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The Japanese Larder BenBella Books, Inc.

Slash the cost of a gluten-free diet--which can be up to 300 percent more expensive than a standard diet--with these easy, on-the-cheap recipes.

Top Secret Restaurant Recipes 3 Clarkson Potter

The Encyclopedia of Foods: A Guide to Healthy Nutrition is a definitive resource for what to eat for maximum health as detailed by medical and nutritional experts. This book makes the connection between health, disease, and the food we eat. The Encyclopedia describes more than 140 foods, providing information on their history, nutrient content, and medical uses. The Encyclopedia also describes the "fit kitchen", including the latest in food safety, equipment and utensils for preparing fit foods, and ways to modify favorite recipes to ensure health and taste. Details healthy eating guidelines based on the RDA food pyramid Provides scientific basis and knowledge for specific recommendations Beautifully illustrated Extensive list of reliable nutrition resources Describes the fit kitchen from the latest in food safety to equipment and utensils for preparing fit foods to ways to modify favorite recipes to ensure health and taste

Meatless Meals for Working People Kyle Books

A vegetarian for over 20 years, John Howley visited numerous vegetarian eateries and natural food stores during his extensive travels throughout the US. He has authored two previous travel guides.

Go Dairy Free BenBella Books

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the

process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including:

- 5-Ingredient Peanut Butter Bites
- Banana Zucchini Pancakes
- Sick Day Soup
- Lentils and Sweet Potato Bowl
- PB Ramen Stir Fry
- Tofu Veggie Gravy Bowl
- Jackfruit Carnita Tacos
- Depression Era Cupcakes
- Real Deal Chocolate Chip Cookies

With a foreword by Michael Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

Plant-Based on a Budget Ballantine Books

#1 bestselling Top Secret Recipes series! With more than 1.5 million Top Secret Recipes books sold, Todd Wilbur is the reigning master of professional-quality clones of America's best-loved, brand-name foods. In *Even More Top Secret Recipes*, Wilbur shares the secrets to making your own delicious versions of:

- McDonald's® French Fries
- KFC® Extra Crispy™ Chicken
- Wendy's® Spicy Chicken Fillet Sandwich
- Drake's® Devil Dogs®
- Taco Bell® Burrito Supreme®
- Boston Market® Meatloaf

And many more! With a dash of humor, a tantalizing spoonful of food facts and trivia, and a hearty sprinkling of culinary curiosity, *Even More Top Secret Recipes* gives you the blueprints for reproducing the brand-name foods you love.

Vegetarian Journal Indiana University Press

#1 bestselling Top Secret Recipes series with more than 4 million books sold! Every year, Americans spend billions of dollars gobbling up meals at full-service restaurant chains, inspiring Todd Wilbur to change his focus from cracking the recipes for convenience store foods to cloning the popular dishes served at these sit-down stand-bys. Wilbur's knock-offs, absolutely indiscernible from the originals, are selected from national and

regional chains, many drawn from a list of the top ten full-service restaurant chains, including Houlihan's, Red Lobster, and Pizza Hut. Also included in this savory cookbook is a special section devoted to dishes from hot theme restaurants such as Hard Rock Cafe, Planet Hollywood, and Dive! Recipes include: Applebee's Quesadillas; Denny's Moons Over My Hammy; Bennigan's Cookie Mountain Sundae; The Olive Garden Toscana Soup; The Cheesecake Factory Bruschetta; T.G.I.Friday's Nine-Layer Dip; Pizza Hut Original Stuffed Crust Pizza; Chi-Chi's Nachos Grande, and many more!

The Art of Eating through the Zombie Apocalypse Silhouette Books

How can we support native species and provide rich habitats on our own doorsteps? The book shows how to plan and maintain a beautiful garden that will attract bees and birds as well as a throng of unsung garden heroes. Whether you have a small balcony or a large open space, discover the joys of welcoming natural ecosystems back into the garden along with a host of new visitors

The Summer House Penguin

Food blogger Lindsay Landis has invented the perfect cookie dough. It tastes great. It's egg free (and thus safe to eat raw). You can whip it up in minutes. And, best of all, you can use it to make dozens of delicious cookie dough creations, from cakes, custards, and pies to candies, brownies, and even granola bars. Included are recipes for indulgent breakfasts (cookie dough doughnuts!), frozen treats (cookie dough popsicles!), outrageous snacks (cookie dough wontons! cookie dough fudge! cookie dough pizza!), and more. The *Cookie Dough Lover's Cookbook* features clear instructions and dozens of decadent full-color photographs. If you've ever been caught with a finger in the mixing bowl, then this is the book for you!

The Plant-Based Journey Simon and Schuster

It's never too late to start over. The Summer House weaves Lauren K. Denton's inviting Southern charm around a woman's journey to find herself in a small beach town—with a little help from the local retirement community. Lily Bishop wakes up one morning to find a good-bye note and divorce papers from her

husband on the kitchen counter. Having just moved to Alabama for his job only weeks before, Lily is devastated. New to town and knowing no one, Lily finds herself in desperate need of a job and a new place to live. When Lily hears that a hair stylist is needed at small retirement community, she decides to apply. Rose Carrigan built the small retirement village of Safe Harbor years ago—just before her husband ran off with his assistant. Now she runs a tight ship, making sure the residents follow her strict rules. Rose keeps everyone at arm's length, including her own family. But when Lily shows up asking for a job and a place to live, Rose's cold exterior begins to thaw. Lily and Rose form an unlikely friendship, and Lily's salon soon becomes the place where the colorful residents share town gossip and a few secrets. Lily soon finds herself drawn to Rose's nephew, Rawlins—a single dad and shrimper who's had some practice at starting over—and one of the residents may be carrying a torch for Rose as well. Neither Lily nor Rose is where she expected to be, but the summer makes them both wonder if there's more to life and love than what they've experienced so far. The Summer House is a: Cozy novel full of charm and heart that's perfect vacation reading Celebration of new beginnings, friendship, and family Sweet, clean romance set on the Gulf Coast "The perfect summer read! Situated on the Alabama Gulf Coast, you'll feel the sun, taste the salt, and linger with new friends—you won't want to leave. And with lyrical prose and rich characters, The Summer House is a beautifully poignant reminder that we are never too young to find a good place to stand nor too old to start over."—Katherine Reay, bestselling author of *The Printed Letter Bookshop* and *Dear Mr. Knightley* [Gluten-Free on a Shoestring](#) Simon and Schuster FROM THE AUTHOR OF HER SISTER'S SHADOW Grace Flowers By the water Have fun! These are Joy's grandmother's last words—left behind on a note. A note that Joy's mother, Grace, has interpreted as instructions for her memorial service. And so, the far-flung clan will gather at their inn on Little Island, Maine, to honor her. Joy can't help dreading the weekend. Twenty years ago, a tragedy nearly destroyed the family—and still defines them. Joy, Grace, her father Gar, and twins Roger and Tamar all have their parts to play. And now Joy, facing an empty nest and a nebulous future, feels more vulnerable than ever to the dangerous currents running through her family. But this time, Joy will discover that there is more than pain and heartbreak that

binds them together, when a few simple words lift the fog and reveal what truly matters...

Japanese Home Cooking Penguin

Contains more than two hundred vegan recipes for a range of dishes often served in American diners, cafes, and bistros, including beer-battered onion rings, yankee cornbread, southern-fried seitan, apple pie, and more.

Even More Top Secret Recipes Bonnier Publishing Ltd.

The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

Meet Me on Love Lane Vegan Publishers

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your

reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

Will Travel For Vegan Food Weight a Bit

At long last, the holy grail of gluten-free vegan baking: airy, light, and tender breads, from Erin McKenna, founder of BabyCakes NYC and Erin McKenna's Bakery NYC and the visionary who also cracked the code of vegan frosting For two decades, a gluten sensitivity forced Erin McKenna to ignore the bread basket that accompanies dinner at her favorite restaurants. Brunch was even worse: flaky croissants, biscuits, bagels . . . As an act of self-preservation, she tried to pretend they didn't exist. After pioneering vegan and gluten-free dessert baking at her beloved bicoastal bakery, Erin set about righting this wrong, tackling the beautiful treats in those forbidden bread baskets. The result is all the savory bread a gluten-free vegan guy or gal could want and more, including English Muffins, Cinnamon Raisin Bread, Sweet Potato Sage Rolls, Pizza Dough, Corn Tortillas, Puff Pastry Dough, Pretzels, Scallion Pancakes, even a simple and perfect Sandwich Bread. And since you can't say "bread" without saying "butter,"

she created a rich and creamy vegan butter unlike anything else, too. The world's bread basket just got a whole lot fuller.

[OATrageous Oatmeals](#) Greenfinch

Presents a collection of recipes that use oats in everything from breakfasts and beverages to soups, stews, and dinners, including such options as cranberry orange baked oatmeal, Indian-spiced tomato soup, and eggplant pizza sliders.

[Annual Manual](#) Torchlight Publications

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

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[The Earth Diet](#) Hachette Go

From the USA TODAY bestselling author of *On the Corner of Love and Hate* comes a romantic comedy about a woman who grudgingly returns home to small-town Pennsylvania, only to find herself falling in love—not only with the town, but with two of its citizens. Charlotte Bishop is out of options in New York City. Fired, broke, and blacklisted by her former boss, she's forced to return to her hometown of Hope Lake, PA to lick her wounds. Although she's expecting to find a miserable place with nothing to do, she is pleasantly surprised to discover it is bustling and thriving. She's only supposed to be in Hope Lake temporarily until she can earn enough money to move back to New York. She's not supposed to reconnect with her childhood friends or her beloved grandmother. She's not supposed to find her dream job running the local florist shop. And she's definitely not supposed to fall for not one but two of Hope Lake's golden boys: one the beloved high school English teacher, the other the charming town doctor. With a heart torn between two men and two cities, what's a girl to do? A perfect blend of humor and heart, *Meet Me on Love Lane* is the second in a new series from USA TODAY bestselling author Nina Bocci that is sure to charm fans of Josie Silver and Sally Thorne.

[Little Indiana](#) Hay House, Inc

"Air Fryer Cooking: 29 Delicious Vegetarian Airfryer Recipes"

Welcome to my wonderful world of Air Fryer Cooking & this is my range of vegetarian recipes. Whether you are a vegetarian or not you'll love the variety of recipes in this ebook. We kick start things off with our potato recipes featuring all our favourite fries recipes. It even has some incredibly tasty vegetable fries. We then move onto more potato recipes before going down the route of amazing things you can make with vegetables and then cook in the airfryer. My personal favourite is the recipe for the cauliflower cheese tater tots. They also feature a lot of cheese (my biggest

food addiction) so not very suitable for vegans. If you're looking for air fryer recipes that are meat and fish free then you've come to the right place!"

[The VegNews Guide to Being a Fabulous Vegan](#) White Lion Publishing

For cooks with hectic schedules, this book features 100 quick-and-easy recipes and low-cost vegan menus using convenience foods. A vegetarian spice chart, nutrient charts, and seasonal party ideas are also included. A special section shows which vegetarian foods to try and which to avoid at 40 fast-food chains.

[The Walking Dead: The Official Cookbook and Survival Guide](#) Quirk Books

The Weeknight Dinner Cookbook isn't just for people who want everyday quick & easy recipes; it's for those who want to take cooking from scratch to the next flavour level. The 100 recipes in this cookbook fit the bill - they are simple, quick to cook or prep and out-of-this-world delicious. Sample recipes from the book include Green Chile and Cheese Stuffed Chicken, Sunday Pot Roast and Honey Chipotle Meatloaf. The recipes are divided into chapters of cook or prep time - 25 minutes or less to cook, 45 minutes or less to cook and 5-10 minutes to prep. Readers also get stress-free weeknight desserts, such as Layered Cheesecake Cups, One Bowl Chocolate Peanut Butter Cake and 5 Minute Soft Serve Strawberry Ice Cream. Since Mary's son has a sensitivity to gluten, the desserts include gluten-free adaptations, perfect for families in similar situations. Cooking from scratch is healthier and cheaper than eating out, and it has a way of bringing families closer together. The Weeknight Dinner Cookbook helps families eat at home during busy weeknights without stressing about cooking; they save money, eat good food and spend more quality time together.