

Acai Super Berry Cookbook Over 50 Natural And Hea

THANK YOU VERY MUCH FOR DOWNLOADING **ACAI SUPER BERRY COOKBOOK OVER 50 NATURAL AND HEA**. AS YOU MAY KNOW, PEOPLE HAVE SEARCH NUMEROUS TIMES FOR THEIR FAVORITE BOOKS LIKE THIS ACAI SUPER BERRY COOKBOOK OVER 50 NATURAL AND HEA, BUT END UP IN MALICIOUS DOWNLOADS.

RATHER THAN READING A GOOD BOOK WITH A CUP OF COFFEE IN THE AFTERNOON, INSTEAD THEY COPE WITH SOME INFECTIOUS BUGS INSIDE THEIR DESKTOP COMPUTER.

ACAI SUPER BERRY COOKBOOK OVER 50 NATURAL AND HEA IS AVAILABLE IN OUR BOOK COLLECTION AN ONLINE ACCESS TO IT IS SET AS PUBLIC SO YOU CAN GET IT INSTANTLY.

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MERELY SAID, THE ACAI SUPER BERRY COOKBOOK OVER 50 NATURAL AND HEA IS UNIVERSALLY COMPATIBLE WITH ANY DEVICES TO READ

DAMN DELICIOUS MEAL PREP CHUNGAH RHEE 2019-02-05 MEAL PREP IS THE BEST THING TO HAPPEN TO HEALTHY EATING-AND DAMN DELICIOUS MEAL PREP MAKES IT TASTIER THAN EVER! IT'S 6:00 PM, AND YOU HAVE NOTHING PLANNED FOR DINNER. AGAIN. IF YOU'RE LIKE MANY FOLKS, INCLUDING BLOGGER AND AUTHOR CHUNGAH RHEE, THIS HAPPENS MORE OFTEN THAN YOU CARE TO ADMIT! WANTING TO REGAIN CONTROL OF HER HEALTH AND EATING HABITS, CHUNGAH TURNED TO MEAL PREP: THE SECRET WEAPON THAT KEEPS EVERYONE FROM CELEBRITIES AND ATHLETES TO BUSY PARENTS AND YOUNG PROFESSIONALS ON-TRACK AND EATING WELL. CHUNGAH QUICKLY FOUND THAT MEAL PREP IS AN AMAZING WAY TO SAVE TIME AND MONEY AND TO KEEP YOU AND YOUR FAMILY EATING HEALTHY ALL WEEK LONG. BY TAKING THE TIME TO PLAN YOUR MEALS, PREP INGREDIENTS, AND DO SOME COOKING AHEAD OF TIME, IT'S EASY TO HAVE PERFECTLY PORTIONED HEALTHY OPTIONS AT YOUR FINGERTIPS FOR ANY TIME OF THE DAY. INSIDE ARE CHUNGAH'S GO-TO RECIPES-INCLUDING SOME FAVORITES FROM THE BLOG. YOU'LL FIND INSPIRATION FOR DELECTABLE PROTEIN-PACKED BREAKFASTS, ENERGY-BOOSTING SNACKS, AND SLIMMED-DOWN COMFORT FOOD FAVORITES-NONE OF WHICH SACRIFICE FLAVOR. WHO WOULDN'T BE ENTICED BY A 205-CALORIE BREAKFAST CROISSANT SANDWICH OR AN UNDER-500-CALORIE MASON JAR LASAGNA? SHE ALSO ARMS READERS WITH DOZENS OF TOOLS FOR MAKING HABIT CHANGES ACTUALLY STICK. THIS INDISPENSABLE COOKBOOK IS SURE TO HELP YOU LIVE A HEALTHIER (AND MORE DELICIOUS) LIFE.

SIMPLE GREEN SMOOTHIES JEN HANSARD 2015-11-03 JEN HANSARD AND JADAH SELLNER ARE ON A FRESH PATH TO HEALTH AND HAPPINESS--DEPRIVATION NOT INCLUDED. IN THEIR BOOK, SIMPLE GREEN SMOOTHIES, THESE TWO FRIENDS INVITE YOU INTO A SANE AND TASTY APPROACH TO HEALTH THAT WILL INSPIRE AND ENERGIZE YOU ON YOUR OWN JOURNEY TOWARD A HAPPIER LIFE. THE SIMPLE GREEN SMOOTHIES' LIFESTYLE DOESN'T INVOLVE COUNTING CALORIES OR ELIMINATING AN ENTIRE FOOD GROUP. INSTEAD, IT ENCOURAGES YOU TO MAKE ONE SIMPLE CHANGE: DRINK ONE GREEN SMOOTHIE A DAY. SIMPLE GREEN SMOOTHIES INCLUDES A 10-DAY GREEN SMOOTHIE KICK-START TO WELCOME YOU INTO THE PLANT-POWERED LIFESTYLE, WITH SHOPPING LISTS INCLUDED. FOLLOW IT UP WITH 100+ DELICIOUS RECIPES THAT ADDRESS EVERYTHING FROM WEIGHT LOSS TO GLOWING SKIN TO KID-FRIENDLY OPTIONS. HANSARD AND SELLNER ARE TWO MOMS RAISING THEIR OWN FAMILIES ON HEALTHY, WHOLE-FOOD RECIPES. THEY'VE SEEN THE AMAZING HEALTH BENEFITS OF GREEN SMOOTHIES FIRSTHAND--FROM LOSING 27 POUNDS TO GETTING MORE ENERGY. THEIR WILDLY POPULAR WEBSITE HAS CHANGED THE LIVES OF OVER 1 MILLION PEOPLE AND MADE THEM THE #1 GREEN SMOOTHIE ONLINE RESOURCE. SIMPLE GREEN SMOOTHIES WILL EMPOWER YOU TO TAKE CONTROL OF YOUR HEALTH IN A FUN, SUSTAINABLE WAY THAT CAN TRANSFORM YOU FROM THE INSIDE OUT. READY TO JOIN THE PLANT-POWERED PARTY?

10-DAY GREEN SMOOTHIE CLEANSE JJ SMITH 2014-07-01 THE NEW YORK TIMES BESTSELLING 10-DAY GREEN SMOOTHIE CLEANSE WILL JUMP-START YOUR WEIGHT LOSS, INCREASE YOUR ENERGY LEVEL, CLEAR YOUR MIND, AND IMPROVE YOUR OVERALL HEALTH AS YOU LOSE TEN TO FIFTEEN POUNDS IN JUST TEN DAYS. MADE UP OF SUPERNUTRIENTS FROM LEAFY GREENS AND FRUITS, GREEN SMOOTHIES ARE FILLING AND HEALTHY AND YOU WILL ENJOY DRINKING THEM. YOUR BODY WILL ALSO THANK YOU FOR DRINKING THEM AS YOUR HEALTH AND ENERGY IMPROVE TO LEVELS YOU NEVER THOUGHT POSSIBLE. IT IS AN EXPERIENCE THAT COULD CHANGE YOUR LIFE IF YOU STICK WITH IT! THIS BOOK PROVIDES A SHOPPING LIST, RECIPES, AND DETAILED INSTRUCTIONS FOR THE 10-DAY CLEANSE, ALONG WITH SUGGESTIONS FOR GETTING THE BEST RESULTS. IT ALSO OFFERS ADVICE ON HOW TO CONTINUE TO LOSE WEIGHT AND MAINTAIN GOOD HEALTH AFTERWARDS. ARE YOU READY TO LOOK SLIMMER, HEALTHIER, AND SEXIER THAN YOU HAVE IN

YEARS? THEN GET READY TO BEGIN THE 10-DAY GREEN SMOOTHIE CLEANSE! IF YOU SUCCESSFULLY COMPLETE THE 10-DAY GREEN SMOOTHIE CLEANSE, YOU WILL... • LOSE 10-15 POUNDS IN 10 DAYS • GET RID OF STUBBORN BODY FAT, INCLUDING BELLY FAT • DROP POUNDS AND INCHES FAST, WITHOUT GRUELING WORKOUTS • LEARN TO LIVE A HEALTHIER LIFESTYLE OF DETOXING AND HEALTHY EATING • NATURALLY CRAVE HEALTHY FOODS SO YOU NEVER HAVE TO DIET AGAIN • RECEIVE OVER 100 RECIPES FOR VARIOUS HEALTH CONDITIONS AND GOALS

MINIMALIST BAKER'S EVERYDAY COOKING DANA SHULTZ 2016-04-26 THE HIGHLY ANTICIPATED COOKBOOK FROM THE IMMENSELY POPULAR FOOD BLOG MINIMALIST BAKER, FEATURING 101 ALL-NEW SIMPLE, VEGAN RECIPES THAT ALL REQUIRE 10 INGREDIENTS OR LESS, 1 BOWL OR 1 POT, OR 30 MINUTES OR LESS TO PREPARE DANA SHULTZ FOUNDED THE MINIMALIST BAKER BLOG IN 2012 TO SHARE HER PASSION FOR SIMPLE COOKING AND QUICKLY GAINED A DEVOTED WORLDWIDE FOLLOWING. NOW, IN THIS LONG-AWAITED DEBUT COOKBOOK, DANA SHARES 101 VIBRANT, SIMPLE RECIPES THAT ARE ENTIRELY PLANT-BASED, MOSTLY GLUTEN-FREE, AND 100% DELICIOUS. PACKED WITH GORGEOUS PHOTOGRAPHY, THIS PRACTICAL BUT INSPIRING COOKBOOK INCLUDES: • RECIPES THAT EACH REQUIRE 10 INGREDIENTS OR LESS, CAN BE MADE IN ONE BOWL, OR REQUIRE 30 MINUTES OR LESS TO PREPARE. • DELICIOUS OPTIONS FOR HEARTY ENTRÉES, EASY SIDES, NOURISHING BREAKFASTS, AND DECADENT DESSERTS—ALL ON THE TABLE IN A SNAP • ESSENTIAL PLANT-BASED PANTRY AND EQUIPMENT TIPS • EASY-TO-FOLLOW, STEP-BY-STEP RECIPES WITH STANDARD AND METRIC INGREDIENT MEASUREMENTS MINIMALIST BAKER'S EVERYDAY COOKING IS A TOTALLY NO-FUSS APPROACH TO COOKING FOR ANYONE WHO LOVES DELICIOUS FOOD THAT HAPPENS TO BE HEALTHY TOO.

BOWLS AMERICA'S TEST KITCHEN 2019-12-17 A HEALTHY, CUSTOMIZABLE WAY TO COOK EVERY DAY WITH 75 COMPLETE BOWL RECIPES AND MIX-AND-MATCH BASES, TOPPINGS, AND SAUCES WANT TO COOK HEALTHIER LOW-STRESS DINNERS, IMPROVE YOUR LUNCH GAME, AND FIND MEALS THAT CAN BE PREPPED MOSTLY IN ADVANCE? BOWLS ARE FOR YOU! THE BEAUTY OF BUILDING A MEAL IN A BOWL IS ITS VERSATILITY, AND THIS BOOK HELPS YOU COMPOSE 75 INTERESTING BOWLS THAT INCORPORATE A MULTITUDE OF FLAVORS AND TEXTURES, FROM A HARVEST BOWL TO A PORK MOJO QUINOA BOWL, ALL WHILE STREAMLINING PREP WORK TO KEEP THEM CASUAL AND FUN. WHERE TO START? CHOOSE YOUR BASE--WE'VE GOT CHAPTERS BASED ON GRAINS, NOODLES, GREENS, AND BROTHS--AND THEN PERUSE OPTIONS AS DIVERSE AS SEARED TUNA POKE BOWL, GREEN FRIED RICE BOWL, INDIAN-SPICED CHICKEN ZOODLE BOWL, AND VIETNAMESE BEEF PHO. COMPONENTS WITHIN RECIPES ARE FREQUENTLY INTERCHANGEABLE, SO IF YOU'VE GOT PRE-COOKED GRAINS ON HAND, OR A ROTISSERIE CHICKEN, YOU CAN EASILY SWAP THESE FOODS IN. (LUNCH TIP: MOST BOWL COMPONENTS CAN ALSO BE MADE THE DAY BEFORE AND TRANSPORTED.) FEEL LIKE IMPROVISING? TURN TO OUR BOWL BASICS SECTION WHICH OFFERS 100 COMPONENTS, FROM QUINOA PILAF TO QUICK PICKLED CARROT RIBBONS. OUR VIBRANT BEET TZATZIKI SAUCE OR CRUNCHY SAVORY SEED BRITTLE MIGHT BE JUST THE TICKET TO TRANSFORM YOUR BOWL IMPROVISATION INTO SOMETHING SPECIAL, AND EVERYTHING CAN BE MADE IN ADVANCE AND STORED. LOOKING TO EAT VEGETARIAN, VEGAN, OR GLUTEN-FREE? YOU'LL FIND PLENTY OF OPTIONS HERE, PLUS FULL NUTRITIONAL INFORMATION FOR EVERY RECIPE.

WEIGHT LOSS SARA RIDER 2015-02-17

ELSA'S WHOLESOME LIFE ELLIE BULLEN 2017-07-25 ELLIE BULLEN'S HUGELY POPULAR BLOG ELSA'S WHOLESOME LIFE IS A VERITABLE EXPLOSION OF COLOUR, SUNSHINE, COASTAL LIVING AND DELICIOUS PLANT-BASED RECIPES. HER FIRST COOKBOOK FEATURES MORE THAN 100 OF HER GO-TO DISHES, FROM NUTRITIOUS GRANOLAS AND POWERHOUSE SMOOTHIES TO FLAVOUR-PACKED SALADS AND SOUPS, HEARTY CURRIES AND BURGERS, AND DROP-DEAD DELICIOUS SWEETS. A QUALIFIED DIETITIAN AND NUTRITIONIST, ELLIE EXPLAINS EVERYTHING YOU NEED TO KNOW ABOUT ADOPTING A PLANT-BASED DIET, INCLUDING HOW TO: - GET ENOUGH IRON, VITAMIN B12 AND CALCIUM - ACHIEVE THE RIGHT BALANCE OF CARBS, PROTEINS AND GOOD FATS - SHOP SMARTER AND GET MORE ORGANISED IN THE KITCHEN - ENJOY A LIFESTYLE THAT IS BETTER FOR YOU AND THE ENVIRONMENT ELLIE'S FOOD IS FRESH, FLAVOURSOME, NUTRIENT-DENSE AND - ABOVE ALL - FUN. IF YOU EVER NEEDED A REASON TO EAT LESS FROM A BOX AND MORE FROM THE EARTH, THIS IS IT! THIS IS A SPECIALLY FORMATTED FIXED-LAYOUT EBOOK THAT RETAINS THE LOOK AND FEEL OF THE PRINT BOOK.

GO DAIRY FREE ALISA FLEMING 2018-06-12 IF ONE SIMPLE CHANGE COULD RESOLVE MOST OF YOUR SYMPTOMS AND PREVENT A HOST OF ILLNESSES, WOULDN'T YOU WANT TO TRY IT? GO DAIRY FREE SHOWS YOU HOW! THERE ARE PLENTY OF REASONS TO GO DAIRY FREE. MAYBE YOU ARE CONFRONTING ALLERGIES OR LACTOSE INTOLERANCE. MAYBE YOU ARE DEALING WITH ACNE, DIGESTIVE ISSUES, SINUS TROUBLES, OR ECZEMA—ALL PROVEN TO BE ASSOCIATED WITH DAIRY CONSUMPTION. MAYBE YOU'RE LOOKING FOR LONGER-TERM DISEASE PREVENTION, WEIGHT LOSS, OR FOR HELP TRANSITIONING TO A PLANT-BASED DIET. WHATEVER YOUR REASON, GO DAIRY FREE IS THE ESSENTIAL ARSENAL OF INFORMATION YOU NEED TO CHANGE YOUR DIET. THIS COMPLETE GUIDE AND COOKBOOK WILL BE YOUR VITAL COMPANION TO UNDERSTAND DAIRY, HOW IT AFFECTS YOU, AND HOW YOU CAN ELIMINATE IT FROM YOUR LIFE AND IMPROVE YOUR HEALTH—WITHOUT FEELING LIKE YOU'RE SACRIFICING A THING. INSIDE: • MORE THAN 250 DELICIOUS

DAIRY-FREE RECIPES FOCUSING ON NATURALLY RICH AND DELICIOUS WHOLE FOODS, WITH NUMEROUS OPTIONS TO SATISFY THOSE DAIRY CRAVINGS • A COMPREHENSIVE GUIDE TO DAIRY SUBSTITUTES EXPLAINING HOW TO PURCHASE, USE, AND MAKE YOUR OWN ALTERNATIVES FOR BUTTER, CHEESE, CREAM, MILK, AND MUCH MORE • MUST-HAVE GROCERY SHOPPING INFORMATION, FROM SUSSING OUT SUSPECT INGREDIENTS AND LABEL-READING ASSISTANCE TO MONEY-SAVING TIPS • A DETAILED CHAPTER ON CALCIUM TO IDENTIFY NATURALLY MINERAL-RICH FOODS BEYOND DAIRY, THE BEST SUPPLEMENTS, AND OTHER KEYS TO BONE HEALTH • AN IN-DEPTH HEALTH SECTION OUTLINING THE SIGNS AND SYMPTOMS OF DAIRY-RELATED ILLNESSES AND ADDRESSING QUESTIONS AROUND PROTEIN, FAT, AND OTHER NUTRIENTS IN THE DAIRY-FREE TRANSITION • EVERYDAY LIVING TIPS WITH SUGGESTIONS FOR RESTAURANT DINING, TRAVEL, CELEBRATIONS, AND OTHER SOCIAL SITUATIONS • INFANT MILK ALLERGY CHECKLISTS THAT DESCRIBE INDICATORS AND SOLUTIONS FOR BABIES AND YOUNG CHILDREN WITH MILK ALLERGIES OR INTOLERANCES • FOOD ALLERGY- AND VEGAN-FRIENDLY RESOURCES, INCLUDING RECIPE INDEXES TO QUICKLY FIND GLUTEN-FREE AND OTHER TOP FOOD ALLERGY-FRIENDLY OPTIONS AND FULLY TESTED PLANT-BASED OPTIONS FOR EVERY RECIPE

UNICORN FOOD SANDRA MAHUT 2018-01-02 ADD TECHNICOLLOUR SPARKLE TO YOUR SUSHI AND FAIRYTALE MAGIC TO YOUR MOCKTAILS. WHY EAT BORING WHEN YOU CAN ENJOY A RAINBOW-COLOURED NOODLE BOWL FOR DINNER? AND IT'S ALL DELICIOUSLY NATURAL - NO NASTY E-NUMBERS OR PRESERVATIVES, JUST BEAUTIFUL FOOD COLOURINGS MADE FROM BERRY JUICES AND VEGETABLES. FROM THE SHOW-STOPPING UNICORN CAKE AND COSMIC DONUTS TO RAINBOW VEGGIE SANDWICHES AND CELESTIAL SWIRL SOUP, THESE BRIGHTLY COLOURED EDIBLES CAN BE NAUGHTY OR NICE. CREATE THE MOST UNBELIEVABLY INSTAGRAMMABLE DISHES EVER SEEN. COOK, POST AND ENJOY - THE TREATS AND THE LIKES.

BEAUTIFUL SMOOTHIE BOWLS 2017-05-02 IMAGINE CURLING UP ON THE COUCH WITH YOUR FAVORITE BOWL PILED HIGH WITH A DELICIOUS FROZEN TREAT TOPPED WITH FRESH FRUIT AND NUTS—AND WHAT'S IN THAT BOWL IS ACTUALLY GOOD FOR YOU! SMOOTHIE BOWLS MAKE THIS DREAM A REALITY. CARISSA BONHAM, THE WRITER BEHIND THE POPULAR BLOG, CREATIVE GREEN LIVING, PULLS TOGETHER EIGHTY DELECTABLE RECIPES FOR SMOOTHIES SO GOOD THAT YOUR KIDS, FRIENDS, AND VEGGIE-HATING SPOUSE WILL BE BEGGING FOR MORE. IF YOU CAN OPERATE A BLENDER, THEN YOU CAN MAKE A SMOOTHIE BOWL. CARISSA WALKS YOU THROUGH EVERYTHING YOU NEED TO KNOW TO PRODUCE INSTAGRAM-WORTHY CREATIONS IN YOUR OWN KITCHEN. EVERY RECIPE TASTES AS GOOD AS IT LOOKS AND FILLS YOU UP, MAKING SMOOTHIE BOWLS THE PERFECT CHOICE FOR ANY MEAL OR MIDDAY SNACK. FOCUSING ON A VARIETY OF COLORFUL SUPERFOODS, CARISSA ALSO DISCUSSES THE NUTRITIONAL BENEFITS OF THESE BEAUTIFUL INGREDIENTS. ORGANIZED USING THE COLORS OF THE RAINBOW, FLIPPING THROUGH THESE PAGES WILL LEAVE YOU FEEL INSPIRED AND MOTIVATED TO CREATE THESE BEAUTIFUL, HEALTHY BOWLS.

THE JOYOUS COOKBOOK JOY MCCARTHY 2019-12-31 NATIONAL BESTSELLER FROM THE AWARD-WINNING BLOGGER AND BESTSELLING AUTHOR JOY MCCARTHY COMES 100 EASY AND DELICIOUS WHOLE FOOD RECIPES FOR A HEALTHY DIET. JOY MCCARTHY FOUNDER OF THE HUGELY POPULAR JOYOUS HEALTH BLOG SHARES HER LOVE OF NATURAL WELLNESS AND PASSION FOR SIMPLE COOKING THAT'S HEALTHFUL AND TASTES AMAZING—FOOD YOU FEEL GOOD ABOUT AND WANT TO MAKE EVERY DAY. NOW, IN THIS GORGEOUSLY DESIGNED NEW COOKBOOK, JOY OFFERS A COLLECTION OF 100 WHOLE FOOD RECIPES FOR HAPPY, HEALTHY LIVING. FROM EASY-TO-MAKE BREAKFASTS, HEARTY MAINS, AND ONE-POT MEALS, TO SIDES AND SALADS, SNACKS, AND DESSERTS, JOY SHARES HER AMAZING RECIPES TO KEEP YOU AND YOUR FAMILY WELL-NOURISHED EVERY DAY. WITH RECIPES LIKE APPLE CINNAMON WALNUT WAFFLES, CRUNCHY AND CREAMY SOBA NOODLE SALAD WITH ALMOND DRESSING, FISH TACOS WITH TOMATO CILANTRO SALSA, SWEET POTATO VEGGIE PAD THAI, RUSTIC MEDITERRANEAN SUMMER GALETTE, ONE-POT PAPRIKA CHICKEN, STRAWBERRY RHUBARB COBBLER, AND ALMOND BUTTER RICE CRISPY SQUARES, GETTING A HEALTHY MEAL ON THE TABLE FOR YOU AND YOUR FAMILY IS SIMPLE EVEN ON BUSY WEEKDAYS. THE JOYOUS COOKBOOK INCLUDES AN ABUNDANCE OF PLANT-BASED (VEGAN AND VEGETARIAN), KID-FRIENDLY, AND ALLERGEN-FREE RECIPES AND OPTIONS, INFORMATION ON STOCKING YOUR PANTRY, AND SO MUCH MORE FOR HEALTHY, JOYOUS MEALS.

SMOOTHIES & JUICES: PREVENTION HEALING KITCHEN FRANCES LARGEMAN-ROTH 2020-09-08 ENJOY 100+ REFRESHING SMOOTHIES AND JUICES THAT PROMOTE GUT HEALTH, GLOWING SKIN, HEART HEALTH, STRONG MUSCLES, AND REDUCE INFLAMMATION FROM THE TRUSTED EDITORS AT PREVENTION. SMOOTHIES AND JUICES ARE A DELICIOUS AND EASY WAY TO ADD MORE FRUIT AND VEGETABLES INTO YOUR DIET AND SATISFY CRAVINGS BETWEEN MEALS. ORGANIZED BY PRINCIPAL HEALTH BENEFIT—GUT HEALTH, HEART HEALTH, SILKY SKIN, POST-WORKOUT RECOVERY, AND REDUCING INFLAMMATION—EVERY RECIPE INCLUDES A DETAILED EXPLANATION ABOUT WHY IT'S SO GOOD FOR YOU. PLUS, NUTRIENT-RICH INGREDIENTS INCLUDE WHOLE FRUITS AND VEGETABLES LIKE AVOCADOS, BERRIES, AND KALE; FRESH HERBS LIKE MINT, BASIL, AND CILANTRO; AS WELL AS HEALTHY ADD-INS LIKE COLLAGEN PEPTIDES, BONE BROTH, CELERY JUICE, ALTERNATIVE MILKS, CHIA SEEDS, FLAX SEEDS, AND HEMP SEEDS, APPLE CIDER VINEGAR, FILLING PROTEINS LIKE NUT BUTTER AND PROTEIN POWDERS, AND PREBIOTICS AND PROBIOTICS TO SUPPORT YOUR MICROBIOME. SMOOTHIES & JUICES: PREVENTION HEALING KITCHEN INCLUDES: • 100+ HEALTHY AND DELICIOUS RECIPES SUCH AS CARROT-COCONUT SMOOTHIE, PEAR-ALMOND SMOOTHIE, PEACHES 'N' CREAM OATMEAL SMOOTHIE, CITRUS-PINEAPPLE SMOOTHIE, PUMPKIN DETOX

SMOOTHIE, BERRY, CHIA, AND MINT SMOOTHIE, TURMERIC TWIST, CELERY JUICE, BANANA-AVOCADO ZINGER, BLUEBERRY COBBLER SMOOTHIE BOWL, AND MORE! • NO ADDITIONAL EQUIPMENT NEEDED! ALL JUICES AS WELL AS SMOOTHIES CAN BE MADE IN YOUR BLENDER • TIPS AND TRICKS FROM THE TEST KITCHEN FOR EASY PREPARATION • RECIPES CLEARLY LABELED AS HIGH IN FIBER, PROTEIN, AND CALCIUM, AS WELL AS VEGAN AND GOOD FOR MEALS ON-THE-GO • NUTRITIONAL VALUES FOR EVERY RECIPE • LIE-FLAT BINDING FOR EASY USE SO POWER UP YOUR BLENDERS! A HEALTHIER WAY OF EATING IS ONLY ONE TASTY SMOOTHIE AWAY.

200 BEST SMOOTHIE BOWL RECIPES ALISON LEWIS 2016-04-01 AN EASY AND ENERGIZING SMOOTHIE BOWL IS PERFECT ANY TIME OF THE DAY.

THE ACAI BERRY MIRACLE ANNIE WILLIS 2020-05-19 DISCOVER THE NUTRITIONAL WONDERS OF ACAI FRUIT! POWER UP AND FORTIFY YOUR HEALTH WITH THE MAGIC OF ACAI BERRIES! THE ACAI BERRY MIRACLE IS A COMPLETE GUIDE TO THE HEALTH BENEFITS AND NUTRITIONAL RICHNESS OF ACAI FRUIT, PAIRED WITH DOZENS OF DELICIOUS RECIPES TO MAKE IT A NOURISHING FIXTURE IN YOUR HEALTHY ROUTINE. BURSTING WITH ANTIOXIDANTS, FIBER, AND NUTRIENTS, THIS HEART-HEALTHY BERRY WILL HELP YOU FEEL INVIGORATED AND ENERGIZED. INSIDE YOU'LL FIND AN EASY AND DELICIOUS TEN-DAY ACAI PROGRAM TO STAY STRONG, FEEL REVITALIZED, AND FUEL YOUR BODY WITH INCREDIBLE NUTRITION TO FEEL GREAT INSIDE AND OUT. WITH MORE THAN SIXTY RECIPES FOR ACAI BOWLS, SMOOTHIES, JUICES, AND MORE, YOU'LL NEVER MISS OUT ON THE INCREDIBLE BENEFITS OF ACAI! GET SUPERCHARGED BY THIS SUPER-FRUIT AND SUPPORT YOUR HEALTH ONE WONDERFUL RECIPE AT A TIME. FOLLOW AN EASY, 10-DAY PLAN TO BOOST YOUR HEALTH WITH ACAI BOLSTER YOUR IMMUNE SYSTEM, LOSE WEIGHT, AND GAIN ANTIOXIDANTS BY FOLLOWING A HEALTHY ROUTINE WITH THIS INCREDIBLE FRUIT MAKE ACAI THE STAR OF YOUR JUICES, SMOOTHIES, AND BOWLS! MAKE THE MOST OF ALL THE BENEFITS ACAI BERRIES HAVE TO OFFER. RECHARGE YOUR HEALTH AND REINVIGORATE YOUR DAY, AND ENJOY DELICIOUS RECIPES WITH THE ACAI BERRY MIRACLE!

TINY AND FULL JORGE CRUISE 2015-12-29 TOTAL HEALTH, NATURAL WEIGHT LOSS, INCREASED ALL-DAY ENERGY . . . YOUR BREAKFAST HOLDS THE POWER! THE VEGAN DIET IS MORE POPULAR THAN EVER, AND PEOPLE ALL OVER THE WORLD ARE TOUTING ITS HEALTHFUL BENEFITS—LONGEVITY, ENERGY, AND EVEN WEIGHT LOSS. FOR MOST OF US, THOUGH, IT'S A LIFESTYLE CHANGE JUST TOO HARD TO MAINTAIN. MORE IMPORTANT, IT CAN BE DEFICIENT IN CRUCIAL NUTRIENTS FOR OPTIMAL WELLNESS, SUCH AS VITAMINS A, D, K2, AND B12. WITH *TINY AND FULL* , YOU ONLY HAVE TO WAKE UP VEGAN TO SEE THE RESULTS OF A PLANT-BASED DIET. YOU'LL DISCOVER THAT EATING VEGAN AT JUST ONE MEAL—BREAKFAST—IS A GREAT WAY TO START YOUR DAY. PLUS, IT'S ONE OF THE SIMPLEST WAY TO FILL UP ON FEWER CALORIES. PLANT-BASED FOODS TEND TO BE HIGH IN VOLUME AND LOW IN CALORIE, MAKING PLANT-BASED FOODS THE PERFECT CALORIE SWAP. BY INCLUDING YUMMY FOODS WITH ANIMAL PROTEIN, SUCH AS GREEK YOGURT, WHITE FISH, CHICKEN, AND SO MUCH MORE, IN YOUR LUNCH AND DINNER, YOU WILL GET A COMPLETE, BALANCED DIET THAT LEAVES YOU SATISFIED ON THE LEAST AMOUNT OF CALORIES NECESSARY AND GIVES YOU A TINY WAIST IN ONLY 12 WEEKS! *TINY AND FULL* GIVES YOU A STRAIGHTFORWARD MEAL PLAN AND AN ENERGETIC FITNESS PROGRAM, PLUS 50 FUN AND DELICIOUS RECIPES—FROM A TROPICAL MANGO BLAST AND BERRY BLASTER BOWL TO GORGONZOLA PEAR PIZZA AND EVEN CHOCOLATE AVOCADO MOUSSE CUPCAKES. THIS BOOK PROVIDES ALL THE GUIDELINES YOU NEED TO TRANSFORM YOUR BODY AND IMPROVE YOUR LIFE—STARTING NOW!

PLANT-BASED COOKBOOK MELISSA PETITTO 2020-12 "STRAIGHT FROM THE GROUND AND RIGHT TO YOUR TABLE, THE PLANT BASED COOKBOOK PROVIDES DELICIOUS AND UNPROCESSED RECIPES FOR A DELICIOUS, SATISFYING, WHOLE FOODS DIET"--

A COUPLE COOKS - PRETTY SIMPLE COOKING SONJA OVERHISER 2018-02-06 POPULAR HUSBAND-AND-WIFE BLOGGERS AND PODCASTERS (ACOUPLECOOKS.COM) OFFER 100 RECIPES WITH AN EMPHASIS ON WHOLE FOODS AND GETTING INTO THE KITCHEN TOGETHER. THE COUPLE'S NON-DIET APPROACH FEATURES SIMPLE LIFESTYLE CHANGES TO MAKE HEALTHY COOKING SUSTAINABLE, RATHER THAN A SHORT-TERM FIX. A LOVE STORY AT ITS FINEST, ALEX AND SONJA OVERHISER FIRST FELL FOR EACH OTHER--AND THEN THE KITCHEN. IN A MATTER OF MONTHS, THE WRITER-PHOTOGRAPHER DUO WENT FROM EATING FAST AND FROZEN FOOD TO REGULARLY COOKING VEGETARIAN MEALS FROM SCRATCH. TOGETHER, THE TWO UNRAVELED A "PRETTY SIMPLE" APPROACH TO HOME COOKING THAT KICKS THE DIET IN FAVOR OF LONG-TERM LIFESTYLE CHANGES. WHILE COOKING ISN'T ALWAYS EASY OR QUICK, IT CAN BE PRETTY SIMPLE BY FINDING LOVE IN THE PROCESS. *A COUPLE COOKS | PRETTY SIMPLE COOKING* IS AN IRRESISTIBLE COMBINATION OF SPIRITED WRITING, NOURISHING RECIPES WITH A MEDITERRANEAN FLAIR, AND VIBRANT PHOTOGRAPHY. DUBBED A "VEGETARIAN COOKBOOK FOR NON-VEGETARIANS", IT'S A BEAUTIFUL BOOK THAT'S FOOD FOR THOUGHT, AT THE SAME TIME PROVIDING REAL FOOD RECIPES FOR EATING AROUND THE TABLE. THE BOOK FEATURES: 100 VEGETARIAN RECIPES, WITH 75 VEGAN AND 90 GLUTEN-FREE OPTIONS A FULL-COLOR PHOTOGRAPH FOR EVERY RECIPE RECIPES ARRANGED FROM QUICKEST TO MORE TIME-CONSUMING 10 LIFE LESSONS FOR A SUSTAINABLY HEALTHY APPROACH TO COOKING, ARTFULLY ILLUSTRATED WITH A CUSTOM WATERCOLOR

ADAPTOGENS MELISSA PETITTO, R.D. 2020-05-26 LEARN ALL ABOUT HOLISTIC HEALING AND NATURAL HERBOLOGY THROUGH ADAPTOGENS, A HISTORIC ACCOUNT, A-Z DIRECTORY, AND COOKBOOK ON USING HERBAL REMEDIES TO YOUR ADVANTAGE.

THE NUTRITIONIST'S KITCHEN CARLY KNOWLES 2020-12-15 THE ULTIMATE GUIDE TO HEALTHY MEALS WITH THE HEALING BENEFITS OF WHOLE FOODS AND THE LATEST SCIENCE-BACKED NUTRITIONAL GUIDELINES. WITH MORE THAN 60 SEASONAL RECIPES THAT CELEBRATE INVIGORATING AND RESTORATIVE FOODS, THE NUTRITIONIST'S KITCHEN OFFERS AN APPROACHABLE GUIDE TO SUPPORT OPTIMAL HEALTH AND WELLNESS THROUGH EVERYDAY MEALS. LEARN FROM CARLY KNOWLES, REGISTERED DIETITIAN NUTRITIONIST, WHO SHARES HER EXPERTISE TO SUPPORT YOU ON YOUR HEALTH JOURNEY. ORGANIZED BY SEASON, THIS BOOK INCLUDES RECIPES LIKE YELLOW PUMPKIN CURRY WITH TOASTED CASHEWS, WHEAT BERRY SALAD WITH BUTTERNUT SQUASH AND MAPLE VINAIGRETTE, BABY SPINACH AND SPRING ONION FRITTATA WITH GOAT CHEESE, SALT AND PEPPER GRILLED PRAWNS WITH CHIMICHURRI CORN, AND BLUEBERRY A[P] A[P] AND COCONUT ICE POPS. EACH RECIPE CONTAINS A DESCRIPTIVE FOOD-AS-MEDICINE THEMED HEADNOTE INCLUDING VALUABLE HEALTH INFORMATION. REVITALIZE YOUR MEAL PLANNING WITH THIS ACCESSIBLE COOKBOOK AND FIND TRUSTWORTHY NUTRITION INFORMATION AND WHOLESOME RECIPES BASED ON THE LATEST SCIENTIFIC RECOMMENDATIONS.

THE CELERY JUICE BOOK MELISSA PETITTO, R.D. 2019-12-10 WITH THE CELERY JUICE BOOK, GET THE BENEFITS OF THIS NUTRITIOUS FOOD DELICIOUSLY IN 78 CELERY-BASED JUICES, SMOOTHIES, COCKTAILS, SNACKS, SOUPS, AND SALADS. WHILE HYPE FOR CELERY JUICE ABOUNDS, THE VISIBLE HEALTH BENEFITS SPEAK FOR THEMSELVES. HYDRATING AND FULL OF VALUABLE VITAMINS AND MINERALS SUCH AS VITAMIN K, VITAMIN C, POTASSIUM, MAGNESIUM, CALCIUM, VITAMIN B6, FIBER, AND A VARIETY OF OTHER NUTRIENTS YOUR BODY CRAVES, CELERY SHOULD BE A STAPLE IN EVERYONE'S DIET. JUICING, BLENDING, AND USING CELERY JUICE AND CELERY STOCKS IN YOUR DAY TO DAY LIFE CAN LEAD TO WEIGHT LOSS, BALANCED BLOOD SUGAR LEVELS, REDUCED INFLAMMATION, AND ADDITIONAL ENERGY, AND HELP STRENGTHEN YOUR BODY AGAINST A VARIETY OF CHRONIC ILLNESSES. DRINKING 16 OUNCES OF CELERY JUICE FIRST THING IN THE MORNING IS THE RECOMMENDED WAY OF CONSUMING CELERY FOR MAXIMUM BENEFITS, BUT WHO WANTS TO ONLY DRINK PLAIN CELERY JUICE EVERY DAY? THE CELERY JUICE BOOK PROVIDES A VARIETY OF YUMMY WAYS TO EASE YOURSELF INTO THIS HEALTHY HABIT. YOUR CRASH COURSE IN CELERY INCLUDES: BEST PRACTICES FOR MAXIMUM BENEFITS HOW TO MAKE CELERY JUICE FROM A BLENDER GREEN JUICE AND SMOOTHIE RECIPES FEATURING CELERY JUICE CELERY SNACKS, BROTHS, SOUPS, AND MAINS HARNESS ALL THE BENEFITS IN THIS HARDWORKING PLANT AND DISCOVER THE BOOST FOR YOURSELF.

THE UPSIDE OF THE DOWNTURN GEOFF COLVIN 2009-06-25 NEVER WASTE A CRISIS. SOME BUSINESSES—AND SOME PEOPLE—WILL EMERGE FROM TODAY'S ECONOMIC TUMULT STRONGER AND MORE DOMINANT THAN WHEN IT STARTED. OTHERS WILL WEAKEN AND FADE. IT ALL DEPENDS ON CRITICAL CHOICES THEY MAKE RIGHT NOW. GEOFF COLVIN, ONE OF AMERICA'S MOST RESPECTED BUSINESS JOURNALISTS, SAYS EVEN THE SCARIEST TURBULENCE HAS AN UPSIDE. THE BEST MANAGERS KNOW THAT CONVENTIONAL THINKING WON'T HELP THEM IN TOUGH TIMES. THEY'RE TAKING SMART, PRACTICAL STEPS—FREQUENTLY UNCONVENTIONAL AND EVEN COUNTERINTUITIVE—THAT WILL NOT ONLY KEEP THEM STRONG, BUT WILL ALSO DISTANCE THEM FROM THE PACK FOR YEARS TO COME. THE DOZENS OF TOP-PERFORMING LEADERS COLVIN INTERVIEWED REJECT THE COMMON VIEW THAT SLASHING COSTS AND FIRING EMPLOYEES ARE THE ONLY EFFECTIVE TACTICS. THEY SEE VOLATILITY AS A RICH OPPORTUNITY TO REINVENT THEIR ORGANIZATIONS AND LAY THE GROUND-WORK FOR FUTURE GROWTH. COLVIN SHOWS US HOW THESE STRATEGIES REALLY WORK, USING EXAMPLES OF MAJOR COMPANIES THAT HAVE SUCCESSFULLY APPLIED THEM.

CHOCOLATE-COVERED KATIE KATIE HIGGINS 2015-01-06 WHAT IF YOU CAN EAT ALL OF YOUR FAVORITE DESSERTS . . . AND STILL BE HEALTHY AND FIT INTO YOUR SKINNY JEANS? MEET KATIE: A GIRL WHO EATS CHOCOLATE EVERY DAY AND SOMETIMES EVEN HAS CAKE FOR BREAKFAST! WHEN KATIE'S SUGAR HABIT WENT TOO FAR IN COLLEGE AND LEFT HER LACKING ENERGY, SHE KNEW SOMETHING NEEDED TO CHANGE. SO SHE BEGAN DEVELOPING HER OWN NATURALLY SWEET RECIPES AND POSTING THEM ONLINE. SOON, KATIE'S HEALTHY DESSERT BLOG HAD BECOME AN INTERNET SENSATION, WITH OVER SIX MILLION MONTHLY VISITORS. NOW, IN HER FIRST COOKBOOK, KATIE SHARES OVER 80 NEVER-BEFORE-SEEN RECIPES, SUCH AS CHOCOLATE OBSESSION CAKE, PEANUT BUTTER PUDDING POPS, AND ULTIMATE UNBAKED BROWNIES, THAT USE ONLY REAL INGREDIENTS, WITHOUT ANY UNNECESSARY FATS, SUGARS, OR EMPTY CALORIES. THESE DESSERTS PROVE ONCE AND FOR ALL THAT HEALTH AND HAPPINESS CAN GO HAND-IN-HAND—YOU CAN HAVE YOUR DESSERT AND EAT IT, TOO!

THE SPROUTED KITCHEN SARA FORTE 2012-08-28 SPROUTED KITCHEN FOOD BLOGGER SARA FORTE SHOWCASES 100 TEMPTING RECIPES THAT TAKE ADVANTAGE OF FRESH PRODUCE, WHOLE GRAINS, LEAN PROTEINS, AND NATURAL SWEETENERS—WITH VIVID FLAVORS AND SEASONAL SIMPLICITY AT THE FOREFRONT. SARA FORTE IS A FOOD-LOVING, WELLNESS-CRAVING VEGGIE ENTHUSIAST WHO RELISHES SHARING A WHOLESOME MEAL WITH FRIENDS AND FAMILY. THE SPROUTED KITCHEN FEATURES 100 OF HER MOST MOUTHWATERING RECIPES. RICHLY ILLUSTRATED BY HER PHOTOGRAPHER HUSBAND, HUGH FORTE, THIS BRIGHT, VIVID BOOK CELEBRATES THE SIMPLE BEAUTY OF SEASONAL FOODS WITH ORIGINAL RECIPES—PLUS A FEW FAVORITES FROM HER POPULAR

SPROUTED KITCHEN FOOD BLOG TOSSED IN FOR GOOD MEASURE. THE COLLECTION FEATURES TASTY SNACKS ON THE GO LIKE GRANOLA PROTEIN BARS, GLUTEN-FREE BRUNCH OPTIONS LIKE CORNMEAL CAKES WITH CHERRY COMPOTE, DINNER PARTY DISHES LIKE SEARED SCALLOPS ON BLACK QUINOA WITH POMEGRANATE GASTRIQUE, “MEATY” VEGETARIAN MEALS LIKE BEER BEAN- AND COTIJA-STUFFED POBLANOS, AND SWEET TREATS LIKE COCOA HAZELNUT CUPCAKES. FROM BREAKFAST TO DINNER, SNACK TIME TO HAPPY HOUR, THE SPROUTED KITCHEN WILL HELP YOU SNEAK A BIT OF DELICIOUS INDULGENCE IN AMONG THE VEGETABLES.

THE HEALTHY SMOOTHIE BIBLE FARNOOSH BROCK 2014-04-22 START YOUR BLENDERS! A COMPREHENSIVE GUIDE WITH MORE THAN 100 RECIPES FOR FLAVORFUL NUTRITIONAL POWERHOUSES: “LOVE LOVE LOVE THIS BOOK!” —ONE OF OVER 300 *FIVE STAR* AMAZON REVIEWS. WHATEVER YOUR FITNESS REGIMEN, HEALTH GOALS, OR DAILY ROUTINE, THIS MASSIVE BOOK OF 100+ RECIPES FROM THE AUTHOR OF THE HEALTHY JUICER’S BIBLE HAS THE SCOOP ON HOW TO GET STARTED, HOW TO KEEP IT SIMPLE, AND HOW TO MAKE PERFECT SMOOTHIES FOR EVERY OCCASION, INCLUDING: ZESTY BERRY MORNING CITRUS SUPERLOAD CACAO VANILLA SHAKE BETTER THAN SEX ELIXIR LIMY MINTY CHARM SPICY SWEET POTATO SHAKE MATCHA DOING BLUE GREEN OCEAN POTASSIUM-RICH BANANAS, FREE RADICAL-FIGHTING BLUEBERRIES, NUTRIENT-RICH SPINACH, SUCCULENT MANGO, LIGHT AND SWEET ALMOND MILK . . . THESE ARE JUST SOME OF THE DELICIOUS NATURAL INGREDIENTS THAT PAIR UP IN THIS BOOK. WONDERING HOW TO STAY MOTIVATED AFTER THE INITIAL EXCITEMENT WEARS OFF? HOW TO MAKE SMOOTHIES QUICKLY AND EFFICIENTLY WHILE STILL KEEPING IT FUN AND FRESH? FARNOOSH BROCK TALKS YOU THROUGH THESE SITUATIONS AND MANY MORE, GIVING YOU USEFUL TIPS ON HOW TO MANAGE EACH AS YOU MOVE FORWARD WITH THE HEALTHY SMOOTHIE BIBLE.

ACAI SUPER BERRY COOKBOOK MELISSA PETITTO, R.D. 2019-05-14 AUTHOR MELISSA PETITTO, RD, PRESENTS OVER 55 HEALTHY AND DELICIOUS RECIPES—ACCOMPANIED BY GORGEOUS COLOR PHOTOGRAPHY—THAT INCLUDE THE BRAZILIAN SUPERFRUIT ACAI IN TASTY AND UNEXPECTED WAYS. JAM-PACKED WITH NUTRIENTS AND ANTIOXIDANTS, AND ALSO LOW IN SUGAR, THE ACAI BERRY IS THE QUINTESSENTIAL SUPERFOOD. EATING ACAI BERRIES MAY HELP IMPROVE CHOLESTEROL LEVELS, STOP CANCER CELLS FROM FORMING AND SPREADING, AND IMPROVE MEMORY AND OTHER BRAIN FUNCTIONS. WHILE ACAI FIRST GAINED FAME AS A SMOOTHIE INGREDIENT, AND HAS NOW BECOME A SMOOTHIE BOWL MAIN STAR, THIS SUPER BERRY CAN BE USED IN COUNTLESS WAYS. AFTER AN INFORMATIVE INTRODUCTION ABOUT THE ACAI BERRY, WHERE TO FIND IT, AND HOW TO PREPARE IT, FIND ENERGIZING SMOOTHIE AND SMOOTHIE BOWL RECIPES, FOLLOWED BY NEW ACAI TAKES, SUCH AS ENERGY BARS, MUFFINS, POPSICLES, BROWNIES, AND EVEN FUDGE!

SUPER IMMUNITY JOEL FUHRMAN, M.D. 2011-09-20 FROM WORLD-RENOWNED HEALTH EXPERT AND NEW YORK TIMES BESTSELLING AUTHOR OF EAT TO LIVE AND EAT FOR LIFE DR. JOEL FUHRMAN COMES A PRACTICAL NUTRITIONAL PLAN TO PREVENT AND REVERSE DISEASE—NO SHOTS, DRUGS OR SICK DAYS REQUIRED. WHY DO SOME OF US GET SICK WITH GREATER FREQUENCY THAN OTHERS? WHAT MAKES US MORE SUSCEPTIBLE TO ILLNESS? IS THERE A SECRET TO STAYING HEALTHY? DR. FUHRMAN DOESN’T BELIEVE THE SECRET TO STAYING HEALTHY LIES IN MEDICAL CARE—RATHER, THE SOLUTION IS TO CHANGE THE WAY WE EAT. WITH MORE THAN 85 PLANT-BASED RECIPES, A TWO-WEEK MENU PLAN, AND LISTS OF SUPER FOODS THAT BOOST IMMUNITY, DR. FUHRMAN’S PROVEN STRATEGIES IN SUPER IMMUNITY COMBINE THE LATEST DATA FROM CLINICAL TESTS, NUTRITIONAL RESEARCH, AND RESULTS FROM THOUSANDS OF PATIENTS. INSIDE SUPER IMMUNITY, YOU’LL FIND: THE BIG PICTURE—LEARN EVERYTHING YOU NEED TO KNOW ABOUT HEALTHY EATING FOR A HEALTHY LIFE. A 2-WEEK MEAL PLAN—TAKE THE GUESSWORK OUT OF CHANGING YOUR DIET WITH PLANNED MEALS FOR BREAKFAST, LUNCH, AND DINNER EVERY DAY OF THE WEEK. 85 IMMUNITY-BOOSTING RECIPES—THESE DELICIOUS PLANT BASED RECIPES MAKE EATING HEALTHY EASY AND CRAVE-WORTHY. LIVE LONGER, STRONGER, AND DISEASE FREE WITH THIS PROVEN PLAN TO CHANGE YOUR DIET AND CHANGE YOUR LIFE. “SUPER IMMUNITY IS A MUCH NEEDED BOOK THAT CONTAINS THE KEY TO ENDING THE CYCLE OF SICKNESS THAT PLAGUES MANY OF OUR LIVES. THIS IS ENLIGHTENED MEDICINE, AT LAST!” (DR. ALEJANDRO JUNGER, NEW YORK TIMES BESTSELLING AUTHOR OF CLEAN)

ROOT & NOURISH ABBEY RODRIGUEZ 2021-04-06 EMBRACE THE ANCIENT HEALING POWER OF PLANTS WITH MORE THAN 100 WHOLE-FOOD, PLANT-BASED, GLUTEN-FREE HERBAL RECIPES, AS WELL AS MINDFULNESS AND HOLISTIC LIFESTYLE PRACTICES, DESIGNED AROUND THE MOST COMMON HEALTH CONCERNS OF MODERN WOMEN. DID YOU KNOW YOU HAVE ACCESS TO A POTENT AND SOPHISTICATED APOTHECARY—RIGHT IN YOUR OWN KITCHEN? PLANTS, SPECIFICALLY HERBS AND SPICES, HAVE BEEN USED FOR CENTURIES AS PART OF HOLISTIC HEALING TRADITIONS AROUND THE WORLD TO PROMOTE HEALTH, LONGEVITY, AND BEAUTY. AND AS MORE PEOPLE BECOME AFFLICTED WITH CHRONIC STRESS-BASED CONDITIONS, FROM INFLAMMATION AND FOOD ALLERGIES TO ANXIETY AND DEPRESSION AND MENSTRUAL IRREGULARITIES, A WHOLE NEW GENERATION IS REDISCOVERING NATURE’S POWER FOR LONG-TERM WELLNESS. IN ROOT & NOURISH, WELLNESS EXPERTS ABBEY RODRIGUEZ AND JENNIFER KURDYLA TEACH WOMEN HOW TO INCORPORATE PLANT MEDICINE INTO EVERYDAY LIFE THROUGH FOOD AND SELF-CARE. ORGANIZED INTO THREE AREAS OF HEALTH CONCERNS PREVALENT IN WOMEN TODAY—DIGESTION, MENTAL HEALTH, AND FEMALE REPRODUCTIVE HORMONAL HEALTH—THESE AFFORDABLE, SEASONAL, AND SUSTAINABLE RECIPES, DRAWN FROM WESTERN HERBALISM AND AYURVEDA, ARE DESIGNED TO HELP YOU CURATE A PERSONALIZED HERBAL APOTHECARY THAT WILL SERVE YOU FOR A LIFETIME. INSIDE YOU’LL FIND DISHES INCLUDING: -

THAI PEANUT STIR-FRY WITH TOFU TO TACKLE GUT HEALTH - HEARTWARMING VEGAN CHILI TO PROMOTE MENTAL HEALTH - ADAPTOGENIC CHOCOLATE CHIP COOKIES FOR FEMALE REPRODUCTIVE HEALTH ONCE YOU COME TO LEARN WHICH INGREDIENTS OFFER YOU THE NOURISHMENT YOU NEED, WHETHER IN THE MOMENT OR TO SUPPORT CHRONIC CONDITIONS, YOU WILL UNDERSTAND YOUR BODY—AND YOURSELF—AS YOU NEVER HAVE BEFORE: AS NATURE INTENDED.

HELLO GLOW STEPHANIE GERBER 2016-11-15 MAKE YOUR OWN FRESH, ORGANIC, AND EFFECTIVE SPA, SKINCARE, HAIR-MAINTENANCE, AND COSMETICS RECIPES AT HOME WITH THESE 50 BEAUTIFUL, TRIED-AND-TESTED TUTORIALS, BROUGHT TO YOU BY THE POPULAR DIY BEAUTY AND WELLNESS WEBSITE HELLOGLOW.COM.

THE 150 HEALTHIEST FOODS ON EARTH, REVISED EDITION JONNY BOWDEN 2017-06-01 IT'S TIME TO DEBUNK ALL THE MYTHS ABOUT FOODS WE WANT TO EAT. THE 150 HEALTHIEST FOODS ON EARTH, REVISED EDITION DELIVERS FACTS ON FOODS; NO SPIN, NO AGENDA. IN THIS NEWLY UPDATED NUTRITION REFERENCE GUIDE, ACCLAIMED NUTRITIONIST AND BESTSELLING AUTHOR JONNY BOWDEN DEBUNKS TRADITIONAL FOOD MYTHS, SAVES THE REPUTATIONS OF FOODS LONG SUFFERING FROM BAD PUBLICITY, AND PROVIDES JUST THE FACTS—SO YOU CAN MAKE GOOD, HEALTH-CONSCIOUS DECISIONS ABOUT WHICH FOODS YOU AND YOUR FAMILY SHOULD EAT. YOU'LL LEARN THE LATEST RESEARCH ON MANY OF YOUR FAVORITE FOODS, AS WELL AS SOME SURPRISING NEW FINDINGS ON THE HEALTH BENEFITS OF FOODS YOU MAY HAVE BEEN AVOIDING UNNECESSARILY. DID YOU KNOW THAT, ACCORDING TO THE LATEST RESEARCH, SATURATED FAT DOES NOT CAUSE HEART DISEASE? FULL-FAT DAIRY MAY PROTECT AGAINST DIABETES? THERE IS NO NEED TO AVOID MEAT IF IT IS 100 PERCENT GRASS FED? THERE IS A MAJOR DIFFERENCE BETWEEN FARMED SALMON AND WILD SALMON? NO FOOD PROVIDES EVERYTHING. BUT REAL FOOD—WHOLE FOOD WITH MINIMAL PROCESSING—CONTAINS A VIRTUAL PHARMACY OF NUTRIENTS, PHYTOCHEMICALS, ENZYMES, VITAMINS, MINERALS, ANTIOXIDANTS, ANTI-INFLAMMATORIES, AND HEALTHFUL FATS, ALL OF WHICH KEEP YOU ALIVE AND THRIVING. LEARN HOW EASY IT IS TO FIND “REAL” FOOD AND DISCOVER WHAT MORE THAN A DOZEN WELL-KNOWN NUTRITION EXPERTS SAY ARE THEIR “TOP TEN” HEALTHIEST FOODS ON EARTH.

LOSE WEIGHT BY EATING AUDREY JOHNS 2016-04-12 LOSE WEIGHT BY EATING GUILT-FREE, LOW-CALORIE, UNPROCESSED VERSIONS OF ALL YOUR FAVORITE FOODS, WITH THIS HELPFUL, ACCESSIBLE DIET AND COOKBOOK—FEATURING MORE THAN 130 CLEAN EATING RECIPES AND GORGEOUS FULL-COLOR PHOTOS—FROM THE POPULAR WEIGHT LOSS BLOGGER WHO LOST 150 POUNDS IN ELEVEN MONTHS. AT 275 POUNDS, AUDREY JOHNS WAS UNHEALTHY AND UNHAPPY—UNTIL THE DAY SHE VOWED TO GIVE UP THE “FAKE FOOD” AND TAUGHT HERSELF TO COOK HER FAVORITES FROM SCRATCH. WITHIN ELEVEN MONTHS, AUDREY MASTERED THE KITCHEN, BEGAN TO TAKE BETTER CARE OF HERSELF, AND LOST MORE THAN 150 POUNDS—OVER HALF HER BODY WEIGHT. NOW, AUDREY SHARES HER STORY, INSIGHTS, AND CLEAN EATING RECIPES TO HELP YOU SLIM DOWN. LOSE WEIGHT BY EATING INCLUDES MORE THAN 130 MOUTHWATERING RECIPES FOR FAMILY FAVORITES, INCLUDING PASTA, SCONES, FRIED CHICKEN, NACHOS, MEATLOAF, AND COOKIES—ALL BURSTING WITH FLAVOR AND FEWER THAN 500 CALORIES PER SERVING. MOST RECIPES USE SIMPLE AND INEXPENSIVE SMART SWAPS AND ARE FULL OF HIDDEN VEGETABLES THAT KEEP YOU FEELING FULLER LONGER, AND ALL ARE PICKY-KID-FRIENDLY AND HUSBAND-APPROVED. IMAGINE LOSING EIGHT TO SIXTEEN POUNDS THE FIRST WEEK AND FIFTEEN TO TWENTY-FIVE POUNDS A MONTH EATING SKINNY PIZZAS WITH ONLY 125 CALORIES PER SLICE OR 150-CALORIE CHEESECAKE BARS! LOSE WEIGHT BY EATING LETS YOU ENJOY THESE DELIGHTS AND MORE, SUCH AS “JELLY DOUGHNUT” FRENCH TOAST, CALIFORNIA CLUB PIZZA, WHOLE ROASTED CHICKEN WITH POTATOES AND ONIONS, VEGGIE PACKED LASAGNA, CHEDDAR STUFFED TURKEY BURGERS, CHOCOLATE PEANUT BUTTER DIP WITH FRUIT, AND SKINNY CHEESECAKE WITH RASPBERRY DRIZZLE. AUDREY ALSO PROVIDES A HANDY SIX-WEEK MEAL PLAN AND WEIGHT LOSS TIPS TO KEEP YOU MOTIVATED. LOSE WEIGHT BY EATING IS ALL ABOUT MAKING THE NAUGHTY NICE. GIVING YOUR FAVORITE FOODS A DELICIOUS, HEALTHY MAKEOVER, YOU CAN EAT WHAT YOU LOVE EVERY DAY—AND STILL SHED THOSE UNWANTED POUNDS.

EAT FAT, GET THIN DR. MARK HYMAN 2016-02-23 A REVOLUTIONARY DIET PROGRAM BASED ON THE LATEST SCIENCE SHOWING THE IMPORTANCE OF FAT IN WEIGHT LOSS AND OVERALL HEALTH, FROM #1 BESTSELLING AUTHOR DR. MARK HYMAN. MANY OF US HAVE LONG BEEN TOLD THAT FAT MAKES US FAT, CONTRIBUTES TO HEART DISEASE, AND GENERALLY ERODES OUR HEALTH. NOW A GROWING BODY OF RESEARCH IS DEBUNKING OUR FAT-PHOBIA, REVEALING THE IMMENSE HEALTH AND WEIGHT-LOSS BENEFITS OF A HIGH-FAT DIET RICH IN EGGS, NUTS, OILS, AVOCADOS, AND OTHER DELICIOUS SUPERFOODS. IN HIS NEW BOOK, BESTSELLING AUTHOR DR. MARK HYMAN INTRODUCES A NEW WEIGHT-LOSS AND HEALTHY LIVING PROGRAM BASED ON THE LATEST SCIENCE AND EXPLAINS HOW TO EAT FAT, GET THIN, AND ACHIEVE OPTIMUM WELLNESS ALONG THE WAY. OFFERING PRACTICAL TOOLS, MEAL PLANS, RECIPES, AND SHOPPING LISTS, AS WELL AS STEP-BY-STEP, EASY-TO-FOLLOW ADVICE, EAT FAT, GET THIN IS THE CUTTING EDGE WAY TO LOSE WEIGHT, PREVENT DISEASE, AND FEEL YOUR BEST.

ACAI SUPER BERRY COOKBOOK MELISSA PETITTO 2019-05-14 AUTHOR MELISSA PETITTO, RD, PRESENTS OVER 55 HEALTHY AND DELICIOUS RECIPES—ACCOMPANIED BY GORGEOUS COLOR PHOTOGRAPHY—THAT INCLUDE THE BRAZILIAN SUPERFRUIT ACAI IN

TASTY AND UNEXPECTED WAYS. JAM-PACKED WITH NUTRIENTS AND ANTIOXIDANTS, AND ALSO LOW IN SUGAR, THE ACAI BERRY IS THE QUINTESSENTIAL SUPERFOOD. EATING ACAI BERRIES MAY HELP IMPROVE CHOLESTEROL LEVELS, STOP CANCER CELLS FROM FORMING AND SPREADING, AND IMPROVE MEMORY AND OTHER BRAIN FUNCTIONS. WHILE ACAI FIRST GAINED FAME AS A SMOOTHIE INGREDIENT, AND HAS NOW BECOME A SMOOTHIE BOWL MAIN STAR, THIS SUPER BERRY CAN BE USED IN COUNTLESS WAYS. AFTER AN INFORMATIVE INTRODUCTION ABOUT THE ACAI BERRY, WHERE TO FIND IT, AND HOW TO PREPARE IT, FIND ENERGIZING SMOOTHIE AND SMOOTHIE BOWL RECIPES, FOLLOWED BY NEW ACAI TAKES, SUCH AS ENERGY BARS, MUFFINS, POPSICLES, BROWNIES, AND EVEN FUDGE!

SUPERCHARGED GREEN JUICE & SMOOTHIE DIET CHRISTINE BAILEY 2015-12-29 GREEN JUICES AND SMOOTHIES ARE THE GO-TO DRINK OF THE MOMENT. THEY ARE FANTASTICALLY HEALTHY, PACKED WITH VITAMINS, MINERALS AND PHYTONUTRIENTS. AND THEY'RE ALSO MUCH BETTER FOR YOU IN TERMS OF SUGAR CONTENT AND BALANCED ENERGY LEVELS. CHRISTINE BAILEY TAKES GREEN JUICING TO A WHOLE NEW LEVEL. SUPERCHARGED GREEN JUICE & SMOOTHIE DIET IS AN AMAZING COLLECTION OF FEEL-GOOD DRINKS USING THE LATEST RANGE OF SUPERFOODS TO NOURISH AND REVITALIZE YOUR BODY. PACKED WITH NUTRIENT-RICH, HEALTH-BOOSTING INGREDIENTS, EACH JUICE OR SMOOTHIE CONTAINS AT LEAST ONE SUPERCHARGED INGREDIENT. THESE BOOSTERS INCLUDE SUPERFOOD POWDERS SUCH AS ACAI BERRY POWDER (ONE OF THE MOST CONCENTRATED SOURCES OF ANTIOXIDANTS) OR COLLAGEN POWDER SUPPLEMENT (BRILLIANT FOR YOUR SKIN), SEA VEGETABLES, SEEDS, BEE PRODUCTS, BERRIES, HERBS AND TINCTURES. USE THE HANDY REFERENCE SECTION AT THE BACK TO QUICKLY FIND RECIPES THAT WILL HELP YOU TO LOSE WEIGHT, MAXIMIZE ENERGY LEVELS, BOOST THE IMMUNE SYSTEM, COMBAT AGEING AND LOOK AMAZING. THERE IS ALSO A 2-DAY POWER-CHARGED SUPERFOOD JUICE DIET PLAN TO SET YOU ON YOUR WAY TO LOOKING FABULOUS AS WELL AS FEELING GREAT. NUTRITIONIST AND BEST-SELLING AUTHOR CHRISTINE BAILEY SHOWS YOU HOW EASY IT IS TO MAKE DAILY JUICES AND SMOOTHIES, AND EXPLAINS THE BENEFITS OF USING GREEN JUICES AND SUPERCHARGED INGREDIENTS FOR EXTRA WEIGHT-LOSS AND HEALTH-GIVING PROPERTIES.

30-MINUTE PALEO MEALS MELISSA PETITTO 2014-09-15 30 MINUTE PALEO MEALS IS A COOKBOOK WHICH FEATURES QUICK, EASY, GLUTEN-FREE RECIPES FROM PERSONAL CELEBRITY CHEF MELISSA PETITTO. THE RECIPES ADHERE TO THE PALEO DIET, WHICH IS CONSIDERED TO BE PART OF A HEALTHIER LIFESTYLE.

THRIVE ENERGY COOKBOOK BRENDAN BRAZIER 2014-03-04 PACKED WITH 150 PLANT-BASED, NUTRIENT-DENSE, WHOLE FOOD RECIPES DEVELOPED WITHIN THE THRIVE NUTRITIONAL PHILOSOPHY, THRIVE ENERGY COOKBOOK BRINGS CONCEPTS THAT STARTED THE FUNCTIONAL, PLANT-BASED NUTRITION REVOLUTION TO LIFE. RECIPES ARE ALL VEGAN AND ALLERGEN-FREE (OR WITH GLUTEN-FREE OPTIONS) TO ELIMINATE WHEAT, YEAST, GLUTEN, SOY, REFINED SUGAR, AND DAIRY FROM YOUR DIET. EASY-TO-MAKE AND PERFORMANCE-ENHANCING, THESE CHEF-CREATED RECIPES MERGE PURPOSE DRIVEN FUNCTIONALITY (EVERY INGREDIENT HAS A NUTRITIONAL PURPOSE) WITH MOUTH-WATERING APPEAL. FROM THE ALKALINE-FORMING, PLANT PROTEIN-PACKED VANILLA-ALMOND-MOCHA MOTIVATOR SMOOTHIE TO ROASTED RED PEPPER & SWEET POTATO SOUP, THAI GREEN CURRY RICE BOWL, AND DESSERTS SUCH AS RASPBERRY CHOCOLATE POMEGRANATE TART, THRIVE ENERGY COOKBOOK WILL HAVE YOU QUICKLY PREPARING NUTRIENT-PACKED AND DELICIOUS DISHES.

RUN FAST. EAT SLOW. SHALANE FLANAGAN 2016-08-09 FUEL UP LIKE 2017 NEW YORK CITY MARATHON CHAMPION SHALANE FLANAGAN. FROM WORLD-CLASS MARATHONER AND 4-TIME OLYMPIAN SHALANE FLANAGAN AND CHEF ELYSE KOPECKY COMES A WHOLE FOODS, FLAVOR-FORWARD COOKBOOK—AND NEW YORK TIMES BESTSELLER—THAT PROVES FOOD CAN BE INDULGENT AND NOURISHING AT THE SAME TIME. FINALLY HERE'S A COOKBOOK FOR RUNNERS THAT SHOWS FAT IS ESSENTIAL FOR FLAVOR AND PERFORMANCE AND THAT COUNTING CALORIES, OBSESSING OVER PROTEIN, AND RESTRICTIVE DIETING DOES MORE HARM THAN GOOD. PACKED WITH MORE THAN 100 RECIPES FOR EVERY PART OF YOUR DAY, MIND-BLOWING NUTRITIONAL WISDOM, AND INSPIRING STORIES FROM TWO FITNESS-CRAZED WOMEN THAT BECAME FAST FRIENDS OVER 15 YEARS AGO, RUN FAST. EAT SLOW. HAS ALL THE BASES COVERED. YOU'LL FIND NO SHORTAGE OF DELICIOUS MEALS, SATISFYING SNACKS, THIRST-QUENCHING DRINKS, AND WHOLESOME TREATS—ALL MADE WITHOUT REFINED SUGAR AND FLOUR. FAN FAVORITES INCLUDE CAN'T BEET ME SMOOTHIE, ARUGULA CASHEW PESTO, HIGH-ALTITUDE BISON MEATBALLS, SUPERHERO MUFFINS, KALE RADICCHIO SALAD WITH FARRO, AND DOUBLE CHOCOLATE TEFF COOKIES.

SUPERFOOD ACAI RECIPES MELISSA PETITTO 2019-05-14 AUTHOR MELISSA PETITTO, RD, PRESENTS 40 HEALTHY AND DELICIOUS RECIPES—ACCOMPANIED BY GORGEOUS COLOR PHOTOGRAPHY—THAT INCLUDE THE BRAZILIAN SUPERFRUIT ACAI IN TASTY AND UNEXPECTED WAYS. JAM-PACKED WITH NUTRIENTS AND ANTIOXIDANTS, AND ALSO LOW IN SUGAR, THE ACAI BERRY IS THE QUINTESSENTIAL SUPERFOOD. EATING ACAI BERRIES MAY HELP IMPROVE CHOLESTEROL LEVELS, STOP CANCER CELLS FROM FORMING AND SPREADING, AND IMPROVE MEMORY AND OTHER BRAIN FUNCTIONS. WHILE ACAI FIRST GAINED FAME AS A SMOOTHIE INGREDIENT, AND HAS NOW BECOME A SMOOTHIE BOWL MAIN STAR, THIS SUPERBERRY CAN BE USED IN COUNTLESS WAYS. AFTER AN INFORMATIVE INTRODUCTION ABOUT THE ACAI BERRY, WHERE TO FIND IT, AND HOW TO PREPARE IT, FIND ENERGIZING SMOOTHIE AND

SMOOTHIE BOWL RECIPES.

THE ART OF THE SMOOTHIE BOWL NICOLE GAFFNEY 2019-04-09 THE ULTIMATE BLEND OF DELICIOUS AND NUTRITIOUS IN ONE BOWL DITCH THE BORING GREEN SMOOTHIE ROUTINE AND DISCOVER QUICK, EASY BOWLS LOADED WITH VITAMINS, SUPERFOODS AND IRRESISTIBLE TOPPINGS. NICOLE GAFFNEY, FOOD NETWORK STAR FINALIST AND CO-OWNER OF SOULBERRI SMOOTHIES AND BOWLS, HAS CREATED ENERGIZING FLAVOR COMBINATIONS FOR ANY TIME OF DAY: • CLASSIC ACAI • CINNAMON PUMPKIN PIE • WATERMELON CREAMSICLE • CHOCOLATE HAZELNUT • JALEPEÑO • HONEYDEW MINT • POM-BERRY YOGURT • SOUTHERN PEACH & PECAN • COCONUT TOASTED CARAMEL WITH VEGAN AND GLUTEN-FREE OPTIONS, PLUS HOMEMADE TOPPINGS TO FINISH OFF YOUR BOWL, YOU'LL BE HOOKED ON THESE HEALTHY, HYDRATING TREATS

A PRACTICAL GUIDE TO WELL-BEING PATRICIA FURNESS-SMITH 2015-02-05 THIS BOOK IS FULL OF EXPERT, PRACTICAL ADVICE WHICH TEACHES YOU TO USE THE LATEST SCIENTIFIC KNOWLEDGE TO ACHIEVE A HEALTHY STATE OF MIND AND BODY. BECOME MORE ENERGIZED BY ADOPTING QUALITY SLEEP PATTERNS. OPTIMIZE MENTAL AND PHYSICAL HEALTH BY HARNESSING YOUR NATURAL ABILITY TO HEAL. ACHIEVE CALM BY LEARNING TO MANAGE YOUR STRESS LEVELS. DISCOVER HAPPINESS AND FULFILLMENT BY INVESTING IN YOURSELF AND OTHERS.

ADAPTOGENS DAVID WINSTON 2007-03-22 ADAPTOGENS HELP THE BODY TO “ADAPT” TO THE MANY HEALTH CHALLENGES IT ENCOUNTERS--PARTICULARLY STRESS. THEY INCREASE STAMINA AND COUNTER THE EFFECTS OF AGING AND THUS ARE BECOMING IMPORTANT TOOLS IN SPORTS MEDICINE AND IN THE PREVENTION AND TREATMENT OF CHRONIC FATIGUE AND RELATED DISORDERS. THE AUTHORS EXPLAIN HOW THEY WORK AND WHY THEY ARE SO EFFECTIVE AT COMBATING STRESS-INDUCED ILLNESS.