up instructions, care and maintenance tips, pro advice on accessories to keep nearby, and go-to grilling techniques for your new favorite recipes. Everything you need to get started is right here inside this grilling cookbook. The Ninja Foodi Grill Cookbook for Beginners includes: Top grilling questions answered--Before you BBQ, check this grilling cookbook's FAQ to get all the answers for your new indoor grill-air fryer combo. Veggie options galore--Not a meat person? No problem! Get a grilling cookbook that has plenty of vegetarian recipes to choose from. Menu ideas--Cover breakfast, lunch, dinner, and dessert with 75 unique and delectable recipes. Take your culinary game to levels you never thought were possible with the Ninja Foodi Grill--and this amazing grilling cookbook.

Vegetable Spiralizer Slow-Cooker Cookbook: Ultimate Beginner's Guide to Vegetable Pasta Spiralizer: Top Spiralizer Slowcooker Recipes For Weight loss, Gluten-free, Paleo, Low Carb & Holiday to Help You Lose Weight & Feel great- for Paderno, Veggetti & Spaghetti Shredders! Spiralizing is one of the best ways to incorporate vegetables in your diet. Moreover, the fun spaghetti like texture of these vegetables actually makes them better to eat as compared to the normal, dough pasta. Spiralizing vegetables is considered an art form and in many cases, it can be hard to achieve the right consistency. Moreover, you can use them in plenty of creative ways which can allow you to eat healthier versions of your favorite dishes. The book is also beginner friendly and consists of straightforward guidelines and easy-to-follow instructions to kick-start your exciting spiralized cooking adventure. This is What you'll Discover in This Spiralizer slow-cooker Recipe Book: Slow-cooker spiralizing for beginners. Spiralizing without a spiralizer. Spiralizing for weight loss. Essential kitchen tools and shopping guide Top 10 Gluten Free slow-cooker Recipes Top 10 Delectable Paleo slow-cooker Recipes Top 10 Mouthwatering Low-Carb slow-cooker Recipes 10 Ultimate Weight Loss slow-cooker Recipes And many other recipes too that focus on different things. Apart from these recipes, you can also discover how to use the Spiralizer efficiently like a pro. Some Delicious Vegetable Spiralizer Slowcooker Recipes You Can Start Making Now: Meatball and Zucchini Noodles Crockpot Soup 28Chicken and Broccoli Sauce 29 Lasagna as a Pasta 31 Slow Cooker Roast Chicken with a Side of Veggeti 37 Butter Chicken with Zucchini Noodles 49 Slow Cooker Beef with Zoodles and Vegetables 61 Slow Cooker Chicken and Sausage 77 Slow Cooker Southern Style Green Beans 83 Mediterranean Chicken 85 Slow Cooker Sweet Potatoes 86 Slow Cooker Chicken Zucchini Soup 98 Slow Cooker Cream of Chicken ... And So Much More This Healthy and delicious Spiralizer recipes all list nutritional information & have all the nutritional features of: Low fat Low sugar Low calorie High fiber Cut out

calories, unhealthy eating habits with the help of this Book. You can also find out more recipes which allow you to make good use of your spiralized veggetti in creative ways. Before long, you will be able to incorporate it into your meals on a regular basis! So Start Spiralizing your way to better health, Ideal weight, boundless energy & vitality, a healthy long life and a beautiful YOU! Scroll up to the top of the page and download your copy NOW before the Price Goes Up to see immediate benefits! Inspiralized and Beyond

Eat Green

175 Recipes for a Healthy Vegan Lifestyle

Vegetable Spiralizer Slow-Cooker Cookbook

No Meat Athlete

Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals

Three Veg and Meat

Whether you're seeking breakfast, lunch, dinner, or a snack, aweeknight-friendlycookbook of 125+easy-to-makeplant-based recipes to support your cancer healing and prevention journey. Following the successof Chris Beat Cancer, Chris Wark shares delectable, delicious, and easy-to-make recipes within his anti-cancer diet. This cookbook will help to support you on your healing journey. Whole-foods and plant-based, these meals, bowls, smoothies, and juices will energize both body and soul, while providing the comfort that all good food should. Complete with full-color photos of each recipe and suggestions for common diet modifications, this cookbook will help to get you in the Beat Cancer Mindset and guide you onto the road to wellness.

From the author of Inspiralized comes the New York Times-bestselling, ultimate guide to spiralizing, with clean meals that fit into any diet, from paleo to vegan to gluten-free to raw. As the creator of the wildly popular blog and the author of the runaway bestselling cookbook on the topic, Ali is indisputably the authority on spiralizing. Inspiralize Everything is organized alphabetically by type of produce, allowing you to cook with whatever you already have on hand, what comes in your CSA box, or what you find at the farmer's market. Ali highlights more than 20 vegetables and fruits, detailing their nutritional value and preparation techniques, including the more abundant beets, butternut squash, and carrots, but also the less common chayote, jicama, and kohlrabi. Each recipe, complete with nutritional information, was crafted to become a well-loved staple in your repertoire with a focus not only on healthy eating, but also on easy cooking. Diet customization options, veggie swap suggestions, and special attention paid to one-pot, make-ahead, and no-cook meals ensure that Inspiralize Everything will become a workhorse in your kitchen. Want a vegan dinner that's minimal on cleanup? Try Cheeseless French Onion Soup. How about a hearty meal that'll make great leftovers for lunch tomorrow? Winter Lasagna with Butternut Squash, Brussels Sprouts, and Chicken Sausage is for you. Need a super detox to reset your tastebuds? The Watermelon Radish Nourish Salad with Lemon-Ginger Vinaigrette is just the thing. Sweet tooth satisfaction? Proceed straight to the Zucchini Noodle Bread with Coconut Cream Frosting. Whether you have weight-loss goals, follow a specific healthy lifestyle, or just want to make good-for-you food at home, this book has the answer. If you're a spiralizing pro, this book will become your recipe bible; if you're just starting out, it will teach you everything you need to know. Either way, get ready to be inspired.

Keto is the fastest-growing diet in America, and the holiday season poses its greatest challenge: a steady stream of parties and feasts full of carbohydrate-loaded foods (think stuffing and sweet potato casserole) and tempting desserts. With this indispensable guide, you will never feel hungry, burn fat, boost energy, and transform your body all while enjoying the festive season. The ketogenic diet is based on cutting carbs down almost to near-zero while upping fat intake, and it has been shown to not only help people lose weight permanently, but also be good for their health by stabilizing blood sugar, lowering blood pressure, and improving markers for heart disease, among other benefits. This book is a guide to handling your keto lifestyle throughout the holidays to both enjoy the season and still maintain a healthy diet program. Starting first with the basics of keto-what it is, how and why it works, and what you need to know about fats and carbs-readers get tips on how to prep their kitchen, entertain in style, stay on track with exercise, and get through tough moments: maintaining keto when friends and family pressure you, recovering from a "cheat," and adjusting your diet in the short term. The centerpiece is an extensive and colorful collection of keto recipes, starting with cocktails and appetizers and going through main and side dishes, vegetarian and vegan, and spectacular desserts. We wrap up with a fun keto gift guide full of products and foods that every keto dieter will love.

THE #1 FASTEST SELLING NON-FICTION BOOK IN THE UK Slimming food has never tasted so good; the must-have first cookbook from the UK's most visited food blog. Sharing delicious home-style recipes with a hugely engaged online community, Pinch of Nom has helped millions of people to cook well and lose weight. The Pinch of Nom cookbook can help novice and experienced home cooks enjoy exciting, flavourful and satisfying meals. Accessible to everyone by not including diet points, all of these recipes are compatible with the principles of the UK's most popular diet programmes. There are a hundred incredible recipes in the book, thirty-three of which are vegetarian. Each recipe has been tried and tested by twenty Pinch of Nom community members to ensure it is healthy, full of flavour and incredibly easy to make. Whether it's Cumberland Pie, Mediterranean Chicken Orzo, Mexican Chilli Beef or Chicken Balti, this food is so good you'll never guess the calorie count. This book does not include 'values' from mainstream diet programmes as these are everchanging. Instead the recipes are labelled with helpful icons to guide you towards the ones that suit you best - whether you're looking for something veggie, fancy a fakeaway, want to feed a family of four or have limited time to spare. Kate Allinson and Kay Featherstone owned a restaurant together in The Wirral, where Kate was head chef. Together they created the Pinch of Nom blog with the aim of teaching people how to cook. They began sharing healthy, slimming recipes and today Pinch of Nom is the UK's most visited food blog with an active and engaged online community of over 1.5 million followers. Showing that dieting should never be a barrier to good food, Pinch of Nom is the go-to home cookbook for mouthwatering meals that tick all the boxes.

Quick and simple recipes to make your 800-calorie days even easier

Your Quick Guide to Gout Treatment, Diet, Medicine, and Home Remedies

Weight Watchers In 20 Minutes

An Apples-to-Zucchini Encyclopedia of Spiralizing: A Cookbook

Delicious Flexitarian Recipes for Planet-Friendly Eating

More veg, less meat; flip the balance on your plate

The Edgy Veg

Inspiralize Everything

The new flexitarianism - make veg the hero You know you should be eating more healthy vegies - but sometimes you prefer burgers, nachos and chicken schnitzel to salad. So how do you get the dietary balance right without sacrificing flavour? Olivia Andrews has taken all your favourite dishes and magically flipped the balance to more veg and less meat. Try her Butternut chicken, Quick 'roast' pork dinner, Amen for my ramen, New sausage rolls and Better chocolate brownies and you won't ever want to flip back. Your favourite meals, made healthy Includes a 4-week meal plan Feed the fussiest of families Keep your vegetarians and meat-eaters happy

"A whole new way to celebrate ingredients that have long been wasted. Lindsay-Jean is a master of efficiency and we're inspired to follow her lead!"—Amanda Hesser and Merrill Stubbs, cofounders of Food52 In 85 innovative recipes, Lindsay-Jean Hard—who writes the "Cooking with Scraps" column for Food52—shows just how delicious and surprising the all-too-often-discarded parts of food can be, transforming what might be considered trash into culinary treasure. Here's how to put those seeds, stems, tops, rinds to good use for more delicious (and more frugal) cooking: Carrot greens—bright, fresh, and packed with flavor—make a zesty pesto. Water from canned beans behaves just like egg whites, perfect for vegan mayonnaise that even non-vegans will love. And serve broccoli stems olive-oil poached on lemony ricotta toast. It's pure food genius, all the while critically reducing waste one dish at a time. "I love this book because the recipes matter...show[ing] us how to utilize the whole plant, to the betterment of our palate, our pocketbook, and our place."—Eugenia Bone, author of The Kitchen Ecosystem "Packed with smart, approachable recipes for beautiful food made with ingredients that you used to throw in the compost bin!"—Cara Mangini, author of The Vegetable Butcher

Provides nutritious vegan slow-cooker recipes that require a minimum of hands-on time, explaining how to prepare ingredients quickly the night before and assemble them in the cooker the following morning, offering such options as Pumpkin Pie Oatmeal, Chili Relleno Casserole and Mushroom Lasagna with Garlic-Tofu Sauce. Original.

Table for two: perfectly portioned dishes for the Mediterranean diet With fresh, flavorful ingredients like crisp veggies, succulent seafood, and hearty whole grains, the Mediterranean diet makes nutritious eating a pleasure. Now, The Mediterranean Diet Cookbook for Two makes it easy, too. With these simple and satisfying recipes, you can share the healthy, rich Mediterranean flavors with a partner, roommate, or friend. Explore the basics of the Mediterranean diet, and discover its proven health benefits. Find practical advice on pantry staples and key ingredients so you can whip up quick, nourishing fare any time of day. Each dish is specifically created for two people, and every meal is covered--breakfast treats, soups and salads, seafood, poultry, lamb, pork, desserts, and lots more. The Mediterranean Diet Cookbook for Two includes: 100 distinctive dishes--Enjoy Mediterranean diet-inspired recipes like Orzo-Stuffed Tomatoes, Spicy Sausage Lentil Soup, Lemon Pesto Salmon, Orange Olive Oil Mug Cakes, and more. For a pair to share--All of the recipes are scaled to feed two people with little leftovers, making shopping easy and precise--and helping you save money. Simple, whole foods--These nourishing recipes feature easy-to-find whole ingredients to treat your body well--nothing overly processed and no excessive additives. With The Mediterranean Diet Cookbook for Two, cooking is a breeze, nothing is wasted--and everything is savored.

Recipes from Top-Rated Vegan Restaurants around the World

Spiralizer Recipes

Vegetables First

Trs Green, Trs Clean, Trs Chic

150 Best Recipes for Cooking in Foil

75 Recipes for Indoor Grilling and Air Frying Perfection

The Daniel Plan Cookbook

365 Recipes for Every Day of the Year

Dig in and get creative with the world ' s favourite jar! Kilner ' s classic clip top pressure sealed jars have been around since 1842, but have never been more popular than they are today. Households all over the world trust them to successfully preserve and pickle their fruit and vegetables, but did you know you can cook and store any kind of food or drink in them? In the very first Kilner Cookbook, you will find 100 tasty recipes for: - Classic and creative pickles, preserves, chutneys and jams. - Speedy salad, soup and breakfast recipes, perfect for picnics or on-the-go. - Tempting sweet treats and desserts for sharing and gifting. - Refreshing cordials and tasty cocktails for all-year-round celebrations. - Step-by-step instructions for making your first preserve, sterilising and sealing your jars. Cook it, seal it, enjoy it!

Preparing a foil packet meal is cooking at its simplest.

In addition to vital information on digestive wellness, this book contains 99 delicious recipes suitable for those with IBD. The recipes range from beverages to vegetables, salads to desserts.

NEW YORK TIMES BESTSELLER Zero Belly Diet is the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko—the New York Times bestselling author of the Abs Diet series, Eat This, Not That! series, and Eat It to Beat It!—has spent his entire career learning about belly fat—where it comes from and what it does to us. And what he knows is this: There is no greater threat to you and your family—to your health, your happiness, even your financial future. Yes, you can: Change your destiny. Overcome your fat genes. Strip away belly fat and finally attain the lean, strong, healthy body you ' ve always wanted. With Zero Belly Diet, David Zinczenko reveals explosive new research that explains the mystery of why some of us stay thin, and why some can ' t lose weight no matter how hard we try. He explains how some foods turn our fat genes on—causing seemingly irreversible weight gain—and uncovers the nine essential power foods that act directly on those switches, turning them to " off " and allowing for easy, rapid, and sustainable weight loss. And he shows how these foods help heal your digestive system, keeping those gene switches turned off and setting you up for a lifetime of leanness. Other diets can help you lose weight, but only the Zero Belly diet attacks fat on a genetic level, placing a bull ' s-eye on the fat cells that matter most: visceral fat, the type of fat ensconced in your belly. These fat cells act like an invading army, increasing inflammation and putting you at risk for diabetes, Alzheimer ' s, arthritis, heart disease, and cancer. Visceral fat can also can alter your hormone levels, erode muscle tissue, increase your chances of depression, and destroy your sex drive. But you can turn the odds in your favor. Zero Belly Diet shows you how to deactivate your fat genes, rev up your metabolism, banish bloat, and balance your digestive health, allowing you to easily build lean, strong stomach muscle and strip away unwanted belly fat without sacrificing calories or spending hours at the gym. The result: weight loss that is easier, faster, more lasting, and more delicious than you ' d ever imagine. You ' ll be stunned and inspired by the results of an amazing 500-person test panel—men and women who lost weight quickly, and with ease, following the Zero Belly diet. In just the first 14 days: Bob McMicken, 51, lost 16.3 pounds Kyle Cambridge, 28, lost 15 pounds Martha Chesler, 54, lost 11 pounds Matt Brunner, 43, lost 14 pounds Zero Belly Diet features a week-by-week menu plan, fifty tasty recipes, and a handy shopping list that leads to a minimum of cooking and plenty of feasting. Best of all, Zero Belly Diet offers something more: freedom. Freedom from bloating, freedom from food deprivation, freedom from weight loss fads, freedom from stress. So say goodbye to your paunch and hello to a happier, healthier you!

250 Recipes and More from the Popular Feature on NYTimes.com: A Cookbook

Using Whole Foods to Relieve Crohn's Disease and Colitis

The Fast 800 Easy

100 Slimming, Home-style Recipes

Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season

The Ibd Healing Plan and Recipe Book

Deliciously Simple Plant-Based Anticancer Recipes

Eat, Drink and Still Shrink!

A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter-Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

The complete cookbook of vibrant vegan recipes for every occasion Vegan food is so much more than salad--you just need the right recipes to bring your healthy lifestyle to life. This standout among vegan cookbooks has a plethora of plant-based dishes to keep your meals exciting, ranging from vegan twists on comfort food favorites to creative innovations. Whether you're vegan-curious or a seasoned veteran, you'll find options for every meal of the day, plus snacks and sweets. Even those salads get an upgrade! This distinctive choice in vegan cookbooks includes 175 delicious dishes, like Baked Avocado Fries, Buffalo Cauliflower Pizza, Lemon Asparagus Risotto, Chocolate Tahini Brownies, and much more. Vegan essentials--Brush up on the basics of a plant-based diet, get advice for pantry and kitchen staples, find nutrition guidance, and learn plenty of tips and tricks. Simple, flexible recipes--Find the perfect dish for your needs with handy labels for 30-minute meals, one-pot/pan recipes, and kid-friendly choices the whole family can enjoy. At-a-glance dietary info--Each of the recipes in this plant-based cookbook includes nutritional facts, and the allergy-friendly lineup includes many nut-, gluten-, and soy-free options. Find your new favorite recipe in this complete vegan cookbook.

Even if your lifestyle is crazy-busy, a great meal is only a short time away with this tasty collection of the newest Weight Watchers recipes. You'll find recipes that you can make in a snap in the microwave, a chapter of favorites that go from kitchen to table in a mere 15 minutes, fast dinners that you can prepare with just 5 ingredients, and more, illustrated throughout with beautiful color photos. With the 250 fast, irresistible recipes you'll find here, it's easy to stay on target while enjoying all the dishes you love.

The Kilner Cookbook

Ultimate Beginners Guide to Vegetable Pasta Spiralizer: Top Spiralizer Slowcooker Recipes for Weight Loss, Gluten-Free, Paleo, Low Carb and Holiday to Help You Lose Weight and Feel Great- for Paderno, Veggetti and Spaghetti Shredders!

Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan Or Not!) Will Devour