

100 Steps to a Lean Body Katarina Nolte 2015-11-10 Are you having trouble losing weight? Are you dealing with stubborn fat? Are you eating healthy and exercising and find yourself still unable to reach your optimal weight? Are you having problems finding clothing that fits you due to problem areas? Are you choosing clothing that hides your problem areas over the types of clothing you really like? Do you experience periodic bloating and embarrassing water retention? Are you tired of it all and absolutely serious about getting lean for good? If any of the above applies to you, read "100 Steps to a Lean Body" and make it happen!

What When Wine: Lose Weight and Feel Great with Paleo-Style Meals, Intermittent Fasting, and Wine Melanie Avalon 2018-01-02 An effortlessness—really!—approach that turns the body into a fat-burning machine. Is it possible to eat well, drink wine, and still lose weight? Melanie Avalon is living proof that, heck yeah, it's not only possible, it's unbelievably simple and straightforward. It's all about the what (mostly Paleo, but she's not a monster about it), the when (believe it or not, brief fasting can mean freedom rather than restriction), and the wine (red wine can be a secret bullet for weight loss—who knew?). It's a combination that Avalon discovered after years of self-experimentation and intense research on the mechanics of body fat regulation. In *What When Wine*, Avalon shares her journey to a healthier lifestyle, with the tips and tricks she learned along the way, as well as a jumpstart plan including 50 delicious Paleo-friendly, gluten-free recipes by chef Ariane Resnick.

Wildcrafted Fermentation Pascal Baudar 2020-03-12 Wild krauts and kimchis, fermented forest brews, seawater brines, plant-based cheeses, and more One of the most influential tastemakers of our time invites you on an extraordinary culinary journey into the lacto-fermentation universe of common wild edibles. Used for thousands of years by different cultures all around the world, lacto-fermentation is the easiest, safest, and most delicious way to preserve food. And nature provides all the necessary ingredients: plants, salt, and the beneficial lactic acid bacteria found everywhere. In *Wildcrafted Fermentation*, Pascal Baudar describes in detail how to create rich, flavorful lacto-ferments at home from the wild and cultivated plants in your local landscape or garden. From sauerkrauts and kimchis to savory pastes, hot sauces, and dehydrated spice blends, Baudar includes more than 100 easy-to-follow, plant-based recipes to inspire even the most jaded palate. Step-by-step photos illustrate foraging, preparation, and fermentation techniques for both wild and cultivated plants that will change your relationship to the edible landscape and give you the confidence to succeed like a pro. So much more than a cookbook, *Wildcrafted Fermentation* offers a deeply rewarding way to reconnect with nature through the greens, stems, roots, berries, fruits, and seeds of your local terroir. Adventurous and creative, this cookbook will help you rewild your probiotic palate and "create a cuisine unique to you and your environment."

Fermented Vegetables Kirsten K. Shockey 2014-10-17 Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, you'll enjoy this fun and delicious way to preserve and eat your vegetables.

Redemption Bar Catherine Salway 2018-09-20 Alcohol-free drinks have never been more glamorous thanks to this stunning new book by Andrea Waters and Catherine Salway. *Redemption Bar* will introduce you to a refreshing new take on alcohol-free drinks and innovative, healthy bar snacks. Learn how to make delicious, guilt-free cocktails and tasty canapés that will dazzle your guests and delight your taste buds. Packed with nutritious recipes, *Redemption Bar* has something for everyone, with a variety of vegan, low sugar and gluten-free recipes available. Quirky, alcohol-free cocktail recipes include: Lychee and Yuzu Martinis, Pineapple Margaritas, and Strawberry & Mango Daiquiris. The book also offers a range of delicious canapés for light snacks and entertaining, from Slow-roasted Activated Almonds to Miso Glazed Baby Aubergine Skewers.

Sacred and Herbal Healing Beers Stephen Harrod Buhner 1998-09-01 This is the first comprehensive book ever written on the sacred aspects of indigenous, historical psychotropic and herbal healing beers of the world.

Minimalist Baker's Everyday Cooking Dana Shultz 2016-04-26 The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Vegetable Kingdom Bryant Terry 2020-02-11 NAACP IMAGE AWARD WINNER • "Phenomenal . . . transforms the kitchen into a site for creating global culinary encounters, this time inviting us to savor Afro-Asian vegan creations."—Angela Y. Davis, distinguished professor emerita at the University of California Santa Cruz JAMES BEARD AWARD NOMINEE • IACP

AWARD FINALIST • ONE OF THE BEST COOKBOOKS OF THE YEAR: *The New Yorker*, *The Washington Post*, *Vogue*, *San Francisco Chronicle*, *Forbes*, *Food & Wine*, *Salon*, *Garden & Gun*, *Delish*, *Epicurious* More than 100 beautifully simple recipes that teach you the basics of a great vegan meal centered on real food, not powders or meat substitutes—from the James Beard Award-winning chef and author of *Afro-Vegan Food* justice activist and author Bryant Terry breaks down the fundamentals of plant-based cooking in *Vegetable Kingdom*, showing you how to make delicious meals from popular vegetables, grains, and legumes. Recipes like *Dirty Cauliflower*, *Barbecued Carrots with Slow-Cooked White Beans*, *Millet Roux Mushroom Gumbo*, and *Citrus & Garlic-Herb-Braised Fennel* are enticing enough without meat substitutes, instead relying on fresh ingredients, vibrant spices, and clever techniques to build flavor and texture. The book is organized by ingredient, making it easy to create simple dishes or showstopping meals based on what's fresh at the market. Bryant also covers the basics of vegan cooking, explaining the fundamentals of assembling flavorful salads, cooking filling soups and stews, and making tasty grains and legumes. With beautiful imagery and classic design, *Vegetable Kingdom* is an invaluable tool for plant-based cooking today. Praise for *Vegetable Kingdom* "In the great Black American tradition of the remix and doing what you can with what you got, my friend Bryant Terry goes hard at vegetables with a hip-hop eye and a Southern grandma's nature. To paraphrase Maya Angelou, Bryant wants us to know that once we know vegetables better, we will cook vegetables better. He ain't lyin'."—W. Kamau Bell, comedian, author, and host of the Emmy Award-winning series *United Shades of America* "[Terry's] perspective is casual and family-oriented, and the book feels personal and speaks to a wide swath of cooks . . . each dish comes with a recommended soundtrack, completing his mission to provide an immersive, joyful experience."—Publishers Weekly (starred review)

History of Fermented Tofu - A Healthy Nondairy / Vegan Cheese (1610-2011) William Shurtleff 2011

Vegan Cheese: Simple, Delicious Plant-Based Recipes Jules Aron 2017-06-13 Vegan cheeses that taste like the real thing—but healthy—made with nuts, seeds, tofu, or vegetables. Don't be intimidated by the idea of making cheese?vegan cheese is simple and straightforward, with clean, basic ingredients. Green-lifestyle expert Jules Aron shares the tricks of the trade for making sauces, cheese you can grate or slice, and soft spreadable options, using homemade nut milks, vegetables, and natural helpers like lemon juice, probiotics, agar-agar, and nutritional yeast. Not a nut lover? No problem, Jules Aron has you covered. Don't eat soy? Don't worry, there's something here for everyone. From mild and creamy Bries to sharp and firm Cheddar, you'll fall in love with eating well—and it's easier than you think! "Even the most luxurious-sounding cheeses described here, such as a maple fig double cream or a baked feta, are easy to make at home with the instructions provided." (Publisher's Weekly, starred review) "Jules Aron takes the mystery out of making dairy-free cheese." (PETA)

The Cultured Cook Michelle Schoffro Cook, PhD 2017-08-15 Transform Everyday Foods into Mouth-Watering Superfoods Detailing everything you need to begin fermenting in your home kitchen, *The Cultured Cook* offers recipes and tips for making vegan, gluten-free foods even better for you. From delicious plant-based yogurt and cheese, to basics such as sauerkraut, pickles, and kombucha, to tempting desserts – even ice cream! – you'll discover ways to add fermented foods to every meal. Your body will enjoy the benefits of probiotics, as well as the increasingly recognized prebiotics, to supercharge your health.

Real Fit Kitchen Tara Mardigan, R.D. 2015-10-01 Upgrade your performance and diet. Get real and break free from the packaged bars and powders. Admit it, your idea of sports nutrition needs an upgrade. Are you still reaching for low-fat cheese sticks and peanut butter bagels for pre-event meals? Let's get real and break free from the packaged bars and powders. Active people, fitness lovers and athletes need practical guidance and proper knowledge about nutrition. *Real Fit Kitchen* is just what you're craving. Nutrition experts Tara Mardigan and Kate Weiler prove that the foods, supplements and beverages, that many think are aiding performance, are actually hindering and can be easily replaced with healthy, real, clean food. For example: - Instead of consuming chemical-laden and performance-hindering additives in packaged recovery drinks, make your own performance-boosting chocolate protein recovery drink. - Replace liver-damaging pain-relief medications that dehydrate and disrupt electrolyte absorption, try a tart cherry juice smoothie. - Substitute peanut butter laden with inflammatory trans fat and added sugar for muscle-rebuilding pecan cashew maca butter. More nutritious than store bought products, *Real Fit Kitchen* provides 100 healthy meals, snacks, smoothies, and more, including new ingredients (like performance-enhancing raw cacao, turmeric, and chlorella) to upgrade anyone's diet. Learn to make more efficient, cost-effective meals that your whole family will eat. Enjoy natural food, and replace sports nutrition unhealthy products that do not properly sustain an active lifestyle with delicious and easy recipes that the whole family will love. "Finally--a cookbook that combines common sense, nutrition science, and a passion for delicious food! Kate and Tara's recipes help us eat for an active, healthy, balanced life, with an emphasis on real, plant-based foods rather than highly processed bars and powders. I recommend this book to anyone looking for inspiration to create delicious, satisfying meals. I wish all of my patients would take this book to heart--the world would be a happier, healthier place!" - Dara Lee Lewis, M.D., FACC, instructor, Harvard Medical School and cardiologist, Lown Cardiovascular Center "Tara and Kate are one of the greatest teams nutrition has ever seen. Their blockbuster playbook of recipes and eat-to-win advice is a must-read for anyone who wants to take care of their body. I learned a new fact on every page and will eat much better from now on because of it." - Jon Meterparel, play-by-play voice of Boston College Football and Basketball on the IMG Sports Network and play-by-play talent, ONE World Sports TV Network