

including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In Coconuts and Kettlebells, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latte Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheesecakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and Kettlebells is illustrated with color photos throughout.

Sustainability Starts at Home Dawn Gifford 2015-06-09 Are You Overwhelmed by "Going Green?" You read the news about worsening air and water pollution, climate change, droughts and diminishing natural resources, and you worry if your family will have a healthy future. The problem seems so big and overwhelming. What can you do? Why bother? You have the power and it starts right at home. Change starts with each of us, right where we each live. By making a series of small, doable changes, in aggregate, you will make a big difference—in your budget, and in the world. Are You Ready to Make A Difference? In this book, top eco-blogger Dawn Gifford shares her extensive research into why today's environmental problems exist. She gives you all the facts and data you need to understand the issues, then shares simple, succinct actions that you can easily implement right away. You can start saving hundreds or even thousands of dollars a year, be empowered to greater self-sufficiency, reduce your carbon, water, energy and consumption footprints and have a tangible sense that you ARE making that difference. What are You Waiting For? Discover how to save up to \$200 a year simply by lowering your thermostat to this setting. (Chapter 8) Learn how to save 7,500 gallons of water and \$140 in electricity costs every year, just by installing these inexpensive plumbing items. (Chapter 12) Get your home or business electricity from solar for less than the cost of your current utility bill—and lock in those prices for years to come. (Chapter 11) Follow these steps to buy all your organic produce and pasture-raised meat, dairy and eggs at wholesale cost (Chapter 21) Sustainability Starts at Home will show you how to do all of this, plus give you hundreds more inspiring tips that will save you thousands of dollars a year—simply by making adjustments to how you maintain your home and make your day-to-day purchases. This book pays for itself (and then some) with the first tip you implement! You Can Change the World, One Little Step at a Time If you are here on this page, you are most likely deeply concerned about the state of the world, and you worry about where we are headed if we keep doing things the same old way we always have been. And, you care a lot about this beautiful earth and your family's future. You feel passionate about making a difference. But it can often be challenging to know where to start. And if you've already started and gotten comfortable with things like composting or making your own non-toxic housecleaning solutions, you might want to know how to take your passion for green living and self-sufficiency to the next level. This book has just what you need! Sustainability Starts at Home has 338 pages of ideas, tips, facts and inspiration to help you live a simpler, more sustainable and frugal life--no matter what level of knowledge you are starting from. You CAN do it, and every little effort does make a difference!

Vegan Keto Liz MacDowell 2018-10-30 Liz MacDowell flawlessly delivers the best of two nutritional worlds in her new book, Vegan Keto. Her unique approach harnesses the health and weight loss benefits of the ketogenic diet and unites it with the vegan lifestyle. Liz dispels the myth that veganism contradicts the keto diet and offers a template to achieve optimal health and weight loss by eating a ratio of healthy fats and plant-based proteins. MacDowell offers more than 60 recipes that are all free of meat, eggs, and dairy and are keto compliant. MacDowell's revolutionary new approach emphasizes a nutrient-dense nutrition plan sourced from whole, natural foods that are rooted in healthy fats with plant-based proteins that are lower in carbohydrates. She has created a sustainable model that will enable those living a vegan lifestyle to achieve optimal health, lose weight, and eliminate cravings for inflammatory foods. Vegan Keto is complete with full-color photos, four easy-to-follow weekly meal plans, shopping lists, and tips and tricks for getting started and staying on track. Above all, Liz brings a wealth of expertise and invaluable advice derived from real-world experience in her role as a nutrition counselor. Recipes Include: Coconut Flour Waffles Lemon Poppy Seed Muffins Spinach & Olive Mini Quiche Cups Green Keto Balance Bowl Mediterranean Zucchini Salad Kelp Noodle Pad Thai Buffalo Jackfruit Tacos Lupini Hummus No-Bake Falafel Chocolate Almond Butter Cupcakes Snickerdoodles Whether your eating plan of choice is vegan/vegetarian, keto-tarian, or keto or you are just someone who loves good food and having a bit of fun in the kitchen, this book has something for you!

Vibrant Food Kimberley Hasselbrink 2014 An artistic collection of whole-foods recipes by the creator of the acclaimed Year in Food blog reflects the role of color in the author's produce choices, providing such aesthetic options as Pasta with Nettle Pesto and Broiled Figs with Za'atar and Pecans. 10,000 first printing.

Damn Delicious Rhee, Chungah 2016-09-06 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!' **Yogurt Every Day** Hubert Cormier 2017-05-30 Hailed as a superfood and loved for its cool, tangy taste, yogurt's popularity continues to grow. Yogurt Every Day feeds this frenzy for yogurt, serving up 75 delicious recipes for breakfast, lunch, dinner, snacks and dessert, including how to make your own yogurt at home. After years of serving as a quick breakfast fix or mid-afternoon pick-me-up, yogurt is finally having its day, embraced by a public passionate about the art of living and eating well. The surging popularity of Greek, Skyr and other yogurts testifies not only to their celebrated probiotics and healthful benefits, but to their versatility, creamy textures and rich tangy flavours. In Yogurt Every Day, celebrated nutritionist Hubert Cormier shows just how easy and delicious it is to incorporate yogurt into your daily life, offering 75 recipes for breakfast, lunch, dinner, snacks and dessert—including a full section on how to make your very own yogurt. Whether using a yogurt maker, a slow cooker, or the equipment available in every home kitchen (a saucepan, the stove and the oven), Hubert couldn't make it easier for you to create your favorite type of yogurt—from Swiss, Balkan, Skyr to Greek as well as Coconut yogurt for a dairy-free alternative. With recipes ranging from Chia Seed Pudding with Kiwi, and Frozen Smoothie Yogurt Cubes, to Coquilles Saint-Jacques, Tagliatelle a la Carbonara and Avocado Lassi, Yogurt Every Day offers something for everyone, be it the cook on the go, or the health-minded foodie seeking new recipes, new ingredients and new kitchen adventures. *Simple Green Smoothies* Jen Hansard 2015-11-03 Jen Hansard and Jadah Sellner are on a fresh path to health and happiness—deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand—from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

The Paleo Gut Healing Cookbook Alison Marras 2021-12-09 With a 14-day meal plan, 75 delicious recipes, food lists, and gut-healing strategies, The Paleo Gut Healing Cookbook is a your gut-reset guidebook. Restoring gut health is one of the key tenets of the Paleo diet. By removing allergy-provoking, nutrient-devoid foods such as grains, legumes, dairy, sugar, and artificial ingredients, generalized inflammation in the body is reduced, gut health is restored, and autoimmune symptoms symptoms are alleviated. However, what to eat is only part of the equation; to restore digestive health, we also need to replicate how our paleolithic ancestors ate. Modern-day eating habits such as: eating quickly, eating while stressed, eating too many different types of foods at one meal, and eating at the wrong times of the day can negate even the most nutritious diet. This book gives readers the whole equation for restoring gut health. The Paleo Gut Healing Cookbook combines flavorful, nourishing Paleo and AIP recipes with 10 key digestive strategies to address both the “what to eat” and “how to eat,” including: Rhythmic Eating/Interval Fasting to allow gut-repair time between meals Mindful Eating to activate the parasympathetic nervous system (“Rest & Digest” state) for more efficient breakdown of food Food Combining to optimize absorption and assimilation of nutrients. The restorative recipes include: Creamy Ginger, Pear, and Butternut Squash Soup Teriyaki Salmon and Bok Choy Bone Broth Garlic Kale Rosemary Parsnip Purée Chicken Pad Thai with Green Papaya Noodles Smoked Salmon Salad with Jammy Eggs No-churn Blueberry Cardamom Nice Cream Cranberry Orange Flourless Muffins Heal your gut for good with the recipes and strategies in The Paleo Gut Healing Cookbook.

Vegan Weight Loss Manifesto Zuzana Fajkusova 2017-12-19 Make the transition to a healthy plant-based lifestyle easier and learn how to change your whole approach to life one step at a time over the course of this 8 week program. Zuzana Fajkusova and Nikki Lefler, two professional personal trainers and lifestyle coaches, show you how to nourish your body and mind through recipes and exercises that radically change your mindset for incredible transformation. Part manifesto, part diet and exercise plan, Vegan Weight Loss Manifesto helps readers thrive through the transition to the plant-based lifestyle and keep the weight off long-term by fueling your mind and body, without just eating pasta or going too extreme. Zuzana and Nikki motivate readers to change their lives without animal products, how to eat and connect your body and mind, while getting in the best shape of your life. You can achieve balance through changing your mindset and with the inclusive menu of protein, carbs and fat, you'll use food as medicine to heal yourself and evolve your relationship with food. Readers experience what Zuzana and Nikki do with their clients - follow weekly challenges where you can learn a lesson about the diet, in the exercise program and in the mental and spiritual implications. Feel your best, find your happiness and make your life over with these 100 recipes and exercises.

Low Tox Life Alexx Stuart 2018-06-27 Ever stopped to read the list of ingredients in the products you use every day? In Low Tox Life, activist and educator Alexx Stuart gently clears a path through the maze of mass-market ingredient cocktails, focusing on four key areas: Body, Home, Food and Mind. Sharing the latest science and advice from experts in each area, Alexx tackles everything from endocrine-disruptors in beauty products to the challenge of going low plastic in a high-plastic world, and how to clean without a hit of harmful toxins. You don't need to be a fulltime homesteader with a cupboard full of organic linens to go low tox. Start small, switching or ditching one nasty at a time, and enjoy the process as a positive one for you and the planet.