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**KEY=RECIPES - HANA LANE**

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**THE PART-TIME VEGETARIAN**

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**FLEXIBLE RECIPES TO GO (NEARLY) MEAT-FREE**

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*Watkins Media Limited The common link between vegetarians and part-time vegetarians (flexitarians) is that they like to base their meals on vegetables. Whether this is for health, economic or moral reasons (or a combination of all three), the fact is a flexitarian diet – one that is largely vegetarian but occasionally includes poultry, meat and seafood – is growing in popularity and is a long-term trend that cannot go ignored. Let's face it the flexitarian or semi-vegetarian diet is the way to go: meat and fish are becoming prohibitively expensive; our current consumption cannot be sustained in years to come; and the health benefits of a vegetarian diet are well documented. But while the number of vegetarians is significant, a study by the American Journal of Clinical Nutrition found that nearly two out of three vegetarians occasionally like to eat meat, chicken or fish. The Part-Time Vegetarian Cookbook shows just how delicious, adaptable and varied this way of eating can be. Rather than taking centre stage, meat or fish are not the main focus of the recipes, which value the often under-used and under-valued vegetables, grains, legumes, nuts, eggs and dairy foods. The recipes are not about taking something away, however, but adding a new dimension and consequently widening and extending the homecook's repertoire of dishes. Organised by meal type, The Part-Time Vegetarian Cookbook features chapters on Breakfasts & Brunches, Small Bites (snacks, lunches and light meals), Weekday Suppers, Weekend Cooking, Food for Sharing (entertaining, special occasion, celebrations and al fresco) and Something Sweet. The recipes are all vegetarian, but can easily be adjusted to suit non-vegetarians.*

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## **THE PART-TIME VEGETARIAN**

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### **FLEXIBLE RECIPES TO GO (NEARLY) MEAT-FREE**

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Duncan Baird Publishers *The popularity of the part-time vegetarian (flexitarian) diet--one that is largely vegetarian but occasionally includes poultry, meat and seafood--is growing. As meat and fish become more and more expensive and the health benefits of a vegetarian diet become better-known, The Part-Time Vegetarian taps into a growing trend of flexitarian eating. Rather than meat or fish taking center stage, the recipes in this book showcase under-used vegetables, grains, legumes, nuts, eggs and dairy foods--and show just how delicious and varied this way of eating can be. Organized by meal type, the book features chapters on Breakfasts & Brunches, Light Meals, Weekday Dinners, Weekend Cooking, Food for Sharing, and Something Sweet. The recipes are all vegetarian, but the majority include a Part-Time Variation, showing you how to include meat or fish if the occasion calls for it. It's the perfect book for the casual vegetarian looking for a nutritious and environmentally intelligent way to eat, for those who want to cater to a vegetarian, or the committed vegetarian who wants to try new recipes. The Part-Time Vegetarian makes vegetarian eating something anyone can do.*

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## **THE FLEXIBLE FAMILY COOKBOOK**

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### **75 QUICK AND EASY RECIPES WITH OVER 200 VARIATIONS TO KEEP THE WHOLE FAMILY HAPPY**

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Frances Lincoln *A cookbook to suit the whole family's differing wants and needs, The Flexible Family Cookbook is full of simple and delicious recipes to keep the whole family happy. Jo Pratt provides flexible adaptations for each recipe to account for allergies, intolerances and lifestyle choices. Traybakes and one-pot roasts make for easy and convenient timesavers, whilst scrumptious puds and simple bakes help get smaller hands involved in the cooking. Covering everything from gluten-free, nut-free, dairy-free cooking and veganism, to suggestions for flavour and spice adjustments for younger or fussier palettes, this book will be a lifesaver in the kitchen and a crowd-pleaser at the table. Over 75 recipes, each with flexible options, covering: Breakfast and Brunch Soups and Broths Snacks and Small Plates Main Meals Sides and Accompaniments Baking and Desserts Dietary Index*

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## **THE FLEXITARIAN DIET: THE MOSTLY VEGETARIAN WAY TO LOSE WEIGHT, BE HEALTHIER, PREVENT DISEASE, AND ADD YEARS TO YOUR LIFE**

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### **THE MOSTLY VEGETARIAN WAY TO LOSE WEIGHT, BE HEALTHIER, PREVENT DISEASE, AND ADD YEARS TO YOUR LIFE**

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McGraw Hill Professional *Lose weight, increase energy, and boost your immunity—without giving up meat! "With her flexible mix-and-match plans, Dawn Jackson Blatner gives us a smart new approach to cooking and eating." --Joy Bauer, M.S., RD, CDN, "Today" show dietitian and bestselling author of Joy Bauer's Food*

Cures "The Flexitarian Diet is a fresh approach to eating that's balanced, smart, and completely do-able." --Ellie Krieger, host of Food Network's "Healthy Appetite" and author of *The Food You Crave* "Offers a comprehensive, simple-to-follow approach to flexitarian eating--the most modern, adaptable, delicious way to eat out there." --Frances Largeman-Roth, RD, senior food and nutrition editor of *Health* magazine "It's about time someone told consumers interested in taking control of their weight and health how to get the benefits of a vegetarian lifestyle without having to cut meat completely out of their life." --Byrd Schas, senior health producer, *New Media, Lifetime Entertainment Services* Introducing the flexible way to eat healthy, slim down, and feel great! "Flexitarianism" is the hot new term for healthy dieting that minimizes meat without excluding it altogether. This ingenious plan from a high-profile nutritionist shows you how to use "flexfoods" to get the necessary protein and nutrients--with just a little meat for those who crave it. As the name implies, it's all about flexibility, giving you a range of options: flexible meal plans, meat-substitute recipes, and weight loss tips. Plus: it's a great way to introduce the benefits of vegetarianism into your family's lifestyle. Enjoy these Five Flex Food Groups: Flex Food Group One: Meat Alternatives (Beans, peas, lentils, nuts, and seeds; Vegetarian versions of meats; Tofu; Eggs) Flex Food Group Two: Vegetables and Fruits Flex Food Group Three: Grains (Barley, corn, millet, oat, quinoa, rice, wheat, pasta) Flex Food Group Four: Dairy Flex Food Group Five: Natural flavor-enhancers (Spices, buttermilk ranch, chili powder, cinnamon, Italian seasoning, herbs; Fats, oils, butter spreads; Sweeteners, granulated sugars, honey, chocolate; Ketchup, mustard, salad dressing, vinegars, low-fat sour cream)

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## MODERN FLEXITARIAN

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### VEG-BASED RECIPES YOU CAN FLEX TO ADD FISH, MEAT, OR DAIRY

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Penguin Fancy minimising your meat intake this New Years but don't know where to begin? Modern Flexitarian has got you covered! Ethical meals and sustainable living have become hot topics in our modern day society, but transitioning into the leafy lifestyle can prove challenging. That's why you need ideas and recipes to ease the transition! Modern Flexitarian is filled with meat-free recipes, dairy-free meals, and healthy cooking ideas with a twist. Each page features sustainable meals with suggestions on how to include meat, dairy, eggs, or fish. Dive straight in to discover: -Over 100 easy-to-prepare, flexible vegetarian or vegan recipes -Every dish is complemented with full-colour photographs -Featuring recipes for every meal type for the whole family to enjoy This flexitarian diet book will encourage you to eat plants while moderating your meat consumption, proving to be a wonderful resource for healthy cooking ideas that will inspire you to make more socially responsible meal choices. We understand that giving up meat or animal-related products can be difficult, that's why this part-time vegetarian cookbook eases the transition and will inspire you to create the most delicious meat-free meals. Jam-packed with tips and tricks on how to get started, sound advice on getting the right nutrients, and a sample weekly menu. Featuring a diverse range of options to choose from, you'll be able to satisfy your cravings whilst reducing your impact on the environment and improving your gut health as you go! At DK we believe in the power of discovery. So

why not explore this beautifully illustrated recipe book, and discover how to improve your health and wellbeing with the power of a plant-based diet! Proving the perfect gift for the plant-based foodie in your life or anyone looking to experiment with flexible vegan cooking for the first time.

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## **THE FLEXIBLE VEGETARIAN: FLEXITARIAN RECIPES TO COOK WITH OR WITHOUT MEAT AND FISH**

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Frances Lincoln Whether you're an occasional meat-eater, a vegetarian who needs to cook for meat-eaters, or even a dedicated veggie, you'll find this very flexible book filled with delicious and practical recipes for every lifestyle. The Flexible Vegetarian's beautiful and tasty dishes offer two solutions: they can be served as completely vegetarian meals, or with the addition of a simple meat, chicken or fish recipe, making them suitable for meat-free days and meat-eaters alike. Recipes cover international flavours, from spiced poke to peashoot and asparagus gnudi, and they are all simple, quick, packed with protein and well-balanced. As well as easy meat and fish additions and hacks for each vegetarian recipe, The Flexible Vegetarian shows you how to ace a handful of classic recipes, from the perfect roast chicken, to the perfectly cooked fish fillet. Chapters include: Brunch, Broths, Small Plates, Large Plates, and Dips & Bits.

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## **THE COMPLETE PLANT-BASED COOKBOOK**

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### **500 INSPIRED, FLEXIBLE RECIPES FOR EATING WELL WITHOUT MEAT**

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America's Test Kitchen 2021 IACP Award Winner in the Health & Nutrition Category Make any recipe vegan or vegetarian to suit your preference Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK's diverse, modern guide offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals. The 500-plus recipes are vegan but flexible. You can choose whether to make the Rancheros with Avocado with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter. ATK's plant-based eating strategy is easy, budget-friendly, and inclusive--cuisines around the world are rich with boldly flavored, naturally vegan dishes. Drawing inspiration from them, these recipes showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and also showcases ATK's practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to transform a burger from the "vegan option" into the best option); discover how to boost umami flavor using tomato paste, dried mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and storage strategies, the plethora of plant-based meat and dairy options,

and how to meet nutritional needs.

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## **PRACTICALLY RAW**

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### **FLEXIBLE RAW RECIPES ANYONE CAN MAKE**

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Andrews McMeel Publishing *Practically Raw's* revolutionary practicality and flexible approach let you enjoy Chef Amber's delicious vegan dishes your own way, according to your budget and taste, every day or every once in a while, and as raw — or cooked — as you like. Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of many substitutions, cooking options, and variations. Ideal for beginners as well as seasoned raw foodists, *Practically Raw* has something for everybody, whether you want to improve your health and longevity, cope with food sensitivities, or simply eat fresher, cleaner, and better! Chef Amber's creative, satisfying recipes include: Almond Butter Sesame Noodles Vegetable Korma Masala Fiesta Taco Roll-Ups Primavera Pesto Pizza Maple-Pecan Kale Chips Cherry Mash Smoothies Parisian Street Crepes Warm Apple-Walnut Cobbler This beautiful new full-color edition (previously published by Vegan Heritage Press) includes a pantry guide, menus, money-saving and make-ahead tips, and nutrition information.

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## **EATING AN ANIMAL-FREE DIET**

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### **INSPIRED, FLEXIBLE RECIPES FOR EATING WELL WITHOUT MEAT: A COLLECTION OF VEGAN RECIPES**

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If you're reading this, you probably already know how terrible the conditions are for animals who are raised for meat. Even "free-range" animals are rarely given enough space, freedom, or proper nutrition to live decent lives. Eating an animal-free diet shouldn't be hard. It also doesn't have to be flavorless. In this book, you will discover various simple recipes using only vegan ingredients. You will learn how to cook the perfect Impossible Burger, make a spicy fiesta wrap, or even craft your own coffee creamers. With delicious recipes that are easy to make, you can be compassionate without having to work hard. To get started, simply scroll to the top of the page and click the "Buy now with 1-Click" button!

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## **THE PART-TIME VEGETARIAN'S YEAR**

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### **FOUR SEASONS OF FLEXITARIAN RECIPES**

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Watkins Media Limited More than 100 seasonal, everyday meals for friends and family from *The Part-Time Vegetarian's* kitchen. Since *The Part-Time Vegetarian* was published in 2015 the food landscape has changed. Proving itself more than a passing fad, the term "flexitarian" was added to the OED in 2015 and this way of eating has been highlighted by nutritionists and environmentalists as a necessity for the long-term health of both ourselves and our planet. Beyond eating less meat and more veg, awareness of the importance of eating sustainable, seasonal food is also on the increase. The moment a plant is harvested its nutrients start to deplete, so the sooner it is on the plate, the tastier and more nutritious it is. *The Part-Time*

*Vegetarian's Year includes over 100 flexible recipes ordered by season, making it easy to work with the calendar to produce delicious food all year round. In spring, feast on Baked Eggs with Spring Greens or a Korean Bibimbap. Summer brings a refreshing Watermelon, Pitta and Goat's Cheese Salad or Tomato Tarts with Preserved Lemon Relish. In autumn, cuddle up with a warming Mushroom Larb or Smoky Aubergine Pides. Finally, winter gives us celebratory Celeriac, Ginger and Sesame Bhajis and Scandinavian Potato and Celeriac Gratin. From summer barbecues to festive feasts, each chapter also contains at least one full feature menu for easy entertaining. All of the recipes are vegetarian, but most feature a Part-Time Variation, showing you how to include an element of meat or fish, or even how to make the dish fully vegan, if you would like. This is the perfect book to support your food journey whether you are fully vegetarian, just dipping a toe in the water, or someone looking to cut down on their meat intake a few days a week.*

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## **PLANT-BASED MEAL PREP**

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### **SIMPLE, MAKE-AHEAD RECIPES FOR VEGAN, GLUTEN-FREE, COMFORT FOOD**

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*Penguin Go plant-based with Steph and Adam, YouTube's most popular meal preppers. Eating a plant-based diet--one that embraces veggies and ditches the meat, eggs, and dairy--is one of the easiest ways to improve your health. Whether you're ready to go entirely vegan or just want to incorporate more plant-based meals into your diet, Steph and Adam will show you how to plan and prep ahead, so your meals are ready to go when you're ready to eat. Flexible meal plans include all your favorite foods and flavors, from mac and cheese to mashed potatoes, all made with plant-based, whole-food ingredients. \* Over 60 plant-based recipes for breakfasts, mains, snacks, and desserts \* Get-started guide walks you through the basics of plant-based eating \* Soy-free, grain-free, and paleo-friendly tags make it easy to find recipes that fit your diet \* Flexible build-a-meal strategies let you choose your favorite flavors \* Easy-to-follow meal plans take the guesswork out of what to make \* Nutritional information for every recipe to help manage macros and achieve diet goals.*

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## **SUPERFOODS**

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### **THE FLEXIBLE APPROACH TO EATING MORE SUPERFOODS**

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*Quadrille Publishing Ltd Commuting, working, exercising, parenting, socialising - our lives are busy and there simply isn't the time to sustain a super healthy lifestyle. We rarely wake up feeling energised or refreshed, so we pop some vitamins, slug a coffee and get going. Julie Montagu has the answer. She is The Flexi Foodie and her book of 90 delicious recipes and friendly facts will show you how to introduce plant-based superfoods into your daily diet. Through meat-free, dairy-free and sugar-free recipes made with unrefined, wholesome ingredients, you can raise your energy levels, lose weight, lower your cholesterol, keep blood sugar levels under control, and look and feel more youthful than you have in years. Simply by adding more good foods into your day, you will naturally crowd out the bad ones. So, if you know you've*

got an indulgent dinner planned, whizz up a green juice in the morning and you'll get your five-a-day in one hit. If the week ahead looks gruelling, make some high-energy power balls on Sunday and eat one every afternoon for a boost. If you love a weekly steak, serve it with one of Julie's nutrient-packed side dishes and you've done some good with minimum effort. Enjoy what you cook, be flexible, eat well and feel so much better with Julie's brilliantly inspiring recipes.

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## **PLANT BASED COOKBOOK FOR BEGINNERS**

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### **THE COMPLETE AND FLEXIBLE RECIPE BOOK FOR EATING WELL WITHOUT MEAT THAT HELPS YOU GET INSPIRED TO LOSE WEIGHT, BE HEALTHIER, AND FEEL BETTER EVERY DAY**

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*Are You Looking For a Diet That Naturally Increases Your Quality of Life? Then Read-Along And Find Out How a Simple Plant-Based Recipe Book Can Make You Rethink The Way You See Vegetables! Throughout most of their lives, many people rely mainly on the capabilities of the body to digest and cope with whatever life throws at them. Unfortunately, it cannot always be this way... And our society does not make it any easier for us. We are constantly being shoved in our faces superfoods and meal alternatives that imitate, or are supposed to replicate the sources of energy a person might need... Many experts would tell you to supplement regular exercising with the right mix of nutrients. More often than not, such advice sounds as misleading as ambiguous. Trying out new diets and regimens, hoping to achieve the desired results, eventually leaves us with the probability of nothing but frustration. Why? Because we are not keeping it simple... In this sense, a Plant-Based Diet, with all its advantages Nature's Products have to offer, might be just the answer to better well-being and preventing various ill-related symptoms! Research shows that dietary patterns Rich In Fruits, Vegetables, and Whole Wheat help not only with Strengthening The Immune System but Enhancing a Steady Fat Loss Process while Reducing the Risks of Heart Disease, Stroke, or Diabetes. And With The Help Of This Guide, You Will Have The Opportunity To Positively Impact Your Longevity and Quality of Life! After going through This Plant-Based Diet Manual, you will: Get Familiar With The Plant-Based Diet and find out the science behind receiving better nutrition and living a healthy life (the diet strategy is not only easy, but budget-friendly as well) Discover Over 500 Vegan But At The Same Time Flexible Recipes that not only sound great but also taste outstanding (it's up to you whether to go vegetarian or fully vegan) Experience Weight Loss And Immune System Protection with ingredients extracted from the Earth's resources (why do you think our ancestors lived for so long?) Reveal Ingenious and Useful Tips For Cooking Plant-Forward Ingredients and feel like you are being served at a top-notch restaurant (with the tiny difference you are sitting at your own dining table) Find Insightful Suggestions On Shopping and Storage Strategies that will drastically ease your life (by being able to choose products more sensibly and help them stay fresh) And So Much More!... Getting used to your new habits might require some effort, but... Believe it or not, you can practically turn any non-vegan dish into an entirely plant-based equivalent without sacrificing taste (Even When It Comes To Burgers!). With This Guide In Hand, You Will Have The Opportunity To Create Varied and Satisfying*

Meals, plus getting a HUGE BONUS - A Strong Body and Sound Health. Worth it, Don't You Think...? ... Order Your Copy and Embrace Your New YOU!

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## **THE FLEXIBLE PESCATARIAN**

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### **DELICIOUS RECIPES TO COOK WITH OR WITHOUT FISH**

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White Lion Publishing 'A delicious collection of versatile, quick and simple pescatarian inspired dishes, for all to enjoy!' Gordon Ramsay 'Wow, this is such a wonderful book, just open the cover and let Jo take you through some really inspiring recipes and ideas and show you just how simple cooking great seafood can be.' Mitch Tonks Whether you're looking to eat less meat, a lover of seafood, or even a dedicated pescatarian, you'll find something for you in this book filled with delicious and practical recipes for every lifestyle from celebrated chef Jo Pratt. Choose between cooking each recipe as a fish dish, or get creative with some veggie substitutes. From a curried Buddha bowl to Cornish crab pasties, aromatic cured salmon with pea blinis to a wholesome and hearty smoky mac 'n' cheese, the range of international recipes spans the globe and are all simple, well-balanced and packed with flavour. As well as easy approaches on how to cook your fish and hacks for vegetarian options, this original cookbook shows you how to prepare the perfect fish fillet and handle whole fish and seafood. With a wide variety of health benefits, there has never been a better time to join the growing pescatarian movement and expand your culinary skills.

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## **THE FLEXITARIAN TABLE**

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### **INSPIRED, FLEXIBLE MEALS FOR VEGETARIANS, MEAT LOVERS, AND EVERYONE IN BETWEEN**

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Houghton Mifflin Harcourt A compilation of menus for meat lovers and strict vegetarians alike offers a series of convertible meals that can be prepared with a vegetable or meat protein, along with vegetarian dishes and meals featuring fish, poultry, or meat.

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## **IN THE MOOD FOR HEALTHY FOOD**

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Watkins Media Limited Full of mouth-watering yet simple dishes, Jo Pratt has created a stunning collection of nutritious recipes for anyone looking to eat well. Start the day with Ginger Berry Muffins or Raspberry Yogurt Pots, enjoy a light meal of Poached Chicken Broth with Spring Greens or a more substantial Beetroot Gnocchi with Walnut & Watercress Pesto then treat yourself to a guilt-free Dairy-Free Vanilla & Blueberry Cheesecake or Chocolate Pumpkin Brownies. Brilliant ingredients are given centre stage in this book, with features on nuts, sprouting beans & seeds, quinoa, kale and chia seeds, exploring why they are so good, where to find them, and how to use them. With fresh, inspiring photography and design, this is the perfect companion for the everyday cook who wants to eat and live deliciously well.

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## THE FLEXITARIAN COOKBOOK

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### ADAPTABLE RECIPES FOR PART-TIME VEGETARIANS AND VEGANS

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*Ryland Peters & Small* *Less of a rigid regime, and more of an organic attempt to eat a mainly vegetarian diet, The Flexitarian Cookbook features delicious plant-centric recipes, with options for incorporating meat or fish as needed. Many of us are looking to eat less meat and/or fish, as the host of environmental, ethical and health-related reasons for doing so stacks up. The concept of not centring every meal around an animal-based protein is well on its way to settling into mainstream society. But out there, there is a whole middle-ground of home-cooks, placed somewhere between carnivore and vegan, who are doing their best to reduce meat consumption, but enjoying it on occasion when the urge strikes; the flexitarians. The Flexitarian Cookbook is a collection of delicious, modern vegetarian recipes, with simple options for switching in meat or fish, as the mood takes you. No longer will flexitarians have to juggle between multiple cookbooks or haphazardly hash together a meaty ending to a recipe depending on their cravings. Recipes include a warm curried lentil salad with crispy paneer and spiced dressing, but the paneer can be swapped for crispy prawns if preferred. A winter vegetable stew with herbed dumplings is substantial enough on its own, but this cookbook gives the option to add slow-cooked beef cheeks, if you like. A best-ever recipe for vegetable and lentil moussaka offers the option to swap the lentils for regular mince meat, while the Moroccan spiced vegetable tagine gives an option for cooking with chicken, if the mood so takes you.*

### THE COMPLETE PLANT BASED COOKBOOK FOR BEGINNERS

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#### MORE THAN 100 INSPIRED, FLEXIBLE RECIPES FOR EASY COOKING WITHOUT MEAT.

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*Family Cooking* *Are you ready to improve your overall health, lose weight, feel great, and look good while enjoying delicious, healthy, plant-based meals? Do you want to start a healthy lifestyle? So read on. This book is for you! Your body is special and deserves a better, healthier lifestyle The plant-based lifestyle is one of the best decisions you can make for your health, your wallet and the environment and this book is aimed at people who they want to have fun cooking and eating well balanced, nutritious and colorful food! The book provides substitute options for switching between eating plans - you can choose from vegetarian, vegan, gluten-free, dairy-free, and raw foods to try something new or to please your friends and family. Here are just a few reasons to try this book: - More than 100 illustrated recipes inspired by the tastiest cuisines in the world. - Nutrition and portion size information. Keep track of the carbohydrates, fats and proteins consumed to better balance your diet - Recipes suitable for everyone. The book provides replacement options for switching from one meal plan to another. - Common ingredients. The recipes call for affordable products that can be found in your local market. - Little cooking tips and tricks: Explore recipe-specific tips for tips for serving, substituting ingredients and cooking techniques - delicious, pocket-sized, quick and easy-to-*

*follow recipes, including: breakfasts, bread, biscuits, soups, salads, pasta dishes, tea and smoothies, dressings and sauces, snacks, desserts and entire recipes Improve your health and well-being with the power of a plant-based diet - this cookbook will show you how!*

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## **SLIMMING WORLD FOOD OPTIMISING**

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*Random House Having plenty to eat and no forbidden food is every slimmer's dream. It sounds too good to be true, but it's the approach that has enabled thousands of Slimming World members to reach their target weight - the weight they have chosen to be. No foods are banned at Slimming World. There's no calorie counting and there are hundreds of 'Free Foods' which can be eaten in unlimited amounts. The Slimming World diet is designed to make weight loss easy and more enjoyable and this recipe book makes the healthy eating plan available to everyone. Packed with nutritional advice, lifestyle and diet information, as well as over 150 wonderfully healthy recipes, simply follow the eating plan and lose weight. And by adopting and developing healthy eating habits for life, the weight will be lost for good.*

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## **TINY BUDGET COOKING**

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## **SAVING MONEY NEVER TASTED SO GOOD**

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*Pan Macmillan Keen cook Limahl Asmall's aim is simple: to show you how to eat delicious, mouth-watering meals for very little money. Tiny Budget Cooking features 100 delicious recipes bursting with flavour and variety. The book is organized into four weekly plans, each comprising a dedicated shopping list, as well as breakfast, lunch and dinner recipes for every day of the week. Whether you're just starting out or a confident cook, Limahl makes cooking simpler than ever with creative ways to reinvent leftovers and a clever swappable ingredient tool that helps to personalize the dishes. With guidance for saving money, simplifying the weekly food shop and minimizing food waste, Tiny Budget Cooking makes great food achievable for everyone.*

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## **THE COMPLETE VEGETARIAN COOKBOOK**

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## **A FRESH GUIDE TO EATING WELL WITH 700 FOOLPROOF RECIPES**

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*America's Test Kitchen Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep*

and tricky techniques as well as key steps within recipes.

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## **THERE'S A VEGAN IN THE HOUSE**

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### **FRESH, FLEXIBLE FOOD TO KEEP EVERYONE HAPPY**

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*Not a fan of tofu? Fear not - this vegan cookbook is packed with over 100 varied, delicious recipes that will appeal to adults and children alike, using grains, pulses and other healthy meat- and dairy-free alternatives as the base ingredient. You'll find options for every meal of the day, whether you're looking for quick lunch box ideas for vegan kids or preparing a big dinner for the whole household. For extra convenience and flexibility, the 'flex it' suggestions give busy cooks an option to easily add meat or dairy to their meal, perfect for pleasing non-vegan members of the household or families wanting to go 'flexitarian'. If you're new to veganism or catering to a family member who is, the introduction pages are here to help. They tackle the myths of veganism; suggest the best animal products substitutes; advise on shopping and storing; and give you a full understanding of the how to source essential nutrients through a plant-based diet. 'The good stuff' boxes on many recipes offer specific nutritional information and highlight the healthy benefits of each dish. This is everyday food for everyone, with nutritionally balanced vegan meals and flexible options - There's a Vegan in the House is the essential cookbook for any family or household venturing into veganism.*

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## **NO MEAT ATHLETE**

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### **RUN ON PLANTS AND DISCOVER YOUR FITTEST, FASTEST, HAPPIEST SELF**

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*Fair Winds Press (MA) 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.*

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## THE FAMILY MEAL SOLUTION

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### A FLEXIBLE AND ACHIEVABLE APPROACH TO FEEDING YOUR FAMILY EACH WEEK, FROM ONE HANDED COOKS

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Penguin Group Australia *Wouldn't it be amazing to feel organised and inspired about the week's meals, and confident that family members big and small are getting the nourishment they need every day - all while not breaking the bank. Is this too much to ask? The One Handed Cooks don't think so! In their new meal-planning guide, Allie, Jess and Sarah share the thoroughly tested system and recipes that keep them feeling in control in their own busy lives and kitchens. It's one that's built on flexibility and the clever use of short pockets of time - not a radical overhaul, a strict meal plan and hours of meal prepping every Sunday when you'd rather be doing anything else. Try these incremental and sustainable habit changes and you'll notice a big difference. The secrets lie in making the most of the freezer and slow cooker, prepping multiple meals during your time in the kitchen, being clever with leftovers and embracing fast meals. There are 85 recipes, including six chapters dedicated to time-efficient dinners - with snacks, salads and desserts covered, too. And it wouldn't be a One Handed Cooks cookbook without their brilliant behavioural and nutritional advice to help you navigate your kids' developmental challenges around food, and the ingredient swaps to cater to all the common allergies and intolerances. That's the meals for this week sorted - and the rest!*

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## FOOD YOU WANT

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### FOR THE LIFE YOU CRAVE

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Hachette UK *A "wellness visionary who serves up super-food!" (Mark Hyman, MD) shares her tips, secrets, and +100 gluten-free recipes for living a healthy, flexible life--in the kitchen and out. Whether you're a parent feeding family of 6 or cooking for 1 or 2, you're probably busy--really busy--juggling all of life's obligations. And you probably just want to sit down for a meal of food you truly want--craveable, healthy food that makes you feel as good as it tastes. With more than 100 clean, fresh, gluten-free recipes, Food You Want helps you create healthy, energizing dishes, all while saving time and banishing meal prep stress. With Nealy's Flexible Flips, you can mix, match, and substitute ingredients. Some Flips health-ify recipes (pizza quiche that tastes just like a real slice of pizza); other Flips transform taste, showing you that healthy can always equal delicious. Have a Flop? No worries--there are Flips for those too. With Nealy's flexible, adaptable system you'll have a simpler recipe for success, both in and out of the kitchen. You can make each meal--and each day--less harried and more enjoyable.*

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## VEGAN IN THE HOUSE

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### FLEXIBLE PLANT-BASED MEALS TO PLEASE EVERYONE

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Penguin *Keeping the whole household happy and well-fed can be difficult when there's a vegan in the house. Not anymore! You no longer have to make a different*

meal for everyone. This vegan recipe book is packed with crowd-pleasing recipe ideas that will satisfy non-vegans too! Inside the pages of this plant-based cookbook, you'll discover: - More than 100 vegan recipes for the whole family, from vegan snacks and desserts to burgers and pasta. - "Flex it" suggestions that give busy cooks perfect options to easily add meat and dairy to meals for families that want to go "flexitarian." - Expert nutritional know-how in the "the good stuff" section will help everyone meet their dietary needs. - Advice on making the switch and maintaining a healthy vegan lifestyle. Simple, affordable, healthy and delicious: *There's a Vegan in the House* is the essential vegan cookbook for any family venturing into veganism. It includes tips on shopping and storing vegan products, vegan nutrition for both children and adults, suggestions for the best animal product substitutes, and the myths of veganism busted. "The good stuff" boxes on many recipes offer specific nutritional information and highlight the health benefits of each dish. Satisfy your appetite and embark on a voyage of vegan food discovery with nutritionally balanced vegan meals and flexible options for the whole family! From tropical fruit smoothie bowls to Mexican quinoa salad, this is everyday food for everyone.

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## **SLIMMING WORLD FREE FOODS**

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### **GUILT-FREE FOOD WHENEVER YOU'RE HUNGRY**

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Random House This unique approach to slimming is based on a revolutionary concept--that of "Free Foods"--foods you eat in any quantities, whenever you're hungry. And they aren't just typical diet staples such as lettuce and low-fat cottage cheese. Free Foods include pasta, rice, lean meat, fish, poultry, and fresh fruit and vegetables. Recipes such as Farfalle and mixed bean salad, Mild and creamy chicken curry, Fragrant pilaff, and many more besides, can be eaten as Free Foods when you are Food Optimising. Gone are the days of feeling as though you are missing out!

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## **THE MEAT-FREE KITCHEN**

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### **SUPER HEALTHY AND INCREDIBLY DELICIOUS VEGETARIAN MEALS FOR ALL DAY, EVERY DAY**

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Fair Winds Press Improve the health of your family and the planet with more than 125 delicious, plant-based, easy-to-prepare recipes for every meal of the day. The Meat-Free Kitchen has all the recipes you need for busy weeknights, packed weekends, or whenever you feel like trying out a meat-free meal. From many different breakfast options to many different kinds of vegetarian burgers, these meatless meals will satisfy even the pickiest of palates. Chapters cover all meals throughout the day, from yummy breakfasts to satisfying salads, hearty soups, handheld snacks, perfect pastas, and one-pot wonders. Many of these recipes can also be made in 30 minutes or less. Preparing meatless meals has never been simpler! Find something for everyone with recipes like: Banana Walnut Baked Oatmeal Creamy Tomato Soup with Orzo Black Bean Citrus Quinoa Salad Curried Tofu Salad Sandwiches Spicy Hummus Veggie Wraps Butternut Squash Mac and Cheese Tortilla Enchilada Casserole Smoky Potato Wedges Going Meatless is the healthiest option for you, your family, and the planet—get started today!

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## POWER PULSES

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### 150 SUPERFOOD VEGETARIAN RECIPES, FEATURING VEGAN AND MEAT VARIATIONS

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Dorling Kindersley Ltd Pack even more superfoods into your day with *Power Pulses Cookbook*. Pulses are delicious legume crops packed with goodness, and perfect for breakfast, lunch, and dinner. Revolutionise your diet with lentils, dry peas, beans, and chickpea recipes that deliver powerful protein and heart-healthy benefits. Cook up everything from soup and salad to to curry and casseroles with 150 vegetarian recipes - all fully flexible to offer dozens of vegan and meat-based variations. *Power Pulse Cookbook* is packed with mouth-watering photography and easy 'pulse exchange' options, to allow you to personalise each recipe according to your tastes. With delicious pulse-based dishes from lentil bolognese to spicy carrot hummus, *Power Pulses Cookbook* has something to offer everyone, whether you're a meat-loving omnivore or a dairy-free vegan.

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## FLEXITARIAN EVERYDAY COOKING

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### 150+ FUSS-FREE RECIPES TO LOSE WEIGHT & GAIN BETTER HEALTH

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Anita D.Parekh With FLEXIBLE EATING plan, you can BOOST your IMMUNITY, INCREASE ENERGY and LOSE WEIGHT without completely GIVING UP MEAT! FLEXITARIAN DIET is a POWER PACKED, SMART and MODERN APPROACH to eat BALANCED MEALS and completely do-able. This UNIQUE DIET shifts the ratio of ANIMAL to PLANTS to create DELICIOUS--and NUTRITIOUS--MEALS sure to appeal to everyone. FLEXITARIAN DIET could HELP you make HEALTHIER CHOICES while still enjoying SOME of YOUR FAVORITE and most WHOLESOME MEALS. FLEXITARIAN EVERYDAY COOKING eBook is a COLLECTION of HEALTHY FLEXITARIAN RECIPES from AROUND the WORLD that you can MAKE WITHOUT a FUSS and are APPETIZING ENOUGH for the WHOLE FAMILY to enjoy. Cook HEALTHY, IRRESISTIBLE MEALS-strike the perfect BALANCE on your PLATES between FLAVOR, PLEASURE, and NUTRITIONS sustainability. Take CONTROL of YOUR HEALTH and WEIGHT, reap all the BENEFITS of a VEGETARIAN LIFESTYLE without CUTTING MEAT completely out of your life. FLEXITARIAN EVERYDAY COOKING cookbook covers: · Brief Introduction About Flexitarian Diet · Benefits of Flexible Eating Pattern · Tips and Foods to Eat · Sample Meal Plan · 150+ Easy-To-Make Comfort Meals for Lunch or Dinner, With a Handful of Side Dishes, Breakfasts, and Snacks · Easy-To-Adapt Recipes for Vegetarians, Vegans and Meat Eaters Eat Healthy, Slim Down, and Feel Great!

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## OUR FAVORITES FROM FEASTING IN THE WILD COUNTRY

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Lulu.com This is the complete book on how to dry food, pack meals for your outdoor adventures, whether you are camping overnight or planning a 6 month adventure. Over 64 dinners, plus breakfast smoothies, lunch salads and wraps, soups and snacks. There are links to You Tube videos and QR codes for smart phones that will show you how to dry meats, pack meats, pack meals and cook the meals in the wild. Make your own favorites by learning how to adapt foods you love at home to take

along on your back country adventures. If you are planning a long hike, you need to learn how to make and pack lightweight, nourishing, and delicious meals. Amaze your fellow hikers with your great tasting meals. The book also addresses hikers with special needs like gluten intolerance, lactose intolerance, vegetarians and "Zone" enthusiasts.

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## **PLANT-FORWARD KETO**

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### **FLEXIBLE RECIPES AND MEAL PLANS TO ADD VARIETY, STAY HEALTHY & EAT THE RAINBOW**

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Victory Belt Publishing Whether you are Keto, Low-Carb, Carb Liberal, Vegan or occasionally-all of the above, *Plant-Forward Keto* brings an array of options and flexible meal plans to go beyond the diet and embrace your love of food! A low-carb, ketogenic diet has been known for pushing plants to the side in favor of heavier meat consumption, but in her previous book, *Vegan Keto*, Liz MacDowell demonstrates that it's entirely doable to be keto while avoiding animal products. Not everyone has the ability or the desire to maintain such a rigid diet, however. In this new book, *Plant-Forward Keto*, Liz shows you how to keep healthy plant foods at the center of your plate while allowing a little meat on the side when you want to, while still reaping all the benefits of a keto diet. Instead of prescribing rigid macronutrient ratios, *Plant-Forward Keto* aims to help you tailor a ketogenic way of eating to your unique needs and goals and make keto as sustainable and enjoyable as possible. The fun and delicious plant-based recipes in this book focus on using whole-food ingredients while allowing for mixing and matching of smaller amounts of animal protein, creating a completely customizable experience. *Plant-Forward Keto* is complete with:

- Over 60 plant-based, gluten-free recipes with options for adding moderate amounts of animal protein that can be mixed and matched for more variety or to accommodate different eating styles
- Flexible meal plans to cater to multi-diet families
- Beyond keto—meal plans to allow for carb cycling as well as transitions from keto to “regular” low- or moderate-carb eating

Whatever diet you follow, *Plant-Forward Keto* has everything you need to add variety, stay healthy, and eat the rainbow!

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## **VEGAN BEFORE 6**

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### **LOSE WEIGHT AND RESTORE YOUR HEALTH WITH THE FLEXIBLE DIET YOU CAN REALLY STICK TO**

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Hachette UK Every day we learn new benefits of the vegan diet, and discover how cutting meat and animal products out can still mean a world of delicious meals. Now Mark Bittman brings his expertise to vegan cooking, giving you an easy-to-follow diet plan plus 50 simple everyday recipes - exclusively vegan meals for breakfast and lunch, and as flexible as you need to be for dinner. Bittman outlines in six principles the reasons that a partially vegan diet can dramatically improve your health. When you eat lots of fruits and veggies while cutting back on meat and dairy, and cook as much as possible at home, you automatically find yourself eating more sensible portions and almost no junk food. You can live healthier, not just eat healthier, when

*you eat with eyes wide open. This is Bittman's flexible, ethical way of eating better and losing weight, using common sense in the kitchen. More and more people are finding out what it means to cut down their meat consumption; adopting Meatless Mondays and going 'flexitarian' are great options for those not ready to go full-vegan. This diet is an easy way to take meat out of your diet as much as you feel comfortable, with all the health benefits and none of the suffering. The best-selling author and popular New York Times columnist gives us his innovative and easy diet plan, complete with recipes - by eating vegan every day before 6:00pm, you can lose weight and dramatically improve your health.*

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## **THE PEGAN DIET**

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### **21 PRACTICAL PRINCIPLES FOR RECLAIMING YOUR HEALTH IN A NUTRITIONALLY CONFUSING WORLD**

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*Hachette UK The New York Times Bestseller \_\_\_\_\_ For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible - both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet, a food is medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring 30 recipes, and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy - for life. 'Now, more than ever, we need to utilize the power of food to help our society overcome the epidemic of chronic disease. The Pegan Diet offers an easy-to-implement solution for anyone to get started on their health journey using 21 basic principles that show how we can use food as medicine.' Arianna Huffington, Founder & CEO, Thrive Global*

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## **ONE: POT, PAN, PLANET: A GREENER WAY TO COOK FOR YOU, YOUR FAMILY AND THE PLANET**

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*HarperCollins UK Award-winning cook Anna Jones blazes the trail again for how we all want to cook now: quick, sustainably and stylishly.*

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## **VEGETARIAN TIMES**

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*To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly*

values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

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## **JAMIE OLIVER'S CHRISTMAS COOKBOOK**

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Penguin UK *Jamie Oliver's Christmas Cookbook is your guide to the best Christmas ever. This EPIC cookbook is one you'll come back to year after year: packed with all the classics you need for the big day and beyond, as well as loads of delicious recipes for edible gifts, party food, new ways to love those leftovers AND even the perfect party drinks. 'If you take Jamie's advice, plan ahead and delegate to friends and family, you might just find your Christmas turning out as jolly as the cheery photos of Jamie's festive gatherings' Daily Mail, Books of the Year -----*  
*----- Inside you'll find all the classics as well as tasty alternatives, including: salmon pate, apple and squash soup; roast turkey, goose and venison; nut roast and baked squash; best roasties, baked mash, parsnips, glazed carrots, four ways to do sprouts; gravies and cranberry sauce, meat and vegetarian stuffings; turkey risotto; Christmas pud, trifles, pavlova; chocolate logs, Christmas cake, mince pies, gingerbread, baked camembert, smoked salmon bilinis, hot buttered rum and many, many more delicious recipes. "I've got all the bases covered with everything you need for the big day and any feasting meals over the festive period, as well as party fare, edible gifts, teatime treats, cocktails and of course, exciting ways to embrace and celebrate those leftovers. You'll also find all the deeply important technical info you need, such as cooking charts, and wherever possible, I've designed the recipes to be cooked at the same oven temperature, so you can be efficient with time and oven space, and it'll be super-easy for you to mix and match the different elements and build your own perfect Christmas meal. I haven't held back. This book is the greatest hits, all wrapped up in one Christmas parcel, and I hope you have fun looking through, picking your recipes, and building your own plan." Jamie Oliver -----*  
*----- 'Our favourite. It is a 400-page-plus volume featuring recipes that will become your go-tos for the festive period and beyond' Independent*  
*'Excellent, wonderful. A good-natured book that will be the cook's friend this season' Evening Standard*

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## **THERE'S A VEGAN IN THE HOUSE**

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### **FRESH, FLEXIBLE FOOD TO KEEP EVERYONE HAPPY**

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Dorling Kindersley Ltd *Keeping the whole household happy and well-fed can be difficult when there's a vegan in the house. Well, not anymore! Thinking of doing Veganuary this New Year but don't know where to start? We've got you covered! Introducing 'There's a Vegan in the House', a groundbreaking vegan cookbook, guiding you to the perfect start of a nourishing plant-based diet, featuring: -Over 100 vegan recipes for the whole family to enjoy -Perfect meals for families that are looking to adapt to a flexitarian diet -Expert nutritional know-how information to tailor individual -Advice on making the switch and maintaining a healthy vegan lifestyle The days of cooking separate meals for the whole family are over! This vegan cooking book is jam-packed with crowd-pleasing family favourite recipe ideas*

that will satisfy both vegans and non-vegans alike, leaving everyone asking for seconds! Simple, affordable, healthy and delicious; *There's a Vegan in the House* is the essential vegan cookbook for any family venturing into veganism, featuring tons of tips and tricks on shopping and storing vegan products in the kitchen and vital information on vegan nutrition for both children and adults. Satisfy your appetite and embark on a voyage of easy vegan food discovery with nutritionally balanced vegan and veggie meals with flexible options for the whole family! From tropical fruit smoothie bowls to Mexican quinoa salad, this is everyday food for everyone. At DK we believe in the power of discovery. So why not explore this beautifully illustrated vegan recipe book, and discover how to improve your health and wellbeing with the power of a plant-based diet! Proving the perfect vegan gift for the plant-based foodie in your life or anyone looking to experiment with vegan cooking for the first time.

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## **MODERN FLEXITARIAN**

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### **VEG-BASED RECIPES YOU CAN FLEX TO ADD FISH, MEAT, OR DAIRY**

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Dorling Kindersley Ltd Transition to a plant-based diet without giving up meat and dairy completely. If you're concerned about your health and the environment but aren't quite ready to commit to a fully vegetarian or vegan lifestyle, a flexitarian diet will work for you. *Modern Flexitarian* features 100 healthy, adaptable veg-based recipes alongside quick twists and suggestions that give you the freedom to enjoy meat, fish, or dairy from time to time. Complete with tips for getting started, nutritional and dietary advice, and a sample weekly menu, *Modern Flexitarian* will inspire and help you to embrace a mostly vegetarian or vegan diet with ease.

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## **THE COMPLETE HEALTHY EATING COOKBOOK**

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### **FUSS-FREE RECIPES AND FLEXIBLE MEAL PLANS FOR HEALTHIER LIVING**

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Rockridge Press Get in the habit of healthy eating with vibrant homemade meals. Filling your plate with wholesome, unprocessed ingredients creates a rainbow of possibilities and flavors--and it's easy to do. This complete healthy cookbook shows you how, with recipes, tips, and nutrition information that explains how to build a balanced diet. Find guidance for including fruits, veggies, whole grains, and lean proteins in dishes for every meal, so you can enjoy the health benefits of nourishing ingredients and learn how to make them taste incredible. Natural flavors--From smoothies and stir-fry to spiced chicken and seared fish, the recipes in this healthy cookbook are designed to enhance the flavors of natural foods with homemade sauces, healthy dressings, and spices. Quick, simple, and varied--Find 30-minute and one-pot meals to accommodate every busy schedule, or choose dishes based on dietary preferences such as vegan, vegetarian, and gluten-free. Easy meal plans--This healthy cookbook includes meal plans for preparing recipes in advance, so they're ready to eat anytime. Realistic and accessible--Create a healthy lifestyle that's enjoyable to maintain with meals that are nutritious, full of flavor, and made with familiar ingredients. Discover how easy and delicious eating right can be with the ultimate healthy cookbook.