

All About Tempeh And A Killer Salad

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Clean Protein Kathy Freston
2018-01-02 Join the CLEAN PROTEIN revolution and lose weight, feel stronger, and live longer. Food and wellness experts Kathy Freston and Bruce Friedrich have spent years researching the future of protein. They've talked to the food pioneers and the nutrition scientists, and now they've distilled what they've learned into a strength-building plan poised to reshape your body and change your world. Complete with delicious recipes and a detailed guide to food planning, Clean Protein explains everything you need to know in order to get lean, gain energy, and stay mentally sharp. You'll finally understand in simple terms why protein is essential, how much you should get, and where to find the best sources of it. Clean Protein is a powerful solution to excess weight and chronic health issues, and it's a cultural revolution that will be talked about for decades.

History of Soymilk and Other Non-Dairy Milks (1226-2013) William Shurtleff, Akiko Aoyagi 2013-08-29
HIIT It! Gina Harney 2014-12-15 See results in a fraction of the time with short, effective workouts: work smarter not harder! Let's HIIT It! Gina Harney, award-winning creator of *Fitnessista.com*, knows high-intensity interval training (HIIT) is the smart alternative to long cardio workouts. With shorter workouts you can spend less time working out while building strength, coordination, and endurance

and boosting your metabolism so you burn more calories throughout the day. And with her HIIT-inspired eating plan of frequent, tasty snacks, you'll feel great and stop stressing about food. Build a personalized fitness plan that fits with your life Drop pounds, burn fat, boost energy, and live healthier Spice up your workout schedule, keep your body guessing, and avoid plateaus Snack! Eat smart with quick, healthy treats you can prep in advance to fuel your day "Full of helpful information for people looking to live a healthy lifestyle. I especially enjoyed her infectious enthusiasm for HIIT and reading her easy to follow sample fitness plans, exercise demonstrations with cues, and healthy recipes!" óKathie Davis, Executive Director of Idea Health & Fitness Association "An excellent program that is lifestyle based and doesn't require hours in a gymóperfect for someone like me! I adore that she loves food as much as she loves fitness." óJessica Merchant, Author of *Seriously Delish* and creator of *howsweeteats.com* "A treasureóHIIT It! presents Gina Harney's vision for a balanced, healthy lifestyle in the same upbeat, conversational manner that we have come to enjoy from her wonderfully popular blog." óMatthew Kenney, Founder of *Matthew Kenney Cuisine* "An amazing resource for strong, effective, and quick workouts and tips for attaining balanced nutrition. And it's a super fun read.

Highly recommended!" óErin Motz, YouTube Personality and Original Bad Yogi

History of Soy Flour, Grits and Flakes (510 CE to 2013) William Shurtleff 2013-12-01 The world's most comprehensive, well document, and well illustrated book on this subject. With extensive index. 28 cm. *History of Tempeh and Tempeh Products (1815-2011)* William Shurtleff 2011-10

Mary Poser Angel A 2022-09-01 There's troubled love in Music City, Nashville Tennessee. Despite deeply entrenched obstacles, Southern Belle, Mary, falls for a visiting Bollywood director, Simha Das. A life-changing event leads to questions about who or what intervenes. Passions collide as Mary must come to terms with her darkest secret. 2018 American Fiction Awards Winner. 2018 Best Book Awards Winner 2018 NYC Big Book Award Winner Mary must cross the bridge to her heart to have her butterflies. On the surface Mary Poser is a fun and frolicking love story. Underneath this is a message of hope and inspiration for anyone who feels overwhelmed by anxiety from approval demands of family, faith and culture. 2017 Foreword Reviews Indies Book of the Year Award Finalist 2018 American Fiction Awards Winner. 2018 Best Book Awards Winner 2018 NYC Big Book Award Winner 2018 International Book of the Year Finalist 2018 Paris Book Festival Runner-Up. 2018 Readers' Favorite Finalist 2018 Independent Author Network Book of the year Finalist 2018 London Book Festival Honorable Mention 2018 BookViral Millennium Book Awards Long List 2018 New Apple Book Awards Official Selection 2018 Body, Mind, Spirit Book awards winner 2019 Independent Press Award winner 2019 New York Book Festival winner

History of Cheese, Cream Cheese and Sour Cream Alternatives (With or Without Soy) (1896-2013): William Shurtleff 2013-10-22 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive index. 28 cm. Free of charge in digital format on Google Books.

History of Tofu and Tofu Products (1985-1994) William Shurtleff; Akiko

Aoyagi 2022-06-08 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 233 photographs and illustrations - mostly color. Free of charge in digital PDF format.

Clean Plates Manhattan 2011 Jared Koch 2013-10-10 Too often, healthy eating is linked with images of sacrifice-a pile of sprouts, or a single pea resting on a plate. It can be difficult to find a restaurant serving mouthwatering, delicious food that is also good for you. Not anymore. A nutritionist along with a few food critics-scoured the town together to select over 100 of the healthiest, tastiest restaurants in Manhattan. From fine dining to fast food, Clean Plates Manhattan offers selections for any budget, diet and lifestyle so you won't have to sacrifice taste for nutrition. Just toss this guide in your bag and flip through it whenever.

Clean Plates Manhattan 2013 Jared Koch 2012-11-06 Clean Plates Manhattan 2013 includes over 100 reviews of restaurants serving organic, local, sustainably raised plant and/or animal foods with over 70 pages of nutritional information on the theory of BioIndividuality and the pros/cons of different dietary theories and foods. With access to an online database of all the restaurants and quick reference charts, you can locate the best dining experience in your area. With easy-to-use icons that make scanning for your desired cuisine or price point a breeze Clean Plates Manhattan 2013 is a must have for anyone looking for the best date spots and cheap eats focusing on serving delicious, healthy and sustainable cuisine.

History of the Health Foods Movement Worldwide (1875-2021) William Shurtleff; Akiko Aoyagi 2021-07-31 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 205 photographs and illustrations - many color. Free of charge in digital PDF format.

History of Soy Sprouts (100 CE To

2013) William Shurtleff 2013

Vegetarian Times 1985-11 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Food Lover's Guide to Portland Liz Crain 2014-09-02 For residents and visitors alike, Food Lover's Guide to Portland is a road map to finding the best of the best in America's favorite do-it-yourself foodie mecca. Navigate Portland's edible bounty with this all-access pass to hundreds of producers, purveyors, distillers, bakers, food carts, and farmers markets. This book is the indispensable guide to it all. In the second edition, readers get 20+ new full listings, 150+ new businesses, a new food cart chapter by food cart expert Brett Burmeister, and an Hispanic market section from food writer and Mi Mero Mole owner Nick Zukin. Whether you've lived in Portland your entire life, are visiting for business or pleasure, or are a hungry transplant - this book helps you find all that is delicious in Portland.

History of Tofu and Tofu Products (1965 CE to 1984) William Shurtleff; Akiko Aoyagi 2022-06-03 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 640 photographs and illustrations - many color. Free of charge in digital PDF format.

Moon Tahoe Ann Marie Brown 2015-11-24 California outdoors expert Ann Marie Brown provides you with the essential details needed to discover all of the can't-miss sights, attractions, and restaurants in and around Tahoe. Ski Squaw Valley's renowned slopes, hibernate in a cozy South Shore cabin, dine in Tahoe City, or hike the Tahoe Rim Trail-Brown will help you maximize your time with her

insider's tips no matter which of Tahoe's offerings you choose to take advantage of. Including creative trip ideas for a variety of travelers, such as "Top Picks for Families," "The Nonskier's Winter Wonderland," and "The Adrenaline Junkie," Moon Tahoe gives travelers the tools they need to create a more personal and memorable experience.

History of Tofu and Tofu Products (1995-2022) William Shurtleff; Akiko Aoyagi 2022-06-17 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 292 photographs and illustrations - mostly color. Free of charge in digital PDF format.

Real Fit Kitchen Tara Mardigan 2015-10 Real Fit Kitchen has 100 healthy meals, snacks, smoothies, for athletes to power their bodies, and even cure aches and pains.

Betty Goes Vegan Dan Shannon 2013-02-05 BETTY GOES VEGAN is a comprehensive guide to creating delicious meals for today's vegan family. This must-have cookbook features recipes inspired by The Betty Crocker Cookbook, as well as hundreds of original, never-before-seen recipes sure to please even meat-eaters. It also offers insight into why Betty Crocker has been an icon in American cooking for so long - and why she still represents a certain style of the modern super-woman nearly 100 years after we first met her. With new classics for breakfast, lunch, dinner, and dessert, including omelets, stews, casseroles, and brownies, BETTY GOES VEGAN is the essential handbook every vegan family needs.

My New Roots Sarah Britton 2015-03-31 At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers-vegetarians, vegans, paleo followers, and gluten-free gourmets alike-flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing

one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Lipoprotein(a), The Heart's Quiet Killer: A Diet & Lifestyle Guide Joel

K. Kahn, MD, FACC 2020-04-10 An estimated one in five people worldwide have elevated levels of a type of cholesterol called lipoprotein(a) which can increase the risk for cardiovascular disease, including blocked arteries, blood clots, and stroke. Cardiologist Joel Kahn explains how this condition is a factor of genetics rather than poor lifestyle choices, and the best ways to test effectively for these levels. He shares research that shows plant-based diets in general provide the best defense against heart attacks, strokes, and cardiovascular disease and can play an important role in protecting individuals with elevated lipoprotein(a) levels. He has partnered with vegan expert Beverly Lynn Bennett who provides dozens of delicious oil-free, heart-healthy recipes that provide delicious options for boosting heart health. Veganomicon Isa Chandra Moskowitz 2007-11-02 A user-friendly volume by the author of *Vegan with a Vengeance* and *Vegan Cupcakes Take Over the World* contains 250 recipes that include a variety of gluten-free and tofu-free options for numerous occasions.

Fermented Foods for Health Deirdre Rawlings 2013-06-01 Fermented foods have shown to be beneficial for a number of health conditions including candida overgrowth, IBS and digestive difficulties, sugar/carb cravings, and other inflammatory disorders. What's more, science is starting to show that our modern lifestyle of completely eschewing bacteria via pasteurized foods, hand sanitizers, disinfectants, and antibiotics is actually making us more, not less, susceptible to illness and allergies. Regular inclusion of fermented foods in the diet naturally combats bad

bacteria and strengthens the immune system. *Fermented Foods for Health* includes meal plans of fermented foods for addressing specific ailments and repairing the metabolism. Seventy-five delicious recipes show readers how to ferment everything from meats to vegetables, fruits, and dairy—and how to utilize each of them for specific health benefits such as balancing the body's PH, increasing enzyme production, and strengthening immunity.

History of Meat Alternatives (965 CE to 2014) William Shurtleff 2014-12-18 The world's most comprehensive, well documented and well illustrated book on this subject. With extensive index. 435 color photographs and illustrations. Free of charge in digital PDF format on Google Books.

Cook Your Way to the Life You Want

Christina Pirello 2002 Discusses traditional theories about food and whole foods cooking and showcases recipes for soups, grains, beans, vegetables, desserts, and natural home remedies.

History of Soy Flour, Flakes and Grits (510 CE to 2019) William

Shurtleff; Akiko Aoyagi 2019-02-17 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 245 photographs and illustrations - mostly color. Free of charge in digital format on Google Books

The Pegan Diet Dr. Mark Hyman 2021-02-23 Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal

health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet's food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy-for life.

Vegan with a Vengeance, 10th Anniversary Edition Isa Chandra Moskowitz 2015-05-26 More Vegan. More Vengeance. More Fizzle. Ten years ago a young Brooklyn chef was making a name for herself by dishing up amazing vegan meals—no fuss, no b.s., just easy, cheap, delicious food. Several books later, the punk rock priestess of all things tasty and animal-free returns to her roots—and we're not just talking tubers. The book that started it all is back, with new recipes, ways to make those awesome favorites even awesome-r, more in-the-kitchen tips with Fizzle—and full-color photos of those amazing dishes throughout.

How it All Vegan! 10th Anniversary Edition Sarah Kramer 2010-07-09 Since it was first published in 1999, *How It All Vegan!* has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating, combined with Sarah and Tanya's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet. It won VegNews' Veggie Award for Best Cookbook twice, has been reprinted fourteen times, and spawned several successful sequels (including *The Garden of Vegan*, *La Dolce Vegan*, and *Vegan Go-Go!*). In the ten years since *How It All Vegan!* was first published, however, veganism has 'come out of

the closet,' and is now considered a legitimate diet and lifestyle not only for those wishing to improve their health, but also those who care deeply about the welfare of animals. This tenth-anniversary edition includes new recipes, as well as updates and advice that better reflect the new vegan reality; it also includes a colour photo section and a new introduction by co-author Sarah Kramer, who speaks personally and passionately about the impact of veganism on her life over the past decade. With this tenth anniversary edition, Sarah and Tanya's fans can find out 'how it all vegan' all over again!

Better Nutrition 2001-04 Reaching nearly 1 million readers monthly, *Better Nutrition* celebrates 70 years as a leading in-store distributed magazine for health conscious consumers. Widely distributed to thousands of health-food stores and grocery chains across the country, *Better Nutrition* provides authoritative, well-researched information on food nutrition, dietary concerns, supplements and other natural products.

History of Tempeh and Tempeh Products (1815-2020)

William Shurtleff; Akiko Aoyagi 2020-03-22 The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 234 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books

History of Sesame (100 CE to 2022)

William Shurtleff; Akiko Aoyagi 2022-02-16 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 28 photographs and illustrations - mostly color. Free of charge in digital PDF format.

Origin and Early History of Peanut Butter (1884-2015)

William Shurtleff; Akiko Aoyagi 2015-03-11 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive index, 150 color photographs and illustrations. Free of charge in digital PDF format on Google Books.

Food52 Genius Recipes Kristen Miglore 2015-04-07 There are good recipes and there are great ones—and then, there are genius recipes. Genius recipes surprise us and make us rethink the way we cook. They might involve an unexpectedly simple technique, debunk a kitchen myth, or apply a familiar ingredient in a new way. They're handed down by luminaries of the food world and become their legacies. And, once we've folded them into our repertoires, they make us feel pretty genius too. In this collection are 100 of the smartest and most remarkable ones. There isn't yet a single cookbook where you can find Marcella Hazan's Tomato Sauce with Onion and Butter, Jim Lahey's No-Knead Bread, and Nigella Lawson's Dense Chocolate Loaf Cake—plus dozens more of the most talked about, just-crazy-enough-to-work recipes of our time. Until now. These are what Food52 Executive Editor Kristen Miglore calls genius recipes. Passed down from the cookbook authors, chefs, and bloggers who made them legendary, these foolproof recipes rethink cooking tropes, solve problems, get us talking, and make cooking more fun. Every week, Kristen features one such recipe and explains just what's so brilliant about it in the James Beard Award-nominated Genius Recipes column on Food52. Here, in this book, she compiles 100 of the most essential ones—nearly half of which have never been featured in the column—with tips, riffs, mini-recipes, and stunning photographs from James Ransom, to create a cooking canon that will stand the test of time. Once you try Michael Ruhlman's fried chicken or Yotam Ottolenghi and Sami Tamimi's hummus, you'll never want to go back to other versions. But there's also a surprising ginger juice you didn't realize you were missing and will want to put on everything—and a way to cook white chocolate that (finally) exposes its hidden glory. Some of these recipes you'll follow to a T, but others will be jumping-off points for you to experiment with and make your own. Either way, with Kristen at the helm, revealing and explaining the genius of each recipe,

Genius Recipes is destined to become every home cook's go-to resource for smart, memorable cooking—because no one cook could have taught us so much.

Roberto's New Vegan Cooking Roberto Martin 2015-04-28 The second vegan cookbook from former personal chef to Ellen Degeneres and Portia de Rossi and author of *Vegan Cooking for Carnivores*

The Sexy Vegan Cookbook Brian L. Patton 2012 "Ordinary dude" Brian Patton became a vegan when he discovered that he could not only survive but thrive without taking the life of another being. Here is his collection of delicious, hearty, and satisfying meals.

The Complete Diabetes Cookbook America's Test Kitchen 2018-11-06 2019 IACP Award Winner in the Health & Special Diet Category 2019 James Beard Award Finalist Take control of managing diabetes with a one-stop cookbook of 400-plus creative diabetes-friendly recipes. Meticulously tested recipes deliver exceptional flavor and maximum nutrition and provide a healthy way to cook and eat that truly benefits everyone but especially those battling diabetes. Complete nutritional information is provided with every recipe for easy reference. Diabetes is a health crisis. America's Test Kitchen's urgent mission is to provide a path to healthier eating for anyone cooking for diabetes and encourage home cooks to get into the kitchen with a complete collection of great-tasting recipes. Vetted by a dietician and a doctor, all of the more than 400 inspired recipes maximize healthy ingredients and flavor while adhering to specific nutritional guidelines. Enjoy every meal with fresh and creative recipes for breakfast, lunch, and dinner, including options for entertaining, snacks, and occasional sweet treats.

Salad Samurai Terry Hope Romero 2014-06-17 Discover the Way of the Salad Award-winning chef and *Veganomicon* coauthor Terry Hope Romero knows her veggies. In *Salad Samurai*, she's back to teach you the way of the veggie warrior, rescuing

salads from their bland, boring reputation and "side" status with more than 100 vibrant, filling entrees. This is your guide to real salad bushido: a hearty base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organized by season for a full year of memorable meals (yes, salad can rock even the coldest days of winter). Dig in to: Spring Herb Salad with Maple Orange Tempeh Deviled Kale Caesar Salad Seared Garlic Chickpeas, Spinach, and Farro Seitan Steak Salad with Green Peppercorn Dressing Herbed Pea Ricotta, Tomatoes, and Basil Mushroom, Barley, and Brussels Harvest Bowl Tempeh Rubenesque Salad Pomegranate Quinoa Holiday Tabouli Seitan Bacon Wedge Salad and many more! With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, Salad Samurai shows you the way of the salad: killer dishes that are satisfying, healthy, and scrumptious. Praise for Terry Hope Romero "This is exceptionally good food for vegans, vegetarians, and the rest of us who are trying to eat a more sustainable, healthy, plant-based diet." - Christian Science Monitor on Vegan Eats World "Exuberant and unapologetic...Moskowitz and Romero's recipes don't skimp on fat or flavor, and the eclectic collection of dishes is testament to the authors' sincere love of cooking and culinary exploration." - Saveur on *Veganomicon History of Miso and Its Near Relatives* William Shurtleff; Akiko Aoyagi 2021-05-05 The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 363 photographs and illustrations - many in color. Free of charge in digital PDF format. **The 5-Day Real Food Detox** Nikki Sharp 2016-03-22 Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods—and feel

satisfied and energized while dropping pounds! As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition—and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That's right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods—grains, vegetables, fruits, and spices—can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you to eat five times a day—and shed a pound a day—with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp's many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In The 5-Day Real Food Detox, you'll discover • nutrient-dense foods that encourage detoxification and weight loss • the facts on juice, smoothie, tea, and raw food cleanses • yummy foods to substitute when you crave unhealthy ones • ingredients to avoid and how to decode food labels • the secret to great-tasting meals—use spices instead of salt • strategies for lowering stress and combating insomnia • troubleshooting for food allergies, mood swings, bloating, and other detox issues Complete with gorgeous photos, success stories, shopping lists, and meal plans, The 5-Day Real Food Detox lays the groundwork for eating well and feeling wonderful for the rest of your life! Advance praise for The 5-Day Real Food Detox "Nikki is an amazing inspiration. Whether you are vegan, vegetarian, paleo, or just trying to get healthy, this book is a must-read!"—Kristina Carrillo-

Bucaram, founder of the FullyRaw brand and author of The Fully Raw Diet "Nikki Sharp's plant-based detox is a holistic approach to long-term wellness. Not only will it help get you lean in a short amount of time, it will keep you there, and feeling energized the whole way through."—Brendan Brazier, author of the Thrive book series "The real power of this book is that it just may transform how you think about your food, your body, and the way your choices shape every aspect of your life."—Adam Rosante, author of The 30-Second Body "I love that Nikki Sharp's program is full of real,

satisfying foods that won't leave you starving—so you can build healthy habits that will last long after the five days are over!"—Megan Gilmore, author of Everyday Detox "Nikki Sharp's style is fun, approachable, and innovative, and embodies the new way we should be eating. The wellness world is fortunate to now include her brilliant new book."—Matthew Kenney, author of Cooked Raw: How One Celebrity Chef Risked Everything to Change the Way We Eat "A must have for everyone who wants to look gorgeous and healthy like Nikki!"—Ani Phyto, author of Ani's 15-Day Fat Blast and Ani's Raw Food Essentials