

## Inspiralized Inspiring Recipes To Make With Your Spiralizer

Previously published as *Whole30 Cookbook*, this bestseller is now in paperback for the first time, complete with 10 exclusive new recipes and a new introduction from Melissa Urban. The groundbreaking Whole30 program has helped millions of people transform their lives by bringing them better sleep, more energy, fewer cravings, and a healthy relationship with food, built on a foundation of healthy habits that last a lifetime. In this cookbook (previously published as *The Whole30 Cookbook*) best-selling author and Whole30 co-creator Melissa Urban delivers over 150 recipes to help readers prepare delicious, healthy meals during their Whole30 and beyond. A Whole30 refresher, including an updated introduction to the program, 5 steps to get you started, and tips for stocking your Whole30 kitchen. More than 150 recipes for main dishes, sides, dressings, and sauces. Easy tips that simplify meal planning and prep to save time and money. Recipe Remixes designed to turn one dish into two or three different meals. 10 exclusive, new recipes from community recipe creators. Whether you've done the Whole30 once or five times--or just want to make a variety of satisfying, nourishing meals--this book will inspire you to change your life in 30 days with the Whole30 program.

Expand your ramen repertoire with an amazingly inventive and unique addition to the million-copy-selling "101" series-101 Things to do with Ramen Noodles.

**NEW YORK TIMES BESTSELLER** • The founder of Momofuku cooks at home . . . and that means mostly ignoring recipes, using tools like the microwave, and taking inspiration from his mom to get a great dinner done fast. **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TASTE OF HOME** David Chang came up as a chef in kitchens where you had to do everything the hard way. But his mother, one of the best cooks he knows, never cooked like that. Nor did food writer Priya Krishna's mom. So Dave and Priya set out to think through the smartest, fastest, least meticulous, most delicious, absolutely imperfect ways to cook. From figuring out the best ways to use frozen vegetables to learning when to ditch recipes and just taste and adjust your way to a terrific meal no matter what, this is Dave's guide to substituting, adapting, shortcutting, and sandbagging—like parcooking chicken in a microwave before blasting it with flavor in a four-minute stir-fry or a ten-minute stew. It's all about how to think like a chef . . . who's learned to stop thinking like a chef.

The debut cookbook by the creator of the wildly popular blog *Damn Delicious* proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

"Excellent . . . familiar salads, soups, pasta dishes, and more get an unexpected twist—and an extra oomph of vegetables thanks to the spiralizer!"—Lukas Volger, author of *Bowl* The latest craze in healthy cooking is encouraging home cooks to put a spin on it! With a serving of spiralized zucchini noodles packing less than a quarter of the calories and carbs found in a serving of spaghetti, now pasta-lovers can enjoy their favorite dishes with a smile. And in *Spiralize This!* Martha Rose Shulman proves just how versatile spiralizers can be: from egg dishes to salads, pickles to gratins, tacos to desserts, this book includes recipes for meat-

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eaters and vegetarians, with approximately 30 percent vegan recipes. Martha draws on her expertise in vegetable-focused cooking and love of flavors from Mediterranean, Asian, and Latin cuisines to deliver 75 craveable recipes: warming soups and noodle bowls, like Phô with Turnip Noodles and Beets; hearty dishes like Brown Rice Bowls with Miso-Glazed Salmon; seasonal gems like Winter Squash Lasagna. The book features a beautiful full-color photo with every recipe and includes tips on how to use various spiralizers and how to store leftover vegetable noodles, ribbons, and rice. With the basics of spiralizing covered and the array of fresh, enticing dishes to try, this is the book that spiralizer fanatics have been waiting for. “The fabulous Martha Rose Shulman gives you full permission to play with your food and use a spiralizer gadget to produce the most gorgeous meals ever eaten. Vegetables have never been so easy, beautiful, delicious, and inspiring to eat.”—Marion Nestle, James Beard Award-winning author of *What to Eat*

A concise guide to the popular cooking tool that offers fun new options for fruits and veggies—with over twenty creative recipes included. *The Spiralizer Cookbook 2.0* offers a fresh approach to the innovative tool that slices vegetables and fruits into noodles, shoestrings, thin shreds, and waferlike slices in seconds. This compact, photo-filled guide to spiralizing includes everything you need to know, from how to assemble your Spiralizer to understanding its unique blades, and over 20 inspiring recipes for inspiring snacks, main dishes, desserts, and more. Find easy-to-follow recipes for Apple Pancakes; Baked Eggs with Zucchini; Shrimp Spring Rolls with Peanut Sauce; Apple-Cabbage Salad with Bacon & Candied Walnuts; Chicken Pho with Daikon Radish Noodles; Fresh Parsnip Pasta Primavera; Apple Galette; Curly Fries; Cucumber Gimlet, and much more, all utilizing the Spiralizer. With *The Spiralizer Cookbook 2.0* you can create delicious, low carb meals, full of fresh vegetables and fruits!

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, *Skinnytaste*. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, *Skinnytaste* is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. *The Skinnytaste Cookbook* features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started *Skinnytaste* when she wanted to lose a few pounds herself. She turned to *Weight Watchers* for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started “skinny-fying” her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, *The Skinnytaste Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

**NEW YORK TIMES BESTSELLER** • The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, *Inspiralized*, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. *Inspiralized* shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into “tortillas” for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal

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may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking. Eating healthy gets a whole lot easier with this delicious collection of 75 recipes—each one photographed—for nutritious and satisfying meals made quickly in your electric pressure cooker, all developed by a certified nutritionist and cookbook author for maximum health and flavor. In *The Fresh and Healthy Instant Pot Cookbook*, Megan Gilmore presents recipes that use easy-to-find, whole-food ingredients for simple weeknight meals from morning to night—through the revolutionary cooking power of the Instant Pot, an electric, programmable multicooker. There are gluten-free options for each recipe, and all recipes are free of refined sugar and many of the most common food allergens, yet don't scrimp on flavor. With dishes like Korean Chicken Bowls, Eggplant Parmesan Bake, Peanut Butter Crunch Granola Bars, Flourless Banana Oat Bread, and One-Pot Chocolate Cake and Frosting, following a healthy diet while enjoying your favorite whole foods has never been more achievable. Every recipe is photographed in this highly visual and information-rich collection, and also includes nutritional information (calories, fat, carbs, fiber, and protein) and detailed timing for prep, coming to pressure, cook time, and release time.

Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients, such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel's recipes focus on creative, flavor-forward takes on favorite, comfort food dishes—think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam, and Epic Quinoa Burrito Bowls. Though Rachel personally doesn't prescribe to a single diet or label, many recipes are Paleo-friendly, dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-friendly spreads, shareable snacks, and, of course, sweets—lots of 'em because as Rachel says, "You can have your gluten-free cake and eat it too!" Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives, *Just the Good Stuff* includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice. Advance praise for *Just the Good Stuff* "In *Just the Good Stuff*, Rachel creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating."--Frank Lipman, MD, bestselling author of *The New Health Rules* and *How to Be Well* "Rachel's recipes are modern, approachable, and simple enough that anyone can make them! *Just the Good Stuff* is a new staple on my bookshelf!"--Gina Homolka, *New York Times* bestselling cookbook author and founder of *Skinnytaste*

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

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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.

Simplify whole foods cooking for weeknights--with 100 inspired vegetarian recipes made with supermarket ingredients. Sarah Britton streamlines vegetarian cooking by bringing her signature bright photography and fantastic flavors to an accessible cookbook fit for any budget, any day of the week. Her mains, sides, soups, salads, and snacks all call for easy cooking techniques and ingredients found in any grocery store. With callouts to vegan and gluten-free options and ideas for substitutions, this beautiful cookbook shows readers how to cook smart, not hard.

101 Christmas Recipes is just that...over 100 tried & true recipes with full-color photos for the most festive of all seasons. You'll be thrilled with so many mouthwatering recipes like Gran's rosemary roast chicken, cheddar potato gratin and cherry-pecan bread pudding...they'll delight guests too! What a great way to start the holiday season. Durable softcover, 112 pages.

A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of The Vegan Stoner food blog proves that going vegan can be fun, cheap, and easy. Cooking vegan doesn't have to be hard! This irreverent take on veganism proves that beginners and slackers alike can whip together yummy, filling meals with just a few ingredients and minimal time and effort. Foolproof recipes for breakfast, lunch, dinner, and munchies include Mean Green Smoothies, Aspara-Guy Sushi, Bahnwiches, Animal Cookies, Churro Chips, and more.

A healthy guide to detoxing naturally, all year round--no dieting, juice fasting, or calorie counting required--to lose weight, improve digestion, sleep better, and feel great, featuring 100 properly combined recipes for every meal of the day. Most diets and cleanses have all-or-nothing rules that encourage unhealthy cycles of intense restriction followed by inevitable bingeing. In this healthy guide to detoxing naturally, nutritionist and blogger Megan Gilmore shares 100 delicious, properly combined recipes that will leave you feeling satisfied and well nourished while promoting weight loss and improving digestion and sleep. The recipes were developed with digestion mechanics in mind, so detoxers won't feel bloated or uncomfortable after eating. Plus they're sure to be crowd-pleasers for every meal of the day with recipes for Banana Coconut Muffins, Chocolate Chia Shake, Broccoli Cheese Soup, Mediterranean Chopped Salad, Skillet Fish Tacos, Cauliflower Flatbread Pizza, and Peppermint Fudge Bars. All are packed with natural, whole-foods ingredients designed to stave off feelings of deprivation. With helpful information on how to stock your detox-friendly kitchen plus a handy food-combining cheat sheet that demystifies this cutting-edge health principle, Everyday Detox makes it easy to start eating this way today.

The creator of the Clean Food Dirty City brand shares 100 simple, vibrant, gluten- and dairy-free recipes for looking and feeling your best. In her debut cookbook, Good Clean Food, health coach Lily Kunin shares plant-based recipes for irresistibly clean, wholesome food. With Lily's less-is-more approach, you'll learn how to create nourishing dishes, bowls, salads, smoothies, and more using gluten- and dairy-free ingredients. Her delicious recipes are complemented by the same vibrant, textured, and stunning photography that has become a trademark of her

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popular site Clean Food Dirty City. Organized by the way that food makes you feel—awakened, nourished, cleansed, restored, sustained, and comforted—Good Clean Food highlights key ingredients that support healthy eating and clean living. The book contains a flavorful mix of recipes, including: Falafel Bowl with Mediterranean Millet and Green Tahini Walnut Taco Salad + Avocado Pesto Zucchini Noodles Evergreen Detox Bowl Sunny Immunity Smoothie Bowl Salted Caramel Bonbons The book also features a “Bowl Builder” section that walks readers through the process of building the perfect grain bowl, and provides helpful advice on how to stock a healthy kitchen and prep for the week ahead. Helpful tips and recipes instruct on using the same ingredients from your pantry for beauty enhancement, like a raw honey-turmeric facemask and rosemary-coconut oil hair treatment. “I love this vibrant, welcoming cookbook! Instead of structuring itself around rigid rules and restrictions, it leads by delicious example—first with Lily’s story of how she healed herself through food, and then, most importantly, with dozens of fresh, wholesome, super-enticing recipes.” —Lukas Volger, author of Bowl

From breakfast to dinner, this enticing and extensive collection of 150 healthy favorites for the Instant Pot is a beautifully photographed, one-stop source for mouthwatering weekday meals. The Ultimate Instant Pot Healthy Cookbook sets itself apart from other less comprehensive books with 150 nutritious recipes covering every meal of the day--all well tested and authorized by Instant Pot for perfect results every time. Instant Pot expert Coco Morante lightens up traditional favorites with nutrient-rich recipes made with whole foods, natural sweeteners, and gluten- and dairy-free options, while retaining the ease of preparation and deliciously home-cooked flavors that make the Instant Pot so popular. This is the only book you'll need when looking for wholesome breakfasts, lunches, dinner, snacks, staples, and desserts the whole family will love, from Quinoa Muesli Bowls to Tomatillo Chicken Chili to Seafood Risotto to Greek Yogurt Cheesecake. With this ultimate cookbook, eating well has never been so simple. Focused on the art of crafting complete, balanced meals that deliver sustained energy and nourishment, this book features 100 compelling and delicious recipes that just happen to be vegan. These 100 recipes for wholesome and nourishing vegan food from blogger, nutritionist, and Food52 author Gena Hamshaw help you make delicious vegan meals that deliver balanced and sustained energy. Every recipe contains the key macronutrients of healthy fats, complex carbohydrates, and proteins, which together make for a complete meal--things like Smoky Red Lentil Stew with Chard, and Falafel Bowls with Freekah and Cauliflower. Photographs accompany each recipe, showing how Gena's simple techniques and fresh ingredients yield delicious meals. Additional tips and tricks for taking food on the go, and for cooking ahead on the weekend for quick weekday lunches and dinners, round out the collection.

A fun and irreverent take on vegan comfort food that's saucy, sweet, sassy, and most definitely deep-fried, from YouTube sensation Lauren Toyota of Hot for Food. In this bold collection of more than 100 recipes, the world of comfort food and vegan cooking collide as Lauren Toyota shares her favorite recipes and creative ways to make Philly cheesesteak, fried chicken, and mac 'n' cheese, all with simple vegan ingredients. Never one to hold back, Lauren piles plates high

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with cheese sauce, ranch, bacon, and barbecue sauce, all while sharing personal stories and tips in her engaging and hilarious voice. The result is indulgent, crave-worthy food - like Southern Fried Cauliflower, The Best Vegan Ramen, and Raspberry Funfetti Pop Tarts - made for sharing with friends at weeknight dinners, weekend brunches, and beyond.

A collection of dishes that can be prepared with fresh ingredients in thirty minutes or less, including main dish salads, vegetable risottos, no-cook pasta sauces, grilled kabobs, and roasts.

"Since Ali Maffucci first launched *Inspiralized*, home cooks have been able to turn their favorite high-carb, high-calorie dishes into clean meals that fit into any diet, from paleo to vegan to gluten-free to raw....Now, with this ultimate guide, she's making it easier than ever for you to spiralize every meal,"--Amazon.com.

THE INSTANT NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST NEW COOKBOOKS OF THE YEAR BY *Epicurious* • *EATER* • *Stained Page* • *Infatuation* • *Spruce Eats* • *Publisher's Weekly* • *Food52* • *Toronto Star*

The dazzling debut cookbook from Joanne Lee Molinaro, the home cook and spellbinding storyteller behind the online sensation @thekoreanvegan Joanne Lee Molinaro has captivated millions of fans with her powerfully moving personal tales of love, family, and food. In her debut cookbook, she shares a collection of her favorite Korean dishes, some traditional and some reimagined, as well as poignant narrative snapshots that have shaped her family history. As Joanne reveals, she's often asked, "How can you be vegan and Korean?" Korean cooking is, after all, synonymous with fish sauce and barbecue. And although grilled meat is indeed prevalent in some Korean food, the ingredients that filled out bapsangs on Joanne's table growing up—doenjang (fermented soybean paste), gochujang (chili sauce), dashima (seaweed), and more—are fully plant-based, unbelievably flavorful, and totally Korean. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato-and-leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake is an ode to the two foods that saved her mother's life after she fled North Korea. *The Korean Vegan Cookbook* is a rich portrait of the immigrant experience with life lessons that are universal. It celebrates how deeply food and the ones we love shape our identity.

A spiralizer is the perfect way to get more vegetables into your diet!

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

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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.

The go-to air fryer cookbook with 75 recipes for your favorite indulgences—faster, healthier, and crispier! “You won’t believe all the fun and inventive things the air fryer can do.”—Claire King, head of culinary at Tasty

The air fryer is the newest must-have kitchen appliance and it’s easy to see why: fried foods come out perfectly crispy and crunchy, using little to no oil, and at a fraction of the calories—all ready in less time and with less mess. With the air fryer’s versatility, whether you’re frying, baking, or roasting, you may never turn your oven on again! This essential air fryer cookbook shows you how to create healthier fresh takes on comfort food classics, crowd-pleasing snacks, and kid-friendly dishes, such as Triple-Coconut Shrimp • Memphis-Style BBQ Pork Ribs • French Onion Potato Skins • Crispy Herbed Chickpeas • Charred Sweet Potatoes • Homemade Personal Pizzas • Cheesy Pull-Apart Garlic Bread • Sweet-and-Sour Brussels Sprouts • Goopy “Spoon” Brownies • Lemon–Poppy Seed Drizzle Cake

With recipes that are creative, fast, and foolproof, plus bonus tips and techniques, this is the only air fryer cookbook you need to get the most of your new favorite kitchen gadget.

Praise for Air Fry Every Day “Rethink the way you air fry, or cook in general, with this cookbook packed with delicious and healthy recipes from my favorite person, Ben Mims. From crispy classics, like Shoestring French Fries or Fried Chicken Tenders, to surprising vegetables and desserts, like Mole-Braised Cauliflower or Strawberry Scone Shortcake, your mind will be blown with the diversity of meals you can make using this piece of equipment, and save on an oily mess in your kitchen.”—Farideh Sadeghin, Culinary Director at Munchies

“In an oversaturated market of niche cookbooks and novelty cookware, Ben Mims manages to rise above, expanding the horizons of the air fryer thanks to his technical test-kitchen expertise and his creative culinary streak. I will follow Ben and his biscuits wherever he takes them! Despite my tiny Brooklyn kitchen, I’m compelled to make room for an Air Fryer, buy his book and master his approach.”—Alexa Weibel, Senior Food Editor at Rachael Ray

Every Day Collects healthy recipes using whole, unprocessed foods as part of a primarily plant-based diet, including juices and smoothies, snacks, protein-packed main dishes, and desserts, with menus for a 3-day cleanse and a 21-day whole-body detox.

A yet heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance. All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake. *It Was Me All Along* takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

Healthier Together is all about nourishing and cooking for your body and your soul--and the best way to accomplish that is with another person. Food writer and health blogger Liz Moody

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once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage--proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner--near or far--and get ready to get healthy.

This book will guide you through the endless possibilities with more than 75 quick, healthy and delicious recipes featuring spiralized fruit and vegetables. Recipes are marked with icons indicating gluten-free, dairy-free, vegetarian, vegan, low-carb, low-sodium and/or high-fiber, and all recipes include nutritional information. Also included is a two-page introduction with photos covering the basics of how to spiral fruits and vegetables.

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120 whole-food, vegetarian recipes for quick weeknight meals full of flavor, spice, color, and nutrition from the New York Times bestselling author of Super Natural Cooking "There are many reasons to love Heidi Swanson's Super Natural Simple. It's great food with the best ingredients presented with a modern twist."—Steve Sando, founder of Rancho Gordo When life gets busy, it often seems easier to order in or grab something on the go than to cook at home. But this is precisely when wholesome, nutrient-packed meals are needed the most. In Super Natural Simple, beloved blogger and New York Times bestselling author Heidi Swanson offers 120 smartly streamlined recipes—with minimal ingredients, timesaving tips, and creative flavor combinations—to make healthy home cooking completely doable. If you want approachable ways to work more vegetables onto your plate, these whole-food, vegetarian recipes, along with Heidi's power pantry of go-to dressings, drizzles, pastes, and butters, will help you create high-impact meals with total ease. Whether you're in the mood for a make-ahead morning, weeknight noodles, a one-bowl bake, or the best salads, dishes like French Onion Breakfast Strata, Blistered Cherry Tomato Soba, Spicy Chickpeas with Kale and Coconut, and Big Raspberry-Rye Cookies are quick to prepare and beautiful on the table. Featuring gorgeous photographs that give you a peek into Heidi's sunny Southern California lifestyle, Super Natural Simple makes eating (and living!) well second nature.

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. "Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day." —MindBodyGreen For the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond



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expectations—and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat—and that's just the beginning. Among the brand-new recipes, complete with nutritional information, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest assured, Ali still offers up some favorite spiralized dishes, too. Get ready to get your veggies on.

With Superfood Slaw, it's quick, easy, and inexpensive to chop your way to health. This healthy cookbook features 60 base recipes and 120 tips on how to transform the slaws using tasty toppers—as well as how to morph them into complete meals, including soups, wraps, and bakes. These recipes of nutritionally dense, micro-chopped vegetables can be whizzed up in any food processor (or with a knife and chopping board), making preparation simple and fun for those with busy lifestyles. • Organized by nutritional benefits like immunity, energy, hydration, and recovery • Quick and easy, these healthy superfood and nutrient-dense slaw recipes are great for busy people looking to increase their vegetable intake. • Recipes work with all diets—including vegetarian, vegan, gluten-free, and keto. Superfood Slaw is teeming with rainbow-colored nutritional boosts to empower habits for a healthier diet, boost your energy, improve your immunity, and help you recover after exercise. Get ready to embrace maximum nutrition, variety, value, and taste! • A refreshing, easy, and cheap way to eat healthy • Perfect book for fitness meal preppers, dieters, mason jar salad makers, people who are sick of zoodles, and anyone who loves superfoods • Add it to the collection of books like Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals by Ali Maffucci; The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long by Farnoosh Brock; and Mason Jar Salads and More: 50 Layered Lunches to Grab and Go by Julia Mirabella.

Offers tasty, healthy recipes all using the spiralizer, a tool that turns fruit and vegetables into noodles, including Jicama Shoestring Fries, Sweet Potato Fried Rice and Zucchini Linguine with Garlic Clam Sauce. Original.

This enticing collection of more than 75 easy, inventive, well-tested vegan recipes for the incredibly popular electric pressure cooker, the Instant Pot, is the go-to source for mouthwatering plant-based weekday meals. The best-selling Instant Pot makes cooking delicious meals a snap! But finding vegan recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Vegan Instant Pot Cookbook presents a collection of quick and easy vegan recipes that cover each meal of the day, offering tried-and-true dishes with a modern twist, such as Black Bean Tamale Casserole, Root Vegetable Tagine with Couscous, African Peanut Stew, Jerk Tofu Wraps, and more. And best of all, they're all well-tested and authorized by Instant Pot. With beautiful photography and an attractive package, this book is an indulgence for home cooks who live a plant-based lifestyle as well as healthy eaters looking to incorporate more meatless Mondays into their week.

120+ simple, delicious recipes for breakfast, lunch, and dinner to help you manage autoimmune issues all day--plus a?n all-new 10-day, 30-recipe reset to identify your food triggers--from the New York Times bestselling author of Fix It with Food. During the first few months of 2020, Michael Symon religiously posted "Symon Dinners" on Instagram every day to help his fans keep pantry-inspired meals fun and varied. The response was so great and his followership so engaged that creating a cookbook of simple weekday breakfasts, lunches, and dinners became a priority for him. In Fix It with Food: Every Meal Easy, Michael combines simple dishes for busy weekdays and meals that address autoimmune triggers for a collection of 120+ health-supportive recipes. The chapters are divided by what trigger you're avoiding, including No Meat, No Dairy, and No Flour. If you're not sure what your food triggers are, the ten-day reset will help you figure out which foods to avoid. After the reset, Michael offers

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guidance about how to reintegrate foods into your routine. Through fan feedback, Michael discovered that most people using his first book didn't need four servings--most wanted just enough for two meals, so in *Every Meal Easy*, all of the main recipes yield two meals or enough for one meal plus leftovers. And since sometimes you have a crowd to cook for, Michael offers helpful information regarding how to double recipes when needed. Readers will also find a list of his favorite 30 anti-inflammatory friendly ingredients to keep in stock all the time and a master ingredient substitution list, so if you don't have kale or black beans on hand, you can swap in whatever you have in your fridge or pantry. With Michael's encouraging voice and flexible recipes, *Fix It with Food: Every Meal Easy* is a must-have for anyone who is looking to feel better without compromising eating well.

From sleek, silken tofu with delicate toppings to piping-hot fried satchels in a robust sauce, tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed. America has embraced tofu as a healthy, affordable ingredient. And while it has been welcomed into sophisticated mainstream dining, tofu is often hidden in Western guises and in limited applications. In her third intrepid cookbook, celebrated food writer and teacher ANDREA NGUYEN aims to elevate this time-honored staple to a new place of prominence on every table. *Asian Tofu's* nearly 100 recipes explore authentic, ancient fare and modern twists that capture the culinary spirit of East, Southeast, and South Asia. There are spectacular favorites from Japan, Korea, Thailand, Singapore, and India, as well as delicious dishes from Taipei, San Francisco, Santa Monica, and New York. Andrea demystifies tofu and interprets traditional Asian cuisine for cooks, sharing compelling personal stories and dispatches from some of the world's best tofu artisans along the way. For those who want to take their skills to the next level, the tofu tutorial clearly outlines tofu-making technique, encouraging readers to experiment with the unparalleled flavors of homemade varieties. But time-pressed cooks needn't fear: while a few recipes, such as *Silken Tofu* and *Seasoned Soy Milk Hot Pot*, are truly best with homemade tofu, most are terrific with store-bought products. Some traditional dishes combine tofu with meat in brilliant partnerships, such as *Spicy Tofu with Beef* and *Sichuan Peppercorn* and *Tofu with Kimchi* and *Pork Belly*, but this collection is predominantly vegetarian and vegan, including the pristinely flavored *Spiced Tofu* and *Coconut in Banana Leaf* and vibrant *Spicy Lemongrass Tofu Salad*. And innovations such as *Okara Doughnuts* reveal tofu's more playful side. For health- and eco-conscious eaters and home chefs who are inspired to make the journey from bean to curd, *Asian Tofu* is the perfect guide. In her inspiring *New York Times* bestselling memoir, *It Was Me All Along*, Andie Mitchell chronicled her struggles with obesity, losing weight, and finding balance. Now, in her debut cookbook, she gives readers the dishes that helped her reach her goals and maintain her new size. In 80 recipes, she shows how she eats: mostly healthy meals that are packed with flavor, like *Lemon Roasted Chicken with Moroccan Couscous* and *Butternut Squash Salad with Kale and Pomegranate*, and then the "sometimes" foods, the indulgences such as *Peanut Butter Mousse Pie with Marshmallow Whipped Cream*, because life just needs dessert. With 75 photographs and Andie's beautiful storytelling, *Eating in the Middle* is the perfect cookbook for anyone looking to find freedom from cravings while still loving and enjoying every meal to the fullest.

The kitchen gadget that turns vegetables and fruits into imaginative, healthy dishes with this definitive spiralizer cookbook. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. *Inspiralized* shows you how to transform vegetables and fruits into delicious meals that look and taste just like your favourite indulgent originals. Courgette turns into creamy clam linguine, turnip into pesto spaghetti, sweet potato becomes fried rice or a pizza base, and cauliflower makes great Tabouleh. There are recipes for breakfast, snacks, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts. Everything is easy to follow, fresh and flavour packed and includes nutritional breakdowns.

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Many of the recipes can be customised to use whatever vegetables you have to hand and whatever your personal goal may be - losing weight, following a healthier lifestyle, or simply making easy meals at home. This book covers every vegetable you can possibly spiralize, and offers advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure-you're ready to make the most of this secret weapon for healthy cooking.

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