

# Love On A Plate The Gourmet Uncookbook

**Heal Your Face** Markus Rothkranz 2011-03-01 Unhappy with your face? Your body is trying to tell you something. Every line, wrinkle, spot, mole and crease means something. They did NOT just randomly show up on your face. Every part of your face is connected to an organ or body part. If that body part is not functioning properly, it will show up on your face. No amount of cream will change that. If you want to improve your face, you must improve your health. And lucky for you- your face tells you exactly what's wrong with you. Forget plastic surgery- you can do it yourself. After this event, you will never look at people the same way again. You will instantly be able to tell what issues they have. And they will wonder why you now look 20 years younger !

The Prosperity Secret Markus Rothkranz 2012-01-01 The difference between rich and poor is universal. Less than 2 percent of people on Earth truly know what it takes and they are not bad people like you think. It's not who you know, or talent or luck or hard work. The answer is simpler than you think but it means completely changing your perspective of life itself. This highly inspirational life-changing book from world-renowned speaker author Markus Rothkranz reveals the step by step detailed outline to never being afraid of money ever again. Includes interviews with three powerful wealthy people who play with the richest most famous people on Earth, who share their secrets and blow all the myths you've ever heard about the rich. Your dreams exist for a reason. It is your destiny to prosper and help the world. We are entering a new golden era of opportunity, where normal people can finally thrive and live their dreams.

Raw Food Romance - 30 Day Meal Plan - Volume I Melissa Raimondi 2016-03 "Meal plan with meal

prep, recipes, tips, estimated calorie counts, and daily shopping lists for delicious raw vegan dishes the way Lissa eats."

The Secrets of People Who Never Get Sick Gene Stone 2012-01-15 Achieve the best health of your life by following in the footsteps of people who never get sick. Some take a daily nap. Or a cold shower. Some do yoga, lift weights, swear by brewer's yeast. And one dunks his head in hydrogen peroxide—he hasn't had a cold in two decades. In profiles of twenty-five people who never get sick and revealing their secrets and practices, Gene Stone covers the surprising science of personal health. The stories make it real, the research explains why, and the do-it-yourself information shows how to bring each secret into your own life. It's your turn to become a person who never gets sick.

The Raw Foods Bible Craig B. Sommers 2004 This is a comprehensive guide to eating raw and whole foods. It discusses "raw vs. cooked" and "whole vs. processed." The author uses personal experience, published studies, quotes, and more to describe the benefits of eating raw food, and gives how-to tips, including recipes.

**21-Day Vegan Raw Food Diet Plan** Heather Bowen 2020-05-05 Tasty and creative raw food delights--75 vegan recipes and a three-week diet plan Whether you're new to raw veganism or you're a real raw foodie, this is the ultimate guide for you. The 21-Day Vegan Raw Food Diet Plan combines the proven principles of veganism and raw foodism into one complete cookbook and meal plan. Using simple, everyday ingredients including nuts, seeds, sprouted whole grains, legumes, fruit, and fresh produce, you can make tons of great-tasting, plant-based recipes in minutes. From Raw Vegan Mac 'n' Cheese to Raw Mexi Chili, this essential cookbook and raw food diet plan can put you on the path to looking great and feeling great. In just a few weeks, you'll have more energy, clear skin, better digestion, and be completely satisfied--one hearty, healthy, vegan raw food meal at a time.

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This definitive raw food cookbook features: All-in-one--Improving your overall health is a snap with a balanced three-week meal plan that's perfect for vegan raw food fans. Delicious recipes--Mouthwatering smoothies, entrees, snacks, and desserts packed with nutrition to keep you full and healthy. No guesswork--Complete shopping lists, sample menus, and meal prep pro-tips help you save time and money on your vegan raw food journey. Go green and get uncookin' with The 21-Day Vegan Raw Food Diet Plan.

**The Hippocrates Diet and Health Program** Ann Wigmore 1983-12-01 For more than forty years, Ann Wigmore, founder of the renowned Hippocrates Health Institute and internationally acclaimed holistic health educator, taught that what we eat profoundly affects our health. She was among the first to note that our modern diet of "convenience food" was the prime cause of illness and obesity, and she offered a positive alternative. Developed over a twenty-year period at the Hippocrates Health Institute, one of the nation's first and finest holistic health centers, the Hippocrates Diet allows the body to correct its problems naturally and at its own pace. Through a diet of fresh fruits, vegetables, grains, nuts, and super nutritious foods such as sprouts and wheatgrass juice, all of which are prepared without cooking, the body is able to restore its internal balance—and its capacity to maintain a healthy weight, fight disease, and heal itself. The Hippocrates Diet and Health Program is an indispensable guide to healthy living, filled with easy-to-follow recipes and money-saving health tips. It is never easy for anyone to break bad eating habits, but when you are ready to make the decision to lose weight, regain youthful energy, or prevent illness, The Hippocrates Diet and Health Program can be your guide.

**Rawmazing** Susan Powers 2012-07-01 Contains over one hundred raw food recipes, including doughnut holes, zucchini corn cakes with cilantro cream, and apple cranberry "cheesecake."

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*Heal Yourself 101* Markus Rothkranz 2011-03-17 The definitive book on self-healing and true health. This easy to understand book gets right to the point and tells you literally how to turn your life around and never get sick again. No doctors, no pills. You do this at home for almost nothing. Step by Step. See the inspirational video at [healyourself101.com](http://healyourself101.com)

**Platters and Boards** Shelly Westerhausen 2018-03-20 Platters and Boards — Entertaining dishes and party dishes your guests will love Entertaining and party dishes from Platters and Boards: Celebrated author and food blogger Shelly Westerhausen shares the secrets to creating casually chic spreads anyone can make and everyone will enjoy (and envy) in her bestselling Platters and Boards cookbook. This visual cornucopia of a cookbook is the guide to entertaining with effortless style. Platters and Boards is an inspiring resource for throwing unforgettable get-togethers: Organized by time of day, 40 contemporary arrangements are presented with gorgeous photography, easy-to-prepare recipes, suggested meat and drink pairings, and notes on preparation and presentation. Helpful advice includes: Tips on portioning Guides to picking surfaces and vessels Recommendations for pairing complementary textures and flavors A handy chart featuring board suggestions for a variety of occasions (from holiday parties to baby showers) Fans of Cook Beautiful, The Art of the Cheese Plate, InStyle Parties, Magnolia Table, and Cravings will love Platters and Boards.

Naturally Sweet America's Test Kitchen 2016-08-23 In this timely, unique cookbook, America's Test Kitchen tackles the monumental challenge of creating foolproof, great-tasting baked goods that contain less sugar and rely only on natural alternatives to white sugar. White sugar is one of the most widely demonized health threats out there, even more than fat, and consumers are increasingly interested in decreasing the amount of sugar they use and also in using less-processed natural sweeteners. But decreasing or changing the sugar in a recipe can have disastrous results: Baked

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goods turn out dry, dense, and downright inedible. We address these issues head-on with 120 foolproof, great-tasting recipes for cookies, cakes, pies and more that reduce the overall sugar content by at least 30% and rely solely on more natural alternatives to white sugar.

**Vegan Desserts** Hannah Kaminsky 2015-10-06 Featuring more than one hundred simple but scrumptious recipes, *Vegan Desserts* offers alternatives to treats that are normally heavily laden with butter, eggs, and other animal products. With a new recipe for each season, Kaminsky keeps the emphasis on fresh fruits, vegetables, and herbs, offering desserts that are truly inspired and yet simple enough for anyone to make. Kaminsky insists that fresh, local produce—at the peak of ripeness—offers incomparable flavors that cannot be replicated with any amount of sugar, salt, or any baking extracts. As a result, her creative recipes will appeal to health-conscious bakers (all recipes are low in cholesterol and many feature natural sweeteners and whole grains), though even the sweetest sweet teeth among us will be more than satisfied by these tantalizing treats. From luscious lemon mousse and roasted apricot ice cream to black velvet cupcakes and almond chocolate blossoms, readers will find exciting new desserts as well as 100 percent-vegan versions of old favorites. Clear, precise directions guide readers through every step, and a mouthwatering photo accompanies each recipe. Golden saffron pound cake, no-bake pumpkin crème brûlée, black pearl truffles, chai poached pears, apricot frangipane tart—this cookbook has something for every dessert lover. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky,

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canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**Raw** Juliano Brotman 1999-04-27 "When you eat raw foods you feel great. I just wanted to share that." -- Juliano Raw [adj]. 1. clean 2. pure 3. uncontrived 4. free 5. safe 6. uncontaminated Raw [adj]. 1. uncooked. 2. in the natural state; not processed or manufactured Cook [v]. 1. to prepare food. 2. Brit. Colloq. to tamper with; falsify. 3. slang to ruin What is Raw? UNcooked UNadulterated UNbelievably Delicious Living Food Raw is the first major guide to preparing gourmet raw cuisine, an introduction to the finest dining this planet has to offer, with unique dishes made entirely from vegetarian and living foods. Raw offers ultimate pure flavor, thousands of textures, and beautiful effects on body, mind, soul and the environment! This isn't 100 variations of salad, but an ultra-gourmet cuisine, which fuses ancient culinary techniques with a modern and practical lifestyle. From sun-baked pizzas, satisfying sandwiches, vegan sushi, the best burritos and sprouted-rice dishes, to sangria and shakes, cookies, pudding, and pies. You're about to acquaint yourself with the vibrant flavors and miraculous nutrition of plant life in a way you never have before.

**Raw-Vitalize: The Easy, 21-Day Raw Food Recharge** Mimi Kirk 2017-01-03 A day-by-day guide to clean, raw eating Catch the wave of health and good living with this easy and delicious 21-day raw food plan. Mimi Kirk and her daughter, Mia Kirk White, developed the plan when they decided to team up and remind themselves of the benefits of eating all raw, all the time. They needed a plan that would work with their busy schedules, with meals that would fit into a set menu, but still allow them to mix and match foods. These recipes are so good, you'll make them again and again. Raw-

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Vitalize includes shopping lists, make-ahead prep ideas, and tips for eating on the go.

**Eat Raw, Eat Well** Douglas McNish 2012 Creative raw cuisine recipes for delicious nutrient-rich dishes.

**Love on a Plate** Markus Rothkranz 2014-12-07 100 healthy Raw Vegan recipes of the most famous meals in the world. Healthy versions of pizza, pasta, bacon, pies, cakes, macaroni and cheese, pop tarts, spaghettis, Reeses pieces, Kung Pao chicken, deli meat and cheese slices- all non dairy, non-meat, gluten-free, no cooking, no wheat and easy to make. By Raw food pioneer and chef Cara Brotman and health expert Markus Rothkranz

Going Raw Judita Wignall 2011-05 Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in gorgeous, mouthwatering color photography. Plus, a 30-minute bonus DVD features various food preparation techniques, finished presentations, and "raw fo

Have a Winter Raw Food Romance Melissa Raimondi 2016-10-19 41 raw food recipes to help satisfy, comfort and celebrate with during the winter months.

**Instructions for a New Life** Markus Rothkranz 2013-11-01

Eat for the Planet Nil Zacharias 2018-03-20 "An indispensable guide for anyone who wants to live to age 100—by making sure there's a livable world when you get there." —Dan Buettner, New York Times—bestselling author of The Blue Zones Do you consider yourself an environmental ally? Maybe you recycle your household goods, ride a bike, and avoid too much air travel. But did you know that the primary driver of climate change isn't plastics, or cars, or airplanes? Did you know that it's actually our industrialized food system? In this fascinating new book, authors Nil Zacharias and Gene Stone share new research, intriguing infographics, and compelling arguments that support what scientists across the world are beginning to affirm and uphold: By making even minimal dietary

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changes, anyone can have a positive, lasting impact on our planet. If you love the planet, the only way to save it is by switching out meat for plant-based meals, one bite at a time. “This fascinating, easy-to-read book will give you still another reason to eat plants and not animals: you will be doing a world of good—literally!” —Rip Esselstyn, #1 New York Times–bestselling author of *Plant-Strong* “Eating plants is not just good for your own health, it’s imperative for the health of the planet. This well-argued, well-written book makes it clear why everyone should consider a plant-based diet today.” —Michael Greger, MD, New York Times–bestselling author of *How Not to Die* “Possibly the single most important environmental book I’ve read in years. A must for everyone.” —Kathy Freston, New York Times–bestselling author of *The Lean*

**Herbal Medic** Sam Coffman 2021-08-17 With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable.

**Italian Grill** Mario Batali 2010-10-19 From Mario Batali, superstar chef and author of *Molto Italiano*, comes the ultimate handbook on Italian grilling, which will become an instant must-have cookbook for home grillers. Easy to use and filled with simple recipes, Mario Batali's new grilling handbook takes the mystery out of making tasty, simple, smoky Italian food. In addition to the eighty recipes and the sixty full-color photographs, *Italian Grill* includes helpful information on different heat-source options, grilling techniques, and essential equipment. As in *Molto Italiano*, Batali's distinctive voice provides a historical and cultural perspective as well. *Italian Grill* features appetizers; pizza and flatbreads; fish and shellfish; poultry; meat; and vegetables. The delicious recipes include Fennel with Sambuca and Grapefruit; Guinea Hen Breasts with Rosemary and Pesto;

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Baby Octopus with Gigante Beans and Olive-Orange Vinaigrette; and Rosticciana, Italian-Style Ribs. Sayuri's Raw Food Cafe 2015-09-05 Just so you know that you don't have to be raw foodies to enjoy all those meals just like you don't have to be Italian to enjoy Italian dishes: ) So sit back and relax, now we can enjoy all-raw scrambled "eggs" eggplant-bacon, "bread," "butter," many varieties of salads and dressings, fermented vegetables, fun salad sprinkles, serious fermented cheeses for Italian feasts, pizza, tortellini, ravioli, "caviar," American burgers and chips, sandwiches, Indian curry and chapattis, Japanese tofu and super nori rolls, Asian favorites, sweet and sour, ramen noodles, Mexican lasagna, enchiladas and nachos, Middle Eastern falafel with hummus and harissa, tabouli, Spanish tapas and omelettes, chocolate banana pie, cheesecake and more in the most delicious, healthy, vibrant way! What if "we are what we eat"? What if we become what we eat? Would you like to become a fresh, juicy, pure, sexy, vibrantly colorful, highly vibrational tomato rather than tomatoes in a tin?! The higher vibration a food has, the more you will shine! Yes!, Those raw, living foods have the potential to make you sparkle! All the dis-ease and problems arise because we become too disconnected to nature. So it is important to harmonize with it. Those foods are the medium between nature/universe and us. When we are aligned with nature, our body works perfectly as it should be and our body will (re-) gain the ability to eliminate the wastes and to rebuild or heal by itself. That's the key for the optimum health! So blossom your creativity and make your food exciting and attractive, and enjoy making sexy, juicy, delicious food What food/energy do you want to become? The words from the world yogis... Sayuri is a master chef and a true inspiration in the raw food world. Her creativity and passion create healthy meals that satisfy the palate of any conscious food lover. Her delectable desserts are beyond words. - Laura Pellegrini and Pedro Rubio, directors of Ashtanga Yoga, Peru Sayuri and her cuisine are beacons of sattvic light! Her creative

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spark and grounded integrity come through in every delicious, illuminating morsel. She not only researches and respects the traditional preparation of global foods, she actually improves upon classical recipes. Thus, she is taking gourmet nutrition forward with each and every plate that she so skillfully designs. It is a divine treat to enjoy her company, teachings, and her food. The food she is making on this very morning will be the food that is served in the finest health restaurants around the world in the next decade! Take the chance to see just how real, how easy, and how magical the world's superfoods can be! -Dylan Bernstein, Ashtanga yoga teacher, Hong Kong"

**Free Food and Medicine** Markus Rothkranz 2012-12-12

*The Fully Raw Diet* Kristina Carrillo-Bucaram 2016-01-05 The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

*Plant Based Dips N' Dressings* Melissa Raimondi 2017-10-24 A collection of 117 recipes including no-fat, low-fat and higher fat options for anyone looking at including more plant-based options in their diets. Dips, dressings, sauces, salsas, condiments, and toppings. Raw, plant-based, vegan,

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gluten, grain and oil-free ideas for healthy salad enhancement.

**The Never-Open Desert Diner** James Anderson 2016-03-22 A singularly compelling debut novel, about a desert where people go to escape their past, and a truck driver who finds himself at risk when he falls in love with a mysterious woman. Ben Jones lives a quiet, hardscrabble life, working as a trucker on Route 117, a little-travelled road in a remote region of the Utah desert which serves as a haven for fugitives and others looking to hide from the world. For many of the desert's inhabitants, Ben's visits are their only contact with the outside world, and the only landmark worth noting is a once-famous roadside diner that hasn't opened in years. Ben's routine is turned upside down when he stumbles across a beautiful woman named Claire playing a cello in an abandoned housing development. He can tell that she's fleeing something in her past—a dark secret that pushed her to the end of the earth—but despite his better judgment he is inexorably drawn to her. As Ben and Claire fall in love, specters from her past begin to resurface, with serious and life-threatening consequences not only for them both, but for others who have made this desert their sanctuary. Dangerous men come looking for her, and as they turn Route 117 upside down in their search, the long-buried secrets of those who've laid claim to this desert come to light, bringing Ben and the other locals into deadly conflict with Claire's pursuers. Ultimately, the answers they all seek are connected to the desert's greatest mystery—what really happened all those years ago at the never-open desert diner? In this unforgettable story of love and loss, Ben learns the enduring truth that some violent crimes renew themselves across generations. At turns funny, heartbreaking and thrilling, *The Never-Open Desert Diner* powerfully evokes an unforgettable setting and introduces readers to a cast of characters who will linger long after the last page.

*The Sunfood Diet Success System* David Wolfe 2012-04-17 Since its first publication, *The Sunfood*

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Diet Success System has been the definitive book on the raw food lifestyle. Now after more than seven years, David Wolfe has rigorously rewritten the entire book, beginning to end, in order to offer the most complete, up-to-date nutrition information possible. No where else will you find the kinds of empowering information and insight that is present on every page of this truly inspiring work. The Sunfood Diet Success System is a groundbreaking book in the field of raw-food nutrition. The book describes exactly how to adopt, maintain, and stay centered on an 80, 90, or 100% raw-food diet by balancing different types of foods through David Wolfe's innovative Sunfood Triangle. Success is inevitable with day-by-day menu plans, delicious recipes, and the best information available on detoxification, fasting, mineralization and success technology all neatly bundled into one book. Each chapter is filled with inspiring quotes, facts, and tips. Dozens of beautiful, never-before-seen full-color images have been added to this brand-new edition, including many stunning Kirlian photographs. The Sunfood Diet Success System also includes a comprehensive listing of raw-food restaurants, healing retreats, and organizations. Be prepared for nothing less than total transformation!

**Love on a Plate V2** Markus Rothkranz 2017-01-01 Raw Vegan Versions of the Most Favorite Meals in the World. Your idea of healthy food is about to change forever. You can still eat pizza, pasta, bacon, cheese, pop tarts, Kung Pao unchicken, Pasta Pomodoro and all the pies, cookies and cakes you want without sacrificing your health. In fact, as sinful as this food seems, it might actually make you feel better than you've ever felt in your life. This is an amazing breakthrough in health food - all made without meat, dairy, wheat, sugar or anything unnatural. Yet it looks and tastes like the real thing. Everything is simple and easy. The beautiful pictures alone make this a collectors coffee table book. Give this work of love to as many friends as you can! 232 page hardcover.

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**Beautiful Boards** Maegan Brown 2019-09-24 Make mealtimes, special occasions, and holidays extra memorable with these 50 delicious, inspiring, family-friendly, and easy-to-recreate snack boards. Visually exciting and deliciously enticing, The BakerMama's snack boards move beyond (and include) classic cheese and charcuterie and are comprised of easy-to-find fresh and prepared foods, arranged in beautiful, artful, and whimsical ways (think a football shape for watching the game and a turkey shape for celebrating Thanksgiving). The variety of foods on each board are great for a group, big or small, and will bring people together through snacking, all while introducing kids to foods they might not normally try. Plus, you can make the boards ahead of time, so you can actually sit down and spend time with your loved ones. In this book, you will find boards for anytime, entertaining and special occasions, seasons and holidays, breakfast and brunch, meals, and desserts. Impress your family and friends with artful masterpieces, including: After School Board Date Night In Board Birthday Dessert Board Unicorn Board Summer Board Candy Cane Caprese Board Pancake Board Bloody Mary Board Build-Your-Own Taco Board Cobb Salad Board Build-Your-Own Sundae Board Along with The BakerMama sharing her tips to get you into the board mind-set, every board is accompanied by a gorgeous, large photo and step-by-step instructions to make each one easy to recreate. Beautiful Boards is an entertaining game changer that will have you spending less time in the kitchen and more time having fun.

**Sayuri's Raw Food Cafe** Sayuri Tanaka 2014 Experience the real nourishment by her Happy and energizing food! Vegan, raw food chef, Sayuri Tanaka shares full of eye-opening tips and tricks! Over 120 mouth-watering recipes from smoothies, breakfasts, soups, dips, salads and dressings, Sayuri's famous salad toppings, main course by the themes, Thai, Japanese, Mexican, Italian, Greek, Indian, B.

Live Raw Mimi Kirk 2011-06-22 Raw food cookbook for anyone wanting to be healthier Recipes that will lead to whole beauty—you will look and feel beautiful Learn from Mimi Kirk, who is routinely taken to be at least twenty years younger than her age Everyone knows that eating well makes you feel your best. Mimi Kirk is living proof that eating well—ideally raw vegan food—can also make you look younger. Her raw vegan cookbook, *Live Raw*, shares 120 recipes mixed with must-have advice. She covers topics including: Detoxifying—So Gravity Won't Get You Down What You Need to Eat Every Day and Why Delicious Raw Food Recipes That Won't Scare Off Non-Vegetarians Learn how to feel and look better with Mimi Kirk and this low fat raw vegan cookbook.

**Raw** Charlie Trotter 2007-01 A landmark cookbook provides a collection of more than one hundred vegetarian recipes for dishes that emphasize the use of raw-food ingredients, accompanied by helpful tips on equipment, preparation techniques, wine pairings, and more. Reprint.

**The Happy Herbivore Cookbook** Lindsay S. Nixon 2011-01-18 Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in *The Happy Herbivore Cookbook*, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. *The Happy Herbivore Cookbook* includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe
- An easy-to-use glossary demystifying any ingredients that may be new to the reader
- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help

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make menu planning easy and painless • Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

**The Uncook Book** Tanya Maher 2015-09-07 The Uncook Book by Tanya Maher is the perfect book for anyone who wants to celebrate life through food. Raw food really gives you that opportunity because it gives you so much energy and clarity - but this book is as much about pleasure and enjoying life as it is about health. Offering easy-to-follow, accessible recipes with a modern edge, Tanya draws on her years of experience as a raw food nutritionist and guides you through brilliant basics, fun family favorites and elegant entertaining with living foods. As more and more people begin to appreciate the huge health benefits that a raw food lifestyle offers, Tanya makes it easy to either greatly increase your intake of raw foods or embrace this way of eating for breakfast, lunch and dinner if it feels right for you - while still enjoying a busy social calendar! With beautiful photography, easy-to-source, familiar ingredients, and pull-out information on the benefits they offer your body, these recipes are so tasty that you will want to make them again and again. And if you think you're going to be deprived of anything at all, there's even a section on delicious superfood cocktails!

Learning to Love the Girl in the Mirror Helena Grace Donald 2017-04-13 This book is for every girl who has ever looked in the mirror and criticized her own reflection; for every girl who has ever compared herself negatively to others and also for all the girls who are already struggling with negative body image issues and unhealthy eating habits.

**Dreamchaser** Markus Rothkranz 2014-01-01

*Markus Rothkranz Paintings* Markus Rothkranz 2015-04-01 Coffee table book of Markus Rothkranz Artwork, drawings and paintings

*Becoming Raw: The Essential Guide to Raw Vegan Diets* Brenda Davis 2011-08-25 The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets recommended nutrient intakes simply and easily.

*The Blender Girl* Tess Masters 2014-04-08 ABOUT THIS BOOK... The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe

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can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether— these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

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