

## The Really Helpful Cookbook

This diet book celebrates food for what it is. It chronicles Ruth Watson's experiences of dieting, shares her secrets and contains recipes as well as advice and suggestions. Her diet is based on calorie-counted recipes, with all food groups allowed, indeed encouraged.

Want to build Facebook applications that truly stand out among the thousands already available? In addition to providing easy-to-follow recipes that offer practical ways to design and build scalable applications using the Facebook Platform and its new profile design, this Cookbook also explains proven strategies for attracting users in this highly competitive environment. With plenty of examples and practical solutions, Facebook Cookbook answers some of the hardest questions Facebook application developers contend with -- including how and where to get started. This Cookbook will help you: Learn to build an application that scales to accommodate a sudden influx of users Explore changes from Facebook's old profile design to the new look and feel Take advantage of new integration points in the new profile design Get tips for designing applications with hosting and deployment costs in mind Discover which widgets and controls to use for building the most attractive user interface design Learn the differences between standard HTML, JavaScript, and SQL, and the versions used on the Facebook Platform Target large, defined groups on Facebook, including those who want to find jobs, hire employees, market a business, advertise, and more If you can build simple web applications with HTML, Facebook Cookbook will help you build applications with the potential to reach millions of users around the globe. Learn what it takes to design applications that stand above the rest.

BOOK OF THE YEAR 2016 in The Guardian and The Spectator Whatever your day looks like - there is a recipe here that is just right. Whether it is a quick and comforting noodle bowl or a hearty slow-cooked pie, this book celebrates food's power to restore, revive and rejuvenate. But it isn't just about the food on your plate: it's about how it gets there. Stirring Slowly celebrates time spent in the kitchen. Wile away a happy hour stirring a creamy black dhal, or give your undivided focus to flipping caramelised apple, ricotta and hazelnut pancakes - because cooking nourishes you inside and out.

The Really Helpful Cookbook is destined to be an essential cook's companion - people who love wonderful food will turn to this book again and again. One of Britain's best loved food writers, Ruth Watson offers recipes that blend the very best in today's stylish home cooking, with invaluable tips on everything from which brand of sugar to use for baking, to clever shortcuts for time-pressured, hungry cooks. With passion and humour she explains her recipes in the context of our daily lives, creating a book that is delightful to read and a must-have in the kitchen.

My Delicious Recipes: Blank Recipe Book to Write In

25 Authentic Korean Food Recipes with All Essential Details - Korean Cooking Made Easy

20 Chicken Recipes for Slow Cooker: (Low Carb Diet, Low Carb Recipes)

Tasty plant-based recipes for every day

150 Quick and Easy Vegetarian Recipes to Suit All Budgets

POLPO

Recipes for Every Meal, Featuring Nature's Perfect Protein

The egg white is low in carbs, calories, and fat and contains almost all of the protein available in the egg. Blackstone's 75 recipes cover every meal, while her book also features

surprising uses, facts, and lore, about the incomparable egg.

Learn to build applications faster and better by leveraging the real power of Boost and C++ About This Book Learn to use the Boost libraries to simplify your application development Learn

to develop high quality, fast and portable applications Learn the relations between Boost and C++11/C++4/C++17 Who This Book Is For This book is for developers looking to improve their

knowledge of Boost and who would like to simplify their application development processes. Prior C++ knowledge and basic knowledge of the standard library is assumed. What You Will Learn

Get familiar with new data types for everyday use Use smart pointers to manage resources Get to grips with compile-time computations and assertions Use Boost libraries for multithreading

Learn about parallel execution of different task Perform common string-related tasks using Boost libraries Split all the processes, computations, and interactions to tasks and process them

independently Learn the basics of working with graphs, stacktracing, testing and interprocess communications Explore different helper macros used to detect compiler, platform and Boost

features In Detail If you want to take advantage of the real power of Boost and C++ and avoid the confusion about which library to use in which situation, then this book is for you.

Beginning with the basics of Boost C++, you will move on to learn how the Boost libraries simplify application development. You will learn to convert data such as string to numbers, numbers

to string, numbers to numbers and more. Managing resources will become a piece of cake. You'll see what kind of work can be done at compile time and what Boost containers can do. You will

learn everything for the development of high quality fast and portable applications. Write a program once and then you can use it on Linux, Windows, MacOS, Android operating systems. From

manipulating images to graphs, directories, timers, files, networking - everyone will find an interesting topic. Be sure that knowledge from this book won't get outdated, as more and more

Boost libraries become part of the C++ Standard.

I was inspired to write this book due to my love for cooking and my mother, who always had me to help her with the everyday meals. It was nine children at home. I had six sisters, but my

mother always wanted me to help and learn how to prepare the meals. I guess my mother taught me well because whenever there was a cookout or a holiday dinner, my family always liked my corn

bread dressing and potato salad. Above other things, I can't forget the lasagna. It's simply the best you will ever taste. My mother was the best cook there was; she taught me very well. I

believe that this book of all my recipes would be really helpful to my sisters. Friends would call and ask me for my recipes, and I would assist them to pick up some of my good recipes.

They are really excited over my writing this soul food cookbook. I believe that soul food is good for you and fills you up fast. My cooking and dishes never need you to add salt or

anything. They are simply delicious and good. I have three grown kids now, and my daughter cooks very well. She got some of my recipes before she left home, and I can't forget my husband.

They say a away to a man's heart is through his stomach, and he's always happy when I'm in the kitchen because he just loves my cooking. You know what they say about the country girls--they

are some of the best soul food cooks. I guess I would have to say that I love to cook and entertain my guests and serve them my best recipes, so I would like for them to have a copy of

this cookbook for their keepsake. This would make my family very happy. Every recipe in this book is very special to me. I am really proud to have taken the time to write this book, and at

the end of each recipe, I said, "Eat and enjoy."

A landmark book from the test kitchen that has been teaching America how to cook for 20 years. We launched the America's Test Kitchen Cooking School two years ago to teach home cooks how to

cook the test kitchen way, and since then thousands of students have taken our interactive video-based online courses. The America's Test Kitchen Cooking School Cookbook shares the same

goal as our online school and brings all our best practices—along with 600 all-time favorite recipes—into one place so that you can become a better, more confident cook. There is no better

way to learn than seeing an expert in action, so we've included over 2,500 color photos that bring you into the test kitchen so you can see how to prepare recipes step-by-step. The book

starts off with an exhaustive 46-page Cooking Basics chapter that covers everything from what equipment you need (and how to care for it) to test-kitchen tricks for how to make food taste

better. Then we move on to cover all the major cooking and baking categories, from meat, poultry, and pasta to breads, cakes, and pies. Illustrated Core Techniques, like how to whip egg

whites, roast a chicken, or bake flawless pie dough, focus on the building block recipes everyone should know. Recipe Tutorials that each feature 20-35 color photos then walk readers

through recipes that are either more complicated or simply benefit from the visual clues of step photography, like Extra-Crunchy Fried Chicken, Sticky Buns with Pecans, and Deep-Dish Apple

Pie. Every chapter ends with a library of the test kitchen's all-time favorite recipes, such as Pan-Seared Steaks with Red Wine Pan Sauce, Meatballs and Marinara, Best Vegetarian Chili,

Memphis-Style Barbecued Ribs, and New York-Style Cheesecake—more than 600 in total—that will allow home cooks to expand their repertoire. The America's Test Kitchen Cooking School Cookbook

is a how-to-cook book that also explains why recipes succeed or fail, which makes it the ideal book for anyone looking to cook better.

125 Lectin-Free Recipes for Optimum Gut Health, Losing Weight, and Feeling Great

Modern Python Cookbook

C++17 STL Cookbook

The Kosmic Kitchen Cookbook

Rachel Ama's Vegan Eats

Soul Food Cooking with Dee

Building Applications to Grow Your Facebook Empire

The Really Helpful CookbookEbury Press

If you want to learn network analysis and visualization along with graph concepts from scratch, then this book is for you. This is ideal for those of you with little or no understanding of Gephi and this domain, but will also be beneficial for

their knowledge and experience.

No one should leave home without this book! It is packed with recipes that are cheap, good for you and simple to cook with limited equipment. Here you will find everything you need to know about buying and storing food, which equipment to use, how to eat to keep you healthy and useful tips about food hygiene. An essential book for any student! Chapters include: \* Eating Well \* Top Tips for Eating Well \* Food Safety \* Equipment \* Essential Ingredients \* Potatoes \* Pasta \* Rice and Grain

Vegetables and Beans \* Snacks and Standbys

Leverage your natural language processing skills to make sense of text. With this book, you'll learn fundamental and advanced NLP techniques in Python that will help you to make your data fit for application in a wide variety of industries.

for overcoming common challenges in implementing NLP pipelines.

More than 175 Ultra-Tasty Recipes for Total Health and Weight Loss

Recipes for Coeliacs & Wheat Intolerants

The America's Test Kitchen Cooking School Cookbook

Low Carb Cookbook: Everyday Low Carb Recipes to Lose Weight & Feel Great

Empty Cookbook and Organizer to Note Down Your 100 Favorite Recipes

Boost C++ Application Development Cookbook

Azure Serverless Computing Cookbook

**A diet heavy in carbohydrates can lead to weight gain, high cholesterol, and put you at an alarming risk for heart disease and diabetes. Low-Carb Cookbook will show you how to adopt a low-carb diet so you can melt away those extra pounds and permanently reduce your risk of life-threatening disease. Low-Carb Cookbook is a straightforward, easy-to-follow cookbook with quick and filling low-carb recipes, and a 14-day meal plan to take the stress out of your new low-carb lifestyle. Low-Carb Cookbook is the everyday guide for easy low-carb meals, with: 125 healthy Low-Carb Cookbook recipes for every meal of the day Simple cooking tips and ingredient substitutions from the editors of Low-Carb Cookbook Low-Carb Cookbook shopping guide Easy advice for staying low-carb when dining out 14-day Low-Carb Cookbook meal plan From mouthwatering recipes, to invaluable tips, Low-Carb Cookbook will make your transition to a low-carb diet easy, satisfying, and sustainable.**

**There's more to being a veggie than eating tofu and chickpeas, and there's more to being a student than beans on toast and chips from the kebab van. With 150 recipes from across the world, this inspiring cookbook is crammed with meals even the novice cook will be able to master, from simple curries and pasta dishes to South American stews and Spanish tortillas. More interesting than the usual student fare, and with delicious recipes students will really go for, from quick and easy meals in minutes to cheap but impressive dinner party winners to wow their mates, The Vegetarian Student Cookbook is a recipe for a tasty and healthy student life.**

**A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories. If you suffer from gluten allergy or intolerance (Coeliac disease), or wheat intolerance, then you probably know the only treatment for either of these debilitating conditions is a gluten-free and wheat-free diet Ð this means eliminating bread, biscuits, crispbreads, cakes, pastry, pasta, breadcrumbs, semolina and food cooked in batter, as well as many tinned, packaged and processed foods Ð in fact foods which usually form the greater part of a normal day-to-day diet.**

**Essential Baking**

**Intermittent Fasting Cookbook**

**Unreal Development Kit Game Design Cookbook**

**Fast-Friendly Recipes for Optimal Health, Weight Loss, and Results**

**My First Cookbook**

**The I Don't Know How To Cook Book**

**Python Natural Language Processing Cookbook**

The Autoimmune Protocol Reintroduction Cookbook guides readers through the four stages of the AIP reintroduction protocol with 100 recipes and food lists.

Tucked away in a backstreet of London's edgy Soho district, POLPO is one of the hottest restaurants in town. Critics and food aficionados have been flocking to this understated b caro where Russell

Norman serves up dishes from the back streets of Venice. A far cry from the tourist-trap eateries of the famous floating city, this kind of cooking is unfussy, innovative and exuberantly delicious. The

140 recipes in the book include caprese stacks, zucchini shoestring fries, asparagus with Parmesan and anchovy butter, butternut risotto, arancini, rabbit cacciatore, warm duck salad with wet walnuts and

beets, crispy bizzo pizzas with prosciutto and rocket, scallops with lemon and peppermint, mackerel tartare, linguine with clams, whole sea bream, warm octopus salad, soft-shell crab in Parmesan batter with fennel salad, walnut and honey semifreddo, tiramis , fizzy bellinis and glasses of bright orange spritz. With luminescent photography by Jenny Zarins, which captures the unfrequented corners, the

bustling b cari and the sublime waterways of Venice, POLPO is a dazzling tribute to Italy's greatest hidden cuisine.

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Low Carb Cookbook: 20 Chicken Recipes for Slow Cooker This book "Low Carb High Fat Cookbook" has a great deal to offer you. In this book you will learn different recipes that aim to provide you low carbs and high fats. All the mentioned recipes in this book are slow cooker chicken

recipes. Obviously these recipes will help you a lot to reduce weight. In this enchanting book "Low Carb and High Fat Cookbook" not only the recipes are given but you will also find some tips and serving patterns as well. In addition, this book also have nutritional information about different recipes. After reading this information you can choose those delicious recipes that are really helpful for your workout. This book is a guideline for those people who want to know what nutritional values these recipes have. Because people often want to set out their diet plans. These slow cooker recipes are not

only easy to cook and serve but also these are delicious and full of nutrients. Like other recipes, you don't need to waste your time on them. Here in this book you will find a brief introduction of low carb and high fat recipes, 20 slow cooker chicken recipes that are really helpful for weight loss. Download your E book "Low Carb Cookbook: 20 Chicken Recipes for Slow Cooker" by scrolling up and clicking "Buy Now with 1-Click" button!

A recipe-based book to help you efficiently create amazing PHP-based applications with Laravel 5.x About This Book Leverage the amazing new features of Laravel 5.x to create cutting-edge responsive PHP applications. Create apps with interoperability features and extend these features to your existing applications as well. Over 60 recipes that combine tried and tested Laravel tips for getting your app

working. Who This Book Is For The ideal target audience for this book is PHP developers who have some basic PHP programming knowledge. No previous experience with Laravel is required for this book. What You Will Learn Optimize Your GuIp and Elixir Workflow Use Travis to run tests with every push Build and test your view-based route in PHPUnit Explore workflows for migrations and seeding Implement

Angular in your Laravel applications Set up a user authentication system Integrate the new Billing library and Stripe in your Laravel application Use the Artisan command-line tool Test your App in Production with Behat In Detail Laravel is a prominent member of a new generation of web frameworks. It is one of the most popular PHP frameworks and is also free and an open source. Laravel 5 is a

substantial upgrade with a lot of new toys, at the same time retaining the features that made Laravel wildly successful. It comes with plenty of architectural as well as design-based changes. The book is a blend of numerous recipes that will give you all the necessary tips you need to build an application. It starts with basic installation and configuration tasks and will get you up-and-running in no

time. You will learn to create and customize your PHP app and tweak and re-design your existing apps for better performance. You will learn to implement practical recipes to utilize Laravel's modular structure, the latest method injection, route caching, and interfacing techniques to create responsive modern-day PHP apps that stand on their own against other apps. Efficient testing and deploying

techniques will make you more confident with your Laravel skills as you move ahead with this book. Towards the end of the book, you will understand a number of add-ons and new features essential to finalize your application to make it ready for subscriptions. You will be empowered to get your application out to the world. Style and approach This book will have a practical recipe-based approach with dedicated recipes on your daily Laravel tasks (as well as on more advanced issues) that will help you become a pro with Laravel 5.x

Cookbook Book

Gephi Cookbook

The Living Well Without Lectins Cookbook

The Student Vegetarian Cookbook

The Egg White Cookbook

The Autoimmune Protocol Reintroduction Cookbook

The Blood Sugar Solution Cookbook

**Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Low Carb High Fat Cookbook20 Slow Cooker Chicken Recipes For Weight Loss This book "Low Carb High Fat Cookbook" has a great deal to offer you. In this book you will learn different recipes that aim to provide you low carbs and high fats. All the mentioned recipes in this book are slow cooker chicken recipes. Obviously these recipes will help you a lot to reduce weight. In this enchanting book "Low Carb and High Fat Cookbook" not only the recipes are given but you will also find some tips and serving patterns as well. In addition, this book also have nutritional information about different recipes. After reading this information you can choose those delicious recipes that are really helpful for your workout. This book is a guideline for those people who want to know what nutritional values these recipes have. Because people often want to set out their diet plans. These slow cooker recipes are not only easy to cook and serve but also these are delicious and full of nutrients. Like other recipes, you don't need to waste your time on them. Here in this book you will find a**

**brief introduction of low carb and high fat recipes, 20 slow cooker chicken recipes that are really helpful for weight loss. Download your E book "Low Carb High Fat Cookbook: 20 Slow Cooker Chicken Recipes For Weight Loss" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: low carb, low carb diet, low carb high fat diet, low carb recipes for weight loss, low carb for beginners, how to lose weight, weight loss, low carb cookbook, low carb high fat cookbook, slow cooker, slow cooker recipes, slow cooker cookbook, chicken recipes, recipes for weight loss**  
**Following Dr. Hyman's scientifically based program for rebalancing insulin and blood sugar levels, this cookbook presents 175 delectable recipes that are free of allergens and harmful inflammatory ingredients. In The Blood Sugar Solution Cookbook, Dr. Mark Hyman shares recipes that support the Blood Sugar Solution lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. Readers will exchange toxic factory-made foods for nutritious and easy-to-make dishes such as Chicken Satay with Peanut Sauce, Mexican Shrimp Ceviche, Tuscan Zucchini Soup, Raspberry Banana Cream Pie Smoothie, Chocolate Nut Cake, and more. The Blood Sugar Solution Cookbook will illuminate your inner nutritionist and chef.**  
**Over 50 recipes to help you build applications hosted on Serverless architecture using Azure Functions. About This Book Enhance Azure Functions with continuous deployment using Visual Studio Team Services Learn to deploy and manage cost-effective and highly available serverless applications using Azure Functions This recipe-based guide will teach you to build a robust serverless environment Who This Book Is For If you are a Cloud administrator, architect, or developer who wants to build scalable systems and deploy serverless applications with Azure functions, then this book is for you. Prior knowledge and hands-on experience with core services of Microsoft Azure is required. What You Will Learn Develop different event-based handlers supported by serverless architecture supported by Microsoft Cloud Platform – Azure Integrate Azure Functions with different Azure Services to develop Enterprise-level applications Get to know the best practices in organizing and refactoring the code within the Azure functions Test, troubleshoot, and monitor the Azure functions to deliver high-quality, reliable, and robust cloud-centric applications Automate mundane tasks at various levels right from development to deployment and maintenance Learn how to develop statefulserverless applications and also self-healing jobs using DurableFunctions In Detail Microsoft provides a solution to easily run small segment of code in the Cloud with Azure Functions. Azure Functions provides solutions for processing data, integrating systems, and building simple APIs and microservices. The book starts with intermediate-level recipes on serverless computing along with some use cases on benefits and key features of Azure Functions. Then, we'll deep dive into the core aspects of Azure Functions such as the services it provides, how you can develop and write Azure functions, and how to monitor and troubleshoot them. Moving on, you'll get practical recipes on integrating DevOps with Azure functions, and providing continuous integration and continous deployment with Visual Studio Team Services. It also provides hands-on steps and tutorials based on real-world serverless use cases, to guide you through configuring and setting up your serverless environments with ease. Finally, you'll see how to manage Azure functions, providing enterprise-level security and compliance to your serverless code architecture. By the end of this book, you will have all the skills required to work with serverless code architecture, providing continuous delivery to your users. Style and approach This recipe-based guide explains the different features of Azure Function by taking a real-world application related to a specific domain. You will learn how to implement automation and DevOps and discover industry best practices to develop applications hosted on serverless architecture using Azure functions.**

**The Intermittent Fasting Cookbook is a quick-start guide to the how of intermittent fasting, with meal plans and recipes for various IF patterns and protocols.**

**More Than 200 Delicious Recipes That Fit the Nation's Top Diet**

**Tableau Desktop Cookbook**

**Anarchist Cookbook**

**Facebook Cookbook**

**Recipes to Restore and Revive**

**The Really Useful Ultimate Student Cookbook**

**The Ultimate Korean Cookbook**

**This book is designed for your assistance so that you can enjoy delicious Korean Food Recipes. Korean cuisine has a complex blend of dumplings, sweet and sour dishes, soups, stews, etc. If you want something healthy, try pickles and vegetable recipes. Korean cuisine is really good for health conscious people because of its ingredients and delicious taste. If you want to enjoy something unique, you should try these recipes. Korean cookbook has 25 unique recipes with complete instructions and images. This book will be a unique guide for those people who like to enjoy Korean recipes. If you want to throw a Korean themed party, you should try recipes given in this book. This book offers: - Korean Pancakes, Small Bites, and Dumplings - Salads, Kimchi, and Pickles - Meat and Vegetable Recipes in Korean Style - Drinks and Sweet Treats Download this book to enjoy Korean Cooking because there are 25 amazing recipes for everyone to try Korean cuisine.**

**Over 100 of the most beautiful, influential and informative cookbooks of the past 300 years. Compiled by a panel of experts in the fields of art, design, food and photography, Cookbook Book is an opus celebrating cookbooks of all shapes, sizes, languages and culinary traditions. From tried&hyphen;and&hyphen;true classics such as Larousse Gastronomique and Mastering the Art of French Cooking by Julia Child to surprising quirky choices such as The Mafia Cookbook and The Hawaiian Cookbook, each of these cookbooks has shaped, influenced or revolutionized home&hyphen;cooking in its own way. Includes translations and full recipes. The book features stand out, gorgeous photography and is essential for any collector of vintage cookbooks or for those that love food history.**

**Written in cookbook style, this book offers many recipes to learn game design with UDK. Each recipe contains step-by-step instructions followed by analysis of what was done in each task and other useful information. The book is designed so that you can read it chapter by chapter, or you can look at the list of recipes and refer to them in no particular order. This book is meant for game artists who are getting used to UDK but may feel the need for guidance on matters of implementation. It also targets brave beginners who are struggling to find an all in one package for getting started with UDK, and want a ready to hand reference. Level designers can use this book to gauge their understanding of the editor, check for specific problems, and discover gems they may not have come across before.**

**A riveting narrative history of food as seen through 100 recipes, from ancient Egyptian bread to modernist cuisine. We all love to eat, and most people have a favorite ingredient or dish. But how many of us know where our much-loved recipes come from, who invented them, and how they were originally cooked? In A History of Food in 100 Recipes, culinary expert and BBC television personality William Sitwell explores the fascinating history of cuisine from the first cookbook to the first cupcake, from the invention of the sandwich to the rise of food television. A book you can read straight through and also use in the kitchen, A History of Food in 100 Recipes is a perfect gift for any food lover who has ever wondered about the origins of the methods and recipes we now take for granted.**

**The Biggest Loser Family Cookbook**

**Everything You Need to Know to Become a Great Cook**

**The South Beach Diet Cookbook**

**Low Carb Cookbook**

**300 Great Recipes You Can't Mess Up!**

**The Hartley Cookbook**

**If you love cooking and discovering new recipes , but after writing them down you always end up forgetting where you put them, this awesome and perfectly organized blank cookbook is just for you! With this recipe journal you will keep them organized and easy to find, and will never forget that delicious recipe all your family loved so much. --- See the example page on the back cover! --- Plenty of space for 100 of your favorite recipes Easily keep track of each recipe's rating, preparation time, difficulty, servings and allergens A table of content/index you can fill with each recipe's name, rating and page number A super useful cooking conversion table with cups, ounces, grams, tablespoons, temperature etc Perfect size: 7.5" x 9.25" (19cm x 23,5cm) Fill it with amazing first courses, delicious second courses, yummy desserts and make this beautifully designed empty cookbook your next family recipe book, and forget about all the other blank recipe books to write in you never managed to keep organized. This recipe notebook features 100 beautifully designed empty recipe pages with pre-made spaces to keep track of each recipe's: Name Number Ingredients Instructions Difficulty Rating Servings Preparation time Allergens Additional notes This blank cookbook to write in is the perfect gift idea for your fellow foodies or friends and family members who love to cook and would love to create their own family recipe book. Get this beautiful blank cooking book right now and start writing down and collecting your favorite recipes.**

**From the cofounder of Food Not Bombs, an action-oriented guide to anarchism, social change, and vegan cooking Unlike the original Anarchist Cookbook, which contained instructions for the manufacture of explosives, this version is both a cookbook in the literal sense and also a "cookbook" of recipes for social and political change. The coffee-table-sized book is divided into three sections: a theoretical section explaining what anarchism is and what it isn't; information on organizational principles and tactics for social and political change; and finally, numerous tasty vegan recipes from one of the cofounders of the international Food Not Bombs movement.**

**Hundreds of Delicious Recipes Anyone Can Make! Do you crave homemade French Toast, Eggplant Parmigiana, and Pecan Pie, but don't know the difference between broiling and baking? This book offers a crash course in cooking basics as well as lessons on creating everything from classic entrees to decadent desserts. Complete with step-by-step instructions, a glossary of cooking terms, and 60 brand-new recipes, you'll learn all there is to know about the kitchen as you make flavorful recipes like: Baked Nutty Banana Pancakes Spinach, Bacon, and Egg Salad Stuffed Green Bell Peppers Shepherd's Pie Oatmeal Chocolate Chip Cookies So forget macaroni and cheese from a box, frozen dinners, and takeout--The "I Don't Know How to Cook" Book, 3rd Edition shows you how to craft great-tasting, homemade meals in no time!**

**Whether you're a beginner just learning how to create data visualizations or a Jedi who's already used Tableau for years, this cookbook has a recipe for everyone. Author Lorna Brown provides more than 100 practical recipes to enhance the way you build Tableau dashboards--and helps you understand your data through the power of Tableau Desktop's interactive datavisualizations. With this cookbook, Tableau beginners will learn hands-on how this unique self-serve tool works, while experienced users will find this book to be an ideal reference guide on how to employ specific techniques. It also links you to online resources and community features, such as Tableau Tip Tuesday and Workout Wednesday. By the time you reach the end, you'll be a competent user of Tableau Desktop. You'll learn how to: Build both basic and complex data visualizations with Tableau Desktop Gain hands-on experience with Tableau's latest features, including set and parameter actions Create interactive dashboards to support business questions Improve your analytical skills to enhance the visualizations you've already created Learn data visualization skills and best practices to help you and your organization**

**Nourishing Recipes for Every Stage of Your Reintroduction Protocol**

**A History of Food in 100 Recipes**

**The Everyday Wheat-Free and Gluten-Free Cookbook**

**Fat Girl Slim**

**A Venetian Cookbook (Of Sorts)**

**Over 50 recipes to understand, analyze, and generate text for implementing language processing tasks**

**35 fun and easy recipes for children aged 7 years +**

**Learn how to cook while making fantastic snacks, desserts, and meals. With 35 recipes that you'll love to make and a helpful techniques section, this book will teach you all about cooking, from how to make sandwiches and party snacks, to making simple dishes for breakfast, lunch and dinner, as well as a range of lip-smacking desserts. Start out with Snacks and Light Meals, where you can make delicious pizza toasts or home-made buttermilk pancakes, as well as nutritious soups and salads. Then try one of the Proper Meals, such as the oven-baked herby burgers, a comforting pea and parmesan risotto, and even roast chicken, which will impress all your friends. Get your fruit fix with the peach and mascarpone dessert, or try the raspberry affogato in the Desserts chapter. There are even fun and quick ideas for Party Food, such as chocolate-dipped strawberries and giant cheese straws. Try new foods and make up your own exciting variations on the recipes - with such simple ideas, you can really get creative in the kitchen! Every recipe has step-by-step artworks to guide you, plus a skill level so you can start with quick and easy dishes and move on to more challenging things as you become more confident.**

**The latest in modern Python recipes for the busy modern programmer About This Book Develop succinct, expressive programs in Python Learn the best practices and common idioms through carefully explained and structured recipes Discover new ways to apply Python for the new age of development Who This Book Is For The book is for web developers, programmers, enterprise programmers, engineers, big data scientist, and so on. If you are a beginner, Python Cookbook will get you started. If you are experienced, it will expand your knowledge base. A basic knowledge of programming would help. What You Will Learn See the intricate details of the Python syntax and how to use it to your advantage Improve your code readability through functions in Python Manipulate data effectively using built-in data structures Get acquainted with advanced programming techniques in Python Equip yourself with functional and statistical programming features Write proper tests to be sure a program works as advertised Integrate application software using Python In Detail Python is the preferred choice of developers, engineers, data scientists, and hobbyists everywhere. It is a great scripting language that can power your applications and provide great speed, safety, and scalability. By exposing Python as a series of simple recipes, you can gain insight into specific language features in a particular context. Having a tangible context helps make the language or standard library feature easier to understand. This book comes with over 100 recipes on the latest version of Python. The recipes will benefit everyone ranging from beginner to an expert. The book is broken down into 13 chapters that build from simple language concepts to more complex applications of the language. The recipes will touch upon all the necessary Python concepts related to data structures, OOP, functional programming, as well as statistical programming. You will get acquainted with the nuances of Python syntax and how to effectively use the advantages that it offers. You will end the book equipped with the knowledge of testing, web services, and configuration and application integration tips and tricks. The recipes take a problem-solution approach to resolve issues commonly faced by Python programmers across the globe. You will be armed with the knowledge of creating applications with flexible logging, powerful configuration, and command-line options, automated unit tests, and good documentation. Style and approach This book takes a recipe-based approach, where each recipe addresses specific problems and issues. The recipes provide discussions and insights and an explanation of the problems.**

**With over 75 nourishing recipes and herbal remedies, this cookbook and seasonal guide to wellness pays homage to the ancient wisdom of the elements. Turn your kitchen into a healing sanctuary! This cookbook will help you identify your unique constitution based on the five elements—earth, water, fire, wind, and ether. Use that insight to design an everyday wellness practice with nourishing meals, healing herbs, and self-care rituals. Tapping into these elements is at the heart of all traditional medicines—Ayurveda, Western Herbalism, and Chinese Medicine—and it is the key to discovering your most vibrant self. Discover the power of herbalism and the elements to feel balanced and well from season-to-season. With simple spices and healing herbs, you'll feel confident creating remedies that support mental clarity, enhanced digestion, a relaxed nervous system, and promote an overall radiance. From cleansing tonics like Roasted Dandelion Tea or Hibiscus Punch with Schisandra Salt to rejuvenating classics like Kitchari with Golden Ghee or Tumeric Congee, you'll find transformative recipes and uses for adaptogenic herbs to restore and find balance every day.**

**CAKES, BAKING, ICING & SUGARCRAFT. Follow the simple steps in this book to bake a batch of sweet or savoury biscuits or soft breakfast muffins, decorate a luscious cake and venture into the world of breadmaking.**

**Stirring Slowly**

**Low Carb High Fat Cookbook**

**Everyday Herbalism and Recipes for Radical Wellness**

**The Really Helpful Cookbook**

**Laravel 5.x Cookbook**

**Millions of people say they feel better when they eat lectin-free. Here at last is the cookbook that makes lectin-free cooking fun and delicious! For people who take their health and well-being seriously, gut health is a top priority. Optimum gut health means more than just a well-working gastrointestinal tract. It means you have more energy, you simply feel better, and, not least, you're not gaining unwanted pounds. Among diets that address gut health, lectin-free is the fastest-growing, mainly because following it means your intestines absorb more nutrients and your gut is populated by fewer bad bacteria. Its many adherents range from people with specific disorders, like irritable bowel syndrome (IBS), diabetes, rheumatoid arthritis (and other autoimmune disorders), and "leaky gut," to people who simply feel better without lectins. Easier weight loss or weight maintenance is an added benefit! Claudia Curici is the talented writer and photographer behind the pioneering lectin-free blog Create in My Kitchen. The 125 nourishing and imaginative recipes she has created for this book are all sugar-, grain-, and lectin-free, and they are delectable and easy to make. Many are dinner-time main courses, from Chicken Coconut Soup with Shiitakes and One Beef Kebab Platter to vegetarian options like Cauliflower Gratin with Pecans and Healing Vegetable Soup with Kale and Broccoli. There are lectin-free superfood smoothies, too, among other drinks and snacks, along with soups, salads, sides, and even desserts, including an opulent but easy Lectin-Free Chocolate Strawberry Birthday Cake. Nourish and protect your gut with these diverse and delightful dishes!**

**'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself' RUBY TANDOH OBSERVER RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy – and fun - in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean britters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure – whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg – Rachel's genius cookbook is for you.**

**Over 90 recipes that leverage the powerful features of the Standard Library in C++17 About This Book Learn the latest features of C++ and how to write better code by using the Standard Library (STL). Reduce the development time for your applications. Understand the scope and power of STL features to deal with real-world problems. Compose your own algorithms without forfeiting the simplicity and elegance of the STL way. Who This Book Is For This book is for intermediate-to-advanced C++ programmers who want to get the most out of the Standard Template Library of the newest version of C++: C++ 17. What You Will Learn Learn about the new core language features and the problems they were intended to solve Understand the inner workings and requirements of iterators by implementing them Explore algorithms, functional programming style, and lambda expressions Leverage the rich, portable, fast, and well-tested set of well-designed algorithms provided in the STL Work with strings the STL way instead of handcrafting C-style code Understand standard support classes for concurrency and synchronization, and how to put them to work Use the filesystem library addition available with the C++17 STL In Detail C++ has come a long way and is in use in every area of the industry. Fast, efficient, and flexible, it is used to solve many problems. The upcoming version of C++ will see programmers change the way they code. If you want to grasp the practical usefulness of the C++17 STL in order to write smarter, fully portable code, then this book is for you. Beginning with new language features, this book will help you understand the language's mechanics and library features, and offers insight into how they work. Unlike other books, ours takes an implementation-specific, problem-solution approach that will help you quickly overcome hurdles. You will learn the core STL concepts, such as containers, algorithms, utility classes, lambda expressions, iterators, and more, while working on practical real-world recipes. These recipes will help you get the most from the STL and show you how to program in a better way. By the end of the book, you will be up to date with the latest C++17 features and save time and effort while solving tasks elegantly using the STL. Style and approach This recipe-based guide will show you how to make the best use of C++ together with the STL to squeeze more out of the standard language**