

## Its All Good Delicious Easy Recipes That Will Make You Look And Feel Great Gwyneth Paltrow

NEW YORK TIMES BESTSELLER • Recipes to match every mood, situation, and vibe from the James Beard Award–winning author of *Where Cooking Begins* NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME Great food is an achievable part of every day, no matter how busy you are; the key is to have go-to recipes for every situation and for whatever you have on hand. The recipes in *That Sounds So Good* are split between weekday and weekend cooking. When time is short, turn to quick stovetop suppers, one-pot meals, and dinner salads. And for the weekend, lean into lazy lunches, simmered stews, and hands-off roasts. Carla's dishes are as inviting and get-your-attention-good as ever. All the recipes—such as Fat Noodles with Pan-Roasted Mushrooms and Crushed Herb Sauce or Chicken Legs with Warm Spices—come with multiple ingredient swaps and suggestions, so you can make each one your own. *That Sounds So Good* shows Carla at her effortless best, and shows how you can be, too.

Delicious food can heal the body. Reset and rebalance with clean recipes that are flexible and easy for busy weeknight meals or lunches on the go, and healthy enough for more intensive, doctor-supported cleanses. Gwyneth Paltrow gets the power of simple, quality food. Her recipes focus on delicious flavours and clean ingredients - pillars that have launched her cookbooks to bestseller status. Now she's back with her most ambitious cookbook to date: a collection of 100-plus recipes and customisable meal plans that offer taste, simplicity and targeted health benefits. This food-lover's cookbook brings everything to the table - from smoothies and soups to bowls, entrées, snacks and desserts - with the ease and flavour that we have come to expect from Paltrow and her team at GOOP. Highlights include instant staples like Turkey Meatball Pho, Sheet Pan Chicken Broccolini and Butternut Squash Tacos, and sweet treats like Cashew Turmeric Iced Lattes and Chocolate Chia Pudding. Beyond the appealing recipes, *THE CLEAN PLATE* has meal plans, detoxes and cleanses to address the reader's specific needs and desired results. Supported by Paltrow's team of nutrition experts and doctors, the book offers specific eating focused on: Adrenal Support (with Dr. Alejandro Junger) Heart Health (with Dr. Steven Gundry) Candida (with Dr. Amy Myers) Heavy Metal Detox (with Dr. James Novak) Fat Flush (with Dr. Taz Bhatia) Veg-Friendly Ayurveda (with Dr. Aruna Viswanathan) Full of go-to recipes and revitalising health tips, *THE CLEAN PLATE* is exactly the standout cookbook we have been waiting for, from the biggest name in clean eating.

A brilliant, authoritative, and fascinating history of America's most puzzling era, the years 1920 to 1933, when the U.S. Constitution was amended to restrict one of America's favorite pastimes: drinking alcoholic beverages. From its start, America has been awash in drink. The sailing vessel that brought John Winthrop to the shores of the New World in 1630 carried more beer than water. By the 1820s, liquor flowed so plentifully it was cheaper than tea. That Americans would ever agree to relinquish their booze was as improbable as it was astonishing. Yet we did, and *Last Call* is Daniel Okrent's dazzling explanation of why we did it, what life under Prohibition was like, and how such an unprecedented degree of government interference in the private lives of Americans changed the country forever. Writing with both wit and historical acuity, Okrent reveals how Prohibition marked a confluence of diverse forces: the growing political power of the women's suffrage movement, which allied itself with the antiliquor campaign; the fear of small-town, native-stock Protestants that they were losing control of their country to the immigrants of the large cities; the anti-German sentiment stoked by World War I; and a variety of other unlikely factors, ranging from the rise of the automobile to the advent of the income tax. Through it all, Americans kept drinking, going to remarkably creative lengths to smuggle, sell, conceal, and convivially (and sometimes fatally) imbibe their favorite intoxicants. *Last Call* is peopled with vivid characters of an astonishing variety: Susan B. Anthony and Billy Sunday, William Jennings Bryan and bootlegger Sam Bronfman, Pierre S. du Pont and H. L. Mencken, Meyer Lansky and the incredible—if long-forgotten—federal official Mabel Walker Willebrandt, who throughout the twenties was the most powerful woman in the country. (Perhaps most surprising of all is Okrent's account of Joseph P. Kennedy's legendary, and long-misunderstood, role in the liquor business.) It's a book rich with stories from nearly all parts of the country. Okrent's narrative runs through smoky Manhattan speakeasies, where relations between the sexes were changed forever; California vineyards busily producing "sacramental" wine; New England fishing communities that gave up fishing for the more lucrative rum-running business; and in Washington, the halls of Congress itself, where politicians who had voted for Prohibition drank openly and without apology. *Last Call* is capacious, meticulous, and thrillingly told. It stands as the most complete history of Prohibition ever written and confirms Daniel Okrent's rank as a major American writer.

An indispensable resource for home cooks from the woman who changed the way Americans think about food. Perhaps more responsible than anyone for the revolution in the way we eat, cook, and think about food, Alice Waters has "single-handedly chang[ed] the American palate" according to the *New York Times*. Her simple but inventive dishes focus on a passion for flavor and a reverence for locally produced, seasonal foods. With an essential repertoire of timeless, approachable recipes chosen to enhance and showcase great ingredients, *The Art of Simple Food* is an indispensable resource for home cooks. Here you will find Alice's philosophy on everything from stocking your kitchen, to mastering fundamentals and preparing delicious, seasonal inspired meals all year long. Always true to her philosophy that a perfect meal is one that's balanced in texture, color, and flavor, Waters helps us embrace the seasons' bounty and make the best choices when selecting ingredients. Fill your market basket with pristine produce, healthful grains, and responsibly raised meat, poultry, and seafood, then embark on a voyage of culinary rediscovery that reminds us that the most gratifying dish is often the least complex.

I can't wait to cook my way through this amazing new book, Ina Garten writes in the foreword to this cookbook of more than 400 recipes and variations from Julia Turshen, writer, go-to recipe developer, co-author for best-selling cookbooks such as Gwyneth Paltrow's *It's All Good*, Mario Batali's *Spain...on the Road Again*, and Dana Cowin's *Mastering My Mistakes in the Kitchen*. The process of truly great home cooking is demystified via more than a hundred lessons called out as "small victories" in the funny, encouraging headnotes; these are lessons learned by Julia through a lifetime of cooking thousands of meals. This beautifully curated, deeply personal collection of what Chef April Bloomfield calls "simple, achievable recipes" emphasizes bold-flavored, honest food for breakfast, lunch, dinner, and dessert. More than 160 mouth-watering photographs from acclaimed photographers Gentl + Hyers provide beautiful instruction and inspiration elevate this entertaining and essential kitchen resource for both beginners and accomplished home cooks.

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. *Body Kindness* is based on four principles. **WHAT YOU DO:** the choices you make about food, exercise, sleep, and more **HOW YOU FEEL:** befriending your emotions and standing up to the unhelpful voice in your head **WHO YOU ARE:** goal-setting based on your personal values **WHERE YOU BELONG:** body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help

you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Known as much for her youthful looks and natural chic as she is for her sunny and heartfelt songs, Sheryl has written a cookbook that is true to her style Rock star. Activist. Mother of two. How does Sheryl Crow have time to keep so healthy and fit? Sheryl knows how to eat right and deliciously thanks to personal chef Chuck White, affectionately known as "Chef Chuck." The duo met while Sheryl was battling breast cancer, which for her, was a wake-up call to eat better. Since then, Chuck has taught Sheryl how to do just that by cooking foods that are seasonal, locally grown, and vitamin-rich to keep her on top of her game and always ready to perform. This wholesome approach to every dish has been successfully integrated into all aspects of Sheryl's busy life—from dinner parties, to touring, to settling in at home near Nashville, TN with her two sons, Wyatt and Levi. Now Sheryl and Chuck want to bring their nutritious, delicious creations from her kitchen into yours. Rock-and-roll flavored throughout, If It Makes You Healthy will have a full menu of approximately 125 recipes grouped seasonally, which reflects Sheryl's busy schedule: Summer months offer tomatoes and corn, and summer also puts Sheryl on the road. Fall and winter brings apples and winter squash, when Sheryl is at home and in the studio. From the big entertaining menus that are prepared for her crew while touring (Mojito braised pork) to small home-cooked meals for Sheryl and her children (basil and apple marinated chicken)—all lushly photographed by Victoria Pearson—this book will be filled with easy and flavorful recipes anyone can make. Along the way, Sheryl opens up about touring and home life with stories about her childhood, her early years as a backup singer, and her eventual stardom.

More than 500 healthy, quick, easy, and delicious recipes with limited sodium, sugar, and fat—perfect for busy families! What's for dinner? With The Super Big Book of Easy, Delicious, and Healthy Recipes the Whole Family Will Love, the answer to that eternal question has never been easier. In this comprehensive cookbook, you'll find more than 500 recipes that are quick, easy, healthy and, most importantly, delicious. Each recipe limits sodium, sugar, and fat without sacrificing any flavor, so you can feel good about feeding your family meals they'll love. Find detailed nutritional statistics along with each recipe, as well as plenty of wholesome meals with minimal prep work, including recipes for slow cookers, casseroles, and one-pot meals that are perfect for your busy schedule. The best part? All meals included are ready in 30 minutes or less! From quick and satisfying breakfasts to fast, flavorful dinners to savory snacks, with The Super Big Book of Easy, Delicious, and Healthy Recipes the Whole Family Will Love, it's easy to keep your family happy, as well as healthy.

In the Food Network star's first book, Giada De Laurentiis helps you put a fabulous Italian dinner on the table tonight, for friends or just for the kids, with a minimum of fuss and a maximum of flavor. Everyday Italian is true to its title: the fresh, simple recipes are incredibly quick and accessible, and also utterly mouth-watering—perfect for everyday cooking. And the book is focused on the real-life considerations of what you actually have in your refrigerator and pantry (no mail-order ingredients here) and what you're in the mood for—whether a simply sauced pasta or a hearty family-friendly roast, these great recipes cover every contingency. So, for example, you'll find dishes that you can make solely from pantry ingredients, or those that transform lowly leftovers into exquisite entrées (including brilliant ideas for leftover pasta), and those that satisfy your yearning to have something sweet baking in the oven. There are 7 ways to make red sauce more interesting, 6 different preparations of the classic cutlet, 5 perfect pestos, 4 creative uses for prosciutto, 3 variations on basic polenta, 2 great steaks, and 1 sublime chocolate tiramisù—plus 100 other recipes that turn everyday ingredients into speedy but special dinners. What's more, Everyday Italian is organized according to what type of food you want tonight—whether a soul-warming stew for Sunday supper, a quick sauté for a weeknight, or a baked pasta for potluck. These categories will help you figure out what to cook in an instant, with such choices as fresh-from-the-pantry appetizers, sauceless pastas, everyday roasts, and stuffed vegetables—whatever you're in the mood for, you'll be able to find a simple, delicious recipe for it here. That's the beauty of Italian home cooking, and that's what Giada De Laurentiis offers here—the essential recipes to make a great Italian dinner. Tonight.

The #1 New York Times bestselling cookbook that will help anyone make delectable, healthy meals in no time! Gwyneth Paltrow is back to share more than 125 of her favorite recipes that can be made in the time it would take to order takeout (which often contains high quantities of fat, sugar, and processed ingredients). All the dishes are surprisingly tasty, with little or no sugar, fat, or gluten. From easy breakfasts to lazy suppers, this book has something for everybody. Yummy recipes include Chocolate Cinnamon Overnight Oats, Soft Polenta with Cherry Tomatoes, Chicken Enchiladas, Pita Bread Pizzas, Quick Sesame Noodles, and more! Plus, an innovative chapter for "on-the-go" meals (Moroccan Chicken Salad Wrap, Chopped Salad with Grilled Shrimp, and others) that you can take for lunch to work or school, to a picnic, or to eat while watching soccer practice!

Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In Isa Does It, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make

everyone's time in the kitchen fun and productive.

100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

This is a specially formatted fixed layout ebook that retains the look and feel of the print book. Delicious family-friendly recipes from the kitchen of supermum and supercook, Gwyneth Paltrow. The Academy-Award-winning actress Gwyneth Paltrow is an icon of style and taste around the world. But her family comes above everything, and cooking and eating together are the key ingredients of a happy home. She is passionate about food and has precious memories of cooking with her father who was her culinary inspiration. Gwyneth has become increasingly vocal about food via her lifestyle blog [goop.com](http://goop.com) and her collaborations with some of America's top chefs on television. Now, she has written her first cookbook which is full of fresh, original, healthy and practical recipes that all the family will love.

Readers can make healthy meals for their babies using a wide variety of fruits, vegetables, meats, and fish in this guide to crafting a balanced diet, which includes more than three hundred recipes and information on cooking equipment, food safety and storage, contaminants, and more. Original. 35,000 first printing.

Offers advice based on the author's own practices for energy restoration and weight loss, sharing 185 recipes that avoid animal products, refined ingredients, and other potential toxins.

**NEW YORK TIMES BESTSELLER** "Bittersweet, sexy, morally fraught." –The New York Times Book Review "Fantastic... a book that feels alive on the page." –The Washington Post From the New York-Times bestselling author of *The Vanishing Half*, the beloved novel about young love and a big secret in a small community. Set within a contemporary black community in Southern California, Brit Bennett's mesmerizing first novel is an emotionally perceptive story about community, love, and ambition. It begins with a secret. "All good secrets have a taste before you tell them, and if we'd taken a moment to swish this one around our mouths, we might have noticed the sourness of an unripe secret, plucked too soon, stolen and passed around before its season." It is the last season of high school life for Nadia Turner, a rebellious, grief-stricken, seventeen-year-old beauty. Mourning her own mother's recent suicide, she takes up with the local pastor's son. Luke Sheppard is twenty-one, a former football star whose injury has reduced him to waiting tables at a diner. They are young; it's not serious. But the pregnancy that results from this teen romance—and the subsequent cover-up—will have an impact that goes far beyond their youth. As Nadia hides her secret from everyone, including Aubrey, her God-fearing best friend, the years move quickly. Soon, Nadia, Luke, and Aubrey are full-fledged adults and still living in debt to the choices they made that one seaside summer, caught in a love triangle they must carefully maneuver, and dogged by the constant, nagging question: What if they had chosen differently? The possibilities of the road not taken are a relentless haunt. In entrancing, lyrical prose, *The Mothers* asks whether a "what if" can be more powerful than an experience itself. If, as time passes, we must always live in servitude to the decisions of our younger selves, to the communities that have parented us, and to the decisions we make that shape our lives forever.

**NEW YORK TIMES BESTSELLER!** Healthy, easy, and delicious recipes from the Defined Dish blog--fully endorsed by Whole30 Alex Snodgrass of [TheDefinedDish.com](http://TheDefinedDish.com) is the third author in the popular Whole30 Endorsed series. With gluten-free, dairy-free, and grain-free recipes that sound and look way too delicious to be healthy, this is a cookbook people can turn to after completing a Whole30, when they're looking to reintroduce healthful ingredients like tortillas, yogurt, beans, and legumes. Recipes like Chipotle Chicken Tostadas with Pineapple Salsa or Black Pepper Chicken are easy enough to prepare even after a busy day at work. There are no esoteric ingredients in these recipes, but instead something to suit every taste, each dish clearly marked if it is Whole30 compliant, paleo, gluten-free, dairy-free, and more. Alex includes delicious variations, too, such as using lettuce wraps instead of taco shells, to ensure recipes can work for almost any diet. And for anyone looking to stick to their Whole30 for longer, at least sixty of the recipes are fully compliant.

The Academy-Award winning actress and avid foodie shares a sumptuous collection of recipes and gorgeous photographs celebrating the joy of preparing food for loved ones, a passion she learned from her beloved father. As an actress, author, trendsetter, creator of [goop.com](http://goop.com), and host of the popular PBS series, *Spain: On the Road Again*, Gwyneth Paltrow is an icon of style and good taste around the world. As a young girl eating and cooking with her father, Bruce Paltrow, she developed a passion for food that has shaped how she lives today and strengthened her belief that time with family is a priority. Now in *My Father's Daughter*, Paltrow shares her favorite family recipes along with personal stories of growing up with her father, Bruce Paltrow. She discusses how he has influenced her in the food she loves, how she involves her kids in cooking, and how she balances healthy food with homemade treats. And, for the first time, Paltrow offers a glimpse into her life as daughter, mother and wife, sharing her thoughts on the importance of family and togetherness. Complete with 150 delicious ideas for breakfast, sandwiches and burgers, soups, salads, main dishes, sides, and desserts, this beautifully illustrated book includes full-color photos throughout, many featuring Paltrow at home

with her family and friends. My Father's Daughter is a luscious collection that will inspire readers to cook great food with the people who mean the most to them.

"[A] thriller about a calculating teacher in a privileged private school who knows he has the power to make or break your kid's future ... and he uses it ... Teddy Crutcher has just won Teacher of the Year at the prestigious Belmont Academy, home to the best and brightest. He says his wife couldn't be more proud--though no one has seen her in a while. But Teddy can't be bothered with any of the rumors and the recent string of murders on campus. His main focus is on these kids. Sure, his methods can be a little unorthodox and maybe just a few of them don't actually deserve a bright a future. But someone's got push these kids to their full potential. It's really too bad that sometimes excellence can come at such a high cost"--

It's All Good Delicious, Easy Recipes That Will Make You Look Good and Feel Great Grand Central Life & Style

The groundbreaking New York Times bestseller that will transform your health—with 300 whole-food, plant-based recipes to help you lose weight, prevent disease, and thrive The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine—and the Forks Over Knives way is your solution. Forks Over Knives—the book, the film, and the movement—is the international phenomenon that first emphasized the benefits of plant-based eating, and thousands of people have cut out meat, dairy, and oils from their diet and seen amazing results. If you're one of them, or you'd like to be, you need this cookbook.

Forks Over Knives—The Cookbook proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, and his collaborators transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant "Steaks" Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Join the Forks Over Knives movement and start cooking the plant-based way today—it could save your life! From the creators of the original ketogenic, low-carb diet, comes the most accessible and flexible approach to the Atkins diet ever: a simplified lower carb and sugar approach based on solid science. Featuring a foreword by Atkins spokesperson and actor Rob Lowe. The latest science continues to support the many health benefits of a low-carb approach to eating, far beyond just weight loss. Simply reducing your carb and sugar intake by two-thirds over the "Standard American Diet" helps avoid the development of obesity, metabolic syndrome, and type 2 diabetes. While many diet trends can be vague in their approach, The Atkins 100 Eating Solution's fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs a day and shows you how to make delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life. With cutting-edge research and delicious recipes—all of which feature fifteen to twenty net carbs—The Atkins 100 Eating Solution provides an exciting and delicious variety of food. You'll also discover how the plan can be easily modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean and more. For the first time ever, you'll even learn how to modify each recipe for the Atkins 40 and Atkins 20 program. This guide is easy to use regardless of food preferences, lifestyle, or cooking abilities. This book is not about following fads or suffering for results; it is a sustainable, delicious program for everyday wellness.

Trust in nature. Believe in balance. Eat the rainbow! Andrea Hannemann, aka Earthy Andy, presents a guide to plant-based eating that is simple, delicious, and fun. INCLUDES A 30-DAY PLANT OVER PROCESSED CHALLENGE Andrea Hannemann, known as Earthy Andy to her more than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's mantra, "plant over processed," embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii. But it wasn't always this way. Andy was once addicted to sugar and convenience foods and suffering from a host of health issues that included IBS, Celiac disease, hypothyroidism, asthma, brain fog, and chronic fatigue. Fed up with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of eating that transformed her health and her body. In Plant Over Processed, Andy invites readers to join her on a "30-Day Plant Over Processed Challenge" that will detox the body, followed by a long-term plan for going plant-based without giving up your favorite dishes. Packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

The Emmy Award-winning celebrity chef shares favorite make-ahead recipes and meal-planning tips for a variety of occasions, suggesting preparation options for low-stress dishes that improve if prepared in advance. By the #1 best-selling author of Barefoot Contessa Foolproof. 1.5 million first printing.

An Eater Best Cookbook of Fall 2020 From caramelized onions to fruit preserves, make home cooking quick and easy with ten simple "kitchen heroes" in these 125 recipes from the New York Times bestselling and award-winning author of Deep Run Roots. "I wrote this book to inspire you, and I promise it will change the way you cook, the way you think about what's in your fridge, the way you see yourself in an apron." Vivian Howard's first cookbook chronicling the food of Eastern North Carolina, Deep Run Roots, was named one of the best of the year by 18 national publications, including the New York Times, USA Today, Bon Appetit, and Eater, and won an unprecedented four IACP awards, including

Cookbook of the Year. Now, Vivian returns with an essential work of home-cooking genius that makes simple food exciting and accessible, no matter your skill level in the kitchen. ? Each chapter of *This Will Make It Taste Good* is built on a flavor hero—a simple but powerful recipe like her briny green sauce, spiced nuts, fruit preserves, deeply caramelized onions, and spicy pickled tomatoes. Like a belt that lends you a waist when you're feeling baggy, these flavor heroes brighten, deepen, and define your food. Many of these recipes are kitchen crutches, dead-easy, super-quick meals to lean on when you're limping toward dinner. There are also kitchen projects, adventures to bring some more joy into your life. Vivian's mission is not to protect you from time in your kitchen, but to help you make the most of the time you've got. Nothing is complicated, and more than half the dishes are vegetarian, gluten-free, or both. These recipes use ingredients that are easy to find, keep around, and cook with—lots of chicken, prepared in a bevy of ways to keep it interesting, and common vegetables like broccoli, kale, squash, and sweet potatoes that look good no matter where you shop. And because food is the language Vivian uses to talk about her life, that's what these recipes do, next to stories that offer a glimpse at the people, challenges, and lessons learned that stock the pantry of her life.

Tasty, easy-to-make recipes for grain-free, dairy-free baking! Cinnamon Swirl Bread. Fruit and Nut Snack Bars. Deep Dish Apple Pie. With *Everyday Grain-Free Baking*, you can finally enjoy the baked goods that you've been missing! In this beautiful, easy-to-use cookbook, Whether you're grain-free or gluten-free, author and creator of *The Nourishing Home* blog Kelly Smith shows you how to create grain-free, dairy-free versions of all your favorite baked goods that are compatible with the most common grain-free diets. From breads, biscuits and muffins to savory snacks and decadent treats, you'll find step-by-step instructions for more than 100 delicious, grain-free and dairy-free recipes, including: Easy Everyday Bread Southern Style Biscuits Fluffy Almond Flour Pancakes Simple Garden Herb Crackers Blueberry Lemon Scones Raspberry Crumble Bars Strawberry Vanilla Custard Cake Don't give up the bakery staples you love--with these flavorful recipes, you can make delicious grain-free, dairy-free baked goods that your whole family will enjoy whether or not everyone is living a grain-free lifestyle!

From Leah Garrad-Cole, founder of the prominent Love Child Organics brand of baby and children's foods, comes an all-occasions first book of recipes and parent-tested advice on how to feed your children wholesome and delicious foods that the entire family will enjoy. *It All Begins With Food*. That's the Love Child Organics motto, a philosophy that was born of the desire to provide delicious and nutritious foods for babies and children and to encourage a lifelong love of healthy eating. Leah Garrad-Cole's cookbook expands on this mission, providing simple-to-make, healthy recipes for everything from baby foods to baked goods, and finger foods to family meals. You'll find inspiration for preparing the everyday essentials--breakfast, lunch, and dinner--and innovative ways to create healthier versions of processed foods and celebratory treats for special occasions, as well as tips on stocking your pantry so you're ready for anything. Leah's own experiences as a mother and special education teacher have taught her how and what kids like to eat best. With an unwavering focus on replacing ingredients that have little nutritional value with ones that are nutritionally dense, the book includes a range of delicious recipes, from Cheesy Veggie Mash, Roasted Sweet Potato Fries, Mini Baked Frittatas, and Chunky Chicken Noodle and Superfood Soup, to Overnight Strawberry Cocoa Oatmeal, Omega Monkey Milkshake, and Raspberry Vanilla Heart Cookies. Leah also provides recipes for supermarket favorites, like Cheesy Little Crackers, allowing families to consume homemade versions of everyday staples without having to spend too much time in the kitchen. Her adaptable, easy-going recipes and tips will be invaluable to anyone with young children. Packed with vibrant photography, up-to-date information, and practical advice on how to encourage healthy family eating, this book will quickly become a go-to guide for cooking with love: of food and family.

Popular husband-and-wife bloggers and podcasters ([acouplecooks.com](http://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

Rebecca Harrington leaves no cabbage soup unstirred in *I'll Have What She's Having*, her wickedly funny, wildly absurd quest to diet like the stars. Elizabeth Taylor mixed cottage cheese and sour cream; Madonna subsisted on 'sea vegetables' and Marilyn Monroe drank raw eggs whipped with warm milk. Where there is a Hollywood starlet offering nutritional advice, there is a diet Rebecca Harrington is willing to try. Facing a harrowing mix of fainting spells, pimples and salmonella, Harrington tracks down illegal haggis to imitate Pippa Middleton, paces her apartment until the wee hours drinking ten Diet Cokes ? la Karl Lagerfeld, and attempts something forbiddingly known as the 'Salt Water Flush' to channel her inner Beyonc?. Rebecca Harrington risks kitchen fires and mysterious face rashes, all in the name of diet journalism. Taking cues from noted beauty icons like Posh Spice (alkaline!), Sophia Loren (pasta!) and Cameron Diaz (savory oatmeal!), *I'll Have What She's Having* is completely surprising, occasionally unappetizing, and always outrageously funny.

2017 James Beard Foundation Book Award nominee The most beautiful and comprehensive resource available for anyone facing food allergies — or cooking for someone who does — with 150 shockingly tasty recipes. Allergen-free cooking has never been easier or more appealing than in these recipes made entirely without dairy, soy, nuts, peanuts, gluten, seafood, cane sugar, or eggs. Created by a mother (and power blogger) whose young children were diagnosed with severe food allergies and herself has multiple food sensitivities, this collection of family-friendly recipes means no more need to make multiple meals; everyone can enjoy every single dish because all are free of the major allergy triggers. With an 8-week elimination diet to help readers identify allergens and a game plan for transitioning to a cleaner, safer way of eating that is kid-tested and parent-approved, *Pure Delicious* changes cooking for the family from a minefield to an act of love. It has become common knowledge that childhood obesity rates are increasing every year. But the rates continue to rise. And between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her modus operandi? Her book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the kid that "must have" the latest sugar bomb cereal. But this book also contains much more than

recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood obesity and its long-term (and ruinous) effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information related to kids' nutrition so parents understand why it's important to throw in a little avocado puree into their quesadillas. She discusses the critical importance of portion size, and the specific elements kids simply must have (as opposed to adults) in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld's book is practical, easy-to-read, and a godsend for any parent that wants their kids to be healthy for a long time to come.

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 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.

Nearly every time you step outside, put something in your mouth, or apply something to your skin, you are exposing your body to toxins. Although the human body can usually eliminate most of these poisons, it can also become overloaded, leading to fatigue, hormonal imbalances, weight gain, rashes, and serious diseases such as cancer. You need a beauty detox in order to restore balance to your system. The Beauty Detox Diet provides you with the resources you need to kick the toxin habit once and for all, leaving you feeling and looking better than you have in ages. With a simple and effective beauty detox, you will quickly feel the difference in your skin, hair, and nails, with every step you take, all while looking younger and healthier. With the The Beauty Detox Diet, you'll: Feed your body clean with 75 sumptuous, pure, and easy-to-follow beauty detox recipes Find out if now's the time to cleanse by taking the Beauty Detox Quiz Breathe, massage, and exercise your way to a toxin-free life Learn about common toxins and foods that naturally detoxify your body versus those that poison you Lose weight while feeling great Whether you've tried cleansing before or you're attempting it for the first time, The Beauty Detox Diet has everything you need to get clean and feel right.

A smart, inspiring cookbook showing how to plan, shop, and cook for dinners (and lunches and desserts) all through the week. The secret? Cooking ahead. Amanda Hesser and Merrill Stubbs, founders of the online kitchen and home destination Food52, pull off home-cooked dinners with their families with stunning regularity. But they don't cook every night. Starting with flexible base dishes made on the weekend, Amanda and Merrill mix, match, and riff to create new dinners, lunches, and even desserts throughout the week. Blistered tomatoes are first served as a side, then become sauce for spaghetti with corn. Tuna, poached in olive oil on a Sunday, gets paired with braised peppers and romesco for a fiery dinner, with spicy mayo for a hearty sandwich, and with zucchini and couscous for a pack-and-go salad. Amanda and Merrill's seasonal plans give you everything you need to set yourself up well for the week, with grocery lists and cooking timelines. They also share clever tips and tricks for more confident cooking, showing how elements can work across menus and seasons to fit your mood or market, and how to be scrappy with whatever's left in the fridge. These building blocks form A New Way to Dinner, the key to smarter, happier cooking that leaves you with endless possibilities for the week ahead.

More than 100 fun food-crafting ideas that will engage, delight, and amaze kids--from actress, entrepreneur, and mom, Sarah Michelle Gellar, and former Martha Stewart Living editor Gia Russo. Why stop with making basic brownies? Why not put them on a stick and decorate them? Why not take boring broccoli and turn it into a yummy cheese muffin instead? Sarah Michelle Gellar learned quickly that to get her kids to be adventurous with food, she had to involve them in preparing it. She wanted that process to be fun and help them develop self-confidence, creative thinking, and even math skills! So Sarah and co-author Gia Russo came up with more than 100 fun food-crafting ideas that take basic food preparation to a surprising new level. Organized by month, the book offers projects for every occasion and theme, including Super Bowl, Valentine's Day, Shark Week, Halloween, and even a Star Wars Day with licensed Star Wars creations! The possibilities are endless!

Effortless Recipes for Incredibly Flavorful Weeknight Dishes Joanna Cismaru, author of 30-Minute One-Pot Meals, is here to show you that simple does not mean bland: these 200, gorgeously shot recipes are as delectable as they are easy to whip up. She will have you making the most of your ingredients and various appliances--with minimal cleanup, and in no time at all. With standout breakfasts, lunches and dinners, as well as sweets, side dishes, appetizers and more, you'll always have options for exciting meals. These are just some of the delicious and comforting recipes found inside: Cheese and Prosciutto-Stuffed Chicken Breasts Baked Honey-Glazed Pork Ribs Blue Cheese Burgers with Crispy Fried Onions Maple and Mustard-Glazed Salmon Arugula and Basil Pesto Risotto with Sautéed Mushrooms Churro Apple Pie Cookies Mini Blueberry Galettes The Big Book of Jo's Quick & Easy Meals is the glorious answer to hectic weekdays and busy weekends, for beginners and seasoned foodies alike. Eating well has never felt easier.

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

Sam Kass, former chef to the Obamas and White House food policy advisor, makes it easier to do a little better for your diet--and the environment--every day, through smart ways to think about shopping, setting up your kitchen so the healthy stuff comes to hand most naturally, and through 90 delicious, simple recipes. JAMES BEARD AWARD WINNER • IACP AWARD FINALIST This book lays out Kass's plan to eat a little better. Knowing that sustainability and healthfulness come most, well, sustainably when new habits and choices seem appealing rather than drastic and punitive, Kass shares his philosophy and methods to help make it easy to choose, cook, and eat delicious foods without depriving yourself of agency or pleasure. He knows that going organic, local, and so forth all the time is just not realistic for most people, and that's ok--it's all about choosing and doing a little better, and how those choices add up to big change. It's the philosophy he helped the Obamas instill in their home, both in Chicago and that big white one in Washington.

Gwyneth Paltrow, Academy-Award winning actress and bestselling cookbook author, returns with recipes for the foods she eats when she wants to lose weight, look good, and feel more energetic. Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D

deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all! An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in *It's All Good*, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Hummus Tartine with Scallion-Mint Pesto, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana "Ice Cream," and more!

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