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Low Fat Recip

*The Mcdougall Quick  
And Easy Cookbook  
Over 300 Delicious  
Low Fat Recip*

Do your kids want to impress

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friends and family with  
scrummy home-cooked treats  
that they have made  
themselves? If the answer is  
'yes', then this is the book for  
you. Packed with more than  
150 easy-to-follow step-by-

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step recipes, this inspirational  
book presents an irresistible  
selection of recipes suitable  
for every kid from 5 to 12.  
Ranging from lunches, picnics  
and after-school snacks to  
main courses, desserts, drinks

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and party food, there is sure to  
be a dish that takes their  
fancy. With more than 1000  
lively images and bursting  
with ideas and practical  
advice, this book is sure to  
provide hours of happy and

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healthy eating for everyone.  
A healthy, customizable way  
to cook every day with 75  
complete bowl recipes and  
mix-and-match bases,  
toppings, and sauces Want to  
cook healthier low-stress

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dinners, improve your lunch game, and find meals that can be prepped mostly in advance? Bowls are for you! The beauty of building a meal in a bowl is its versatility, and this book helps you compose

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75 interesting bowls that incorporate a multitude of flavors and textures, from a Harvest Bowl to a Pork Mojo Quinoa Bowl, all while streamlining prep work to keep them casual and fun.

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Where to start? Choose your base--we've got chapters based on grains, noodles, greens, and broths--and then peruse options as diverse as Seared Tuna Poke Bowl, Green Fried Rice Bowl, Indian-



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Spiced Chicken Zoodle Bowl,  
and Vietnamese Beef Pho.  
Components within recipes  
are frequently  
interchangeable, so if you've  
got pre-cooked grains on  
hand, or a rotisserie chicken,

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you can easily swap these foods in. (Lunch tip: Most bowl components can also be made the day before and transported.) Feel like improvising? Turn to our Bowl Basics section which offers

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100 components, from Quinoa  
Pilaf to Quick Pickled Carrot  
Ribbons. Our vibrant Beet  
Tzatziki sauce or crunchy  
Savory Seed Brittle might be  
just the ticket to transform  
your bowl improvisation into

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something special, and everything can be made in advance and stored. Looking to eat vegetarian, vegan, or gluten-free? You'll find plenty of options here, plus full nutritional information for

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every recipe.

Dive into the wide world of  
spices and herbs with more  
than 60 simple, elegant  
recipes that will spice up your  
kitchen game and improve  
your long-term health. Power

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Spicing is your primer to demystifying the healing powers of spices and their ability to fight cancer, reduce inflammation, protect your organs, burn fat, and boost your metabolism, all while

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enjoying flavor-packed dishes  
throughout the day. From  
turmeric that gives your  
morning latte an antioxidant  
boost to cayenne that infuses  
that bar-snack popcorn with  
an anti-inflammatory kick, this

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book is filled with recipes that  
add disease-fighting power to  
your daily routine. Registered  
dietitian nutritionist Rachel  
Beller teaches you how to  
build a spice pantry while  
sharing the health benefits of



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each and explaining how to help them work synergistically—for example, anti-oxidant, cancer-fighting garlic is even more effective when combined with rosemary. Whether you're in

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search of quick tricks such as  
stirring paprika and sumac  
into homemade hummus or  
looking to boost your  
weeknight repertoire with a  
Glowing Green Frittata or Anti-  
Inflammatory Chickpea Curry,

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Power Spicing boasts countless ways to mix and match spices in order to get the most out of every dish you create.

New York Times best-selling author offers a one-of-a-kind

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program to help readers finally  
become happy, thin, and free!  
Sustainable weight loss expert  
Susan Peirce Thompson  
builds on the success of her  
Bright Line Eating Boot Camps  
and best-selling book with:

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The Official Bright Line Eating  
Cookbook! The Official Bright  
Line Eating Cookbook is  
designed to help readers  
transition to this  
transformative way of life as  
smoothly and solidly as

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possible. The first book gave explicit instructions as to what the guidelines for each meal are, but no specific suggestions as to what to actually cook. This book provides recipes, as well as

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tons of tips, tricks, and tools  
culled directly from the Bright  
Line Eating community, the  
"Bright Lifers" themselves!  
Because Bright Line Eating is  
unlike any food program out  
there, this cookbook will be

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unlike any seen before. It's broken down by warm bowls, cold bowls, and plates. There will be a large section on salad dressings--because Bright Lifers live and die by their dressing! Note: there will not



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be any "cheat" foods, because those foods keep addiction alive in the brain, slow weight loss, and leave you vulnerable to old habits. Special features:

- 75+ delicious recipes •

Guidance for getting started

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and staying the course • Tips  
and tricks for getting the most  
from the plan • Jaw-dropping  
before-and-after stories and  
photos from successful Bright  
Lifers • and more! This will be  
an invaluable companion to

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the first book, and, for some,  
an entry into Bright Line  
Eating and an entirely new  
way of eating.  
The Official Bright Line Eating  
Cookbook  
Why the Foods You Love -

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Pizza, Pancakes, Potatoes,  
Pasta, and More - Are the  
Solution to Preventing Disease  
and Looking and Feeling Your  
Best  
The Happy Herbivore  
Cookbook

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Own Your Health  
Low Fat Recipes  
The McDougall Program  
The Surprising Truth about  
Wheat, Carbs, and Sugar--Your  
Brain's Silent Killers  
What Every Woman Needs to  
Know to be Healthy for Life

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**After vegan chef Lindsay S. Nixon wrapped up her popular cookbook *The Happy Herbivore Cookbook* last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged her to come up with**

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**simpler recipes, which led her to  
create a follow-up cookbook with  
a focus on recipes that bring  
tasty back to quick-and-easy.  
Now, in Nixon's much-  
anticipated follow-up cookbook,  
Everyday Happy Herbivore,**

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**readers will see, once again, that  
just because plant-based eating  
is optimal for health, that doesn't  
mean it has to be expensive or  
time-consuming. Everyday  
Happy Herbivore will include  
more than 175 doable**



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**recipes—recipes that are so quick  
and easy, you could cook three  
healthy meals from scratch every  
day. Each of Nixon's recipes are  
made with wholesome, easy-to-  
find, fresh ingredients and  
include no added fats. With**

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**additional notes indicating  
recipes that are ideal for  
preparing ahead of time and  
those you can whip up with just  
a few dollars, Everyday Happy  
Herbivore will be the must-have  
cookbook for anyone desiring a**

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healthier, happier menu!  
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**The devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 4-week plan to achieve optimum health. In Grain Brain, renowned neurologist David Perlmutter,**

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**MD, exposes a finding that's  
been buried in the medical  
literature for far too long: carbs  
are destroying your brain. Even  
so-called healthy carbs like  
whole grains can cause  
dementia, ADHD, epilepsy,**

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**anxiety, chronic headaches,  
depression, decreased libido,  
and much more. Groundbreaking  
and timely, Grain Brain shows  
that the fate of your brain is not  
in your genes. It's in the food you  
eat. The cornerstone of all**

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**degenerative conditions,  
including brain disorders, is  
inflammation, which can be  
triggered by carbs, especially  
containing gluten or high in  
sugar. Dr. Perlmutter explains  
what happens when the brain**

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**encounters common ingredients  
in your daily bread and fruit  
bowls, how statin drugs may be  
erasing your memory, why a diet  
high in "good fats" is ideal, and  
how to spur the growth of new  
brain cells at any age. Dr.**

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**Perlmutter's revolutionary  
4-week plan shows you how to  
keep your brain healthy, vibrant,  
and sharp while dramatically  
reducing your risk for  
debilitating neurological  
diseases as well as relieving**



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**more common, everyday  
conditions -- without drugs. Easy-  
to-follow strategies, delicious  
recipes, and weekly goals help  
you to put the plan into action.  
With a blend of anecdotes,  
cutting-edge research, and**

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**accessible, practical advice,  
Grain Brain teaches you how to  
take control of your "smart  
genes," regain wellness, and  
enjoy lifelong health and vitality.  
The author narrates his own  
journey to health, telling stories**

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**of how his parents saved each  
other's lives and how his wife  
Joanna overcame lupus. He  
explains why the science of  
nutrition is more settled than you  
think, suggests the best way to  
deal with doctors, takes on some**

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**leading historic opponents of the  
plant-based diet, blows apart the  
silly and misguided attacks on  
"carbs," and gives us an action  
plan to reverse the epidemics of  
obesity, diabetes, and heart  
disease, while obliterating**

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**demand for the kind of food-raising that risks future pandemics. Includes more than 100 delicious, vegan, whole-plant-food, oil-free, sugar-free, salt-free, gluten-free recipes. Regain your health and vitality,**

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**while losing weight effortlessly  
with this recipe book! It includes  
over 160 delicious, low-fat, oil-  
free raw and cooked vegan  
recipes for improved health and  
weight loss. This book is a great  
resource for those who would**

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**like to include more plant-based  
meals into their diet or as a  
transitional tool for living a plant-  
based lifestyle. All recipes  
include nutrition information so  
that you don't have to guess on  
the amount of calories, fat**

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**calories, protein, etc. If you want  
to lose weight, lower your  
cholesterol, avoid cancer, and  
prevent type 2 diabetes and heart  
disease, then choosing the right  
foods is important to achieving  
your health goals.**



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Delicious Recipe Ideas for 5-12  
Year Olds from Lunch Boxes and  
Picnics to Quick and Easy Meals,  
Sweet Treats, Desserts, Drinks**

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and Party Food

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Meals, Plant-Based & Oil-Free  
Busy People's Low-Fat  
Cookbook**

**The Mcdougall Program for  
Maximum Weight Loss**

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**Over 175 Delicious Fat-Free and  
Low-Fat Vegan Recipes**

*New York Times best-selling author and revolutionary food activist Vani Hari offers an array of quick, easy, REAL food recipes that make cooking fun, healthy,*

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*and delicious. This book  
will inspire you to take  
control of your health and  
ditch processed foods for  
good. Get ready to ditch  
processed foods for good,  
and eat the cleanest,  
healthiest food on the*

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planet! With more than 100  
mouthwatering recipes-from  
Biscuits with Whipped Honey  
Butter to Baja Fish Tacos,  
Grapefruit Goddess Salad,  
Luscious Lemon Bars, and  
even Homemade Doritos-the  
Food Babe Kitchen will show

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*readers how delicious and simple it is to eat healthy, easy, real food. Food Babe Kitchen shows you how to shop for the healthiest ingredients by breaking down every aisle in the grocery store with expert label-*

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*reading tips and simple  
swaps, plus a handy meal-  
planning guide and pantry  
list to stock your kitchen  
for success. Eat  
healthfully, close to the  
earth, with the best  
ingredients that you choose,*

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*so when you sit down to  
enjoy a delicious meal you  
know what you are eating,  
and you haven't spent all  
day in the kitchen! Easy-to-  
follow directions, eye-  
catching photography, and  
simple substitutions to*



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accommodate vegan, dairy-  
free, grain-free, and other  
diets, make this the  
ultimate guide to getting  
back into the kitchen to  
create healthful meals for  
yourself and those you love.  
Getting off processed food

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*has never been easier-or  
more delicious.*

*The bestselling author and  
internationally celebrated  
physician and expert on  
nutrition offers an  
appealing, approachable  
health solution—eat the*

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*foods you love to lose weight and get healthy. For years, we've been told that a healthy diet is heavy on meat, poultry, and fish, and avoids carbohydrates, particularly foods high in starch—empty calories*

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*Low Fat Recipes*  
*harmful to our bodies. But  
what if everything we've  
heard was backwards? High in  
calories and cholesterol,  
animal fats and proteins too  
often leave you hungry and  
lead to overeating and  
weight gain. They are often*

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the root causes of a host of  
avoidable health  
problems—from indigestion,  
ulcers, and constipation to  
obesity, diabetes, heart  
disease, and cancer. On the  
other hand, complex  
carbohydrates like whole

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grains, legumes, tubers, and  
other starches provide your  
body with essential proteins  
and nutrients that satisfy  
the appetite while  
simultaneously fighting  
illness. But Americans eat  
far too few calories from

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*carbohydrates—only about  
forty percent, according to  
Dr. John McDougall,  
internationally renowned  
expert on nutrition and  
health, featured on the  
documentary Forks Over  
Knives. The Healthiest Diet*

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*on the Planet helps us  
reclaim our health by  
enjoying nutritious  
starches, vegetables, and  
fruits. McDougall takes on  
the propaganda machines  
pushing dangerous, high-fat  
fad diets and cuts through*



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the smoke and mirrors of the  
diet industry. He offers a  
clear, proven guide to what  
we should and shouldn't eat  
to prevent disease, slow the  
aging process, improve our  
physical fitness, be kind to  
the environment, and be our

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*most attractive selves.*

*Featuring two dozen color  
photos and mouth-watering,  
easy-to-follow recipes for  
buckwheat pancakes,  
breakfast tortillas, baked  
potato skins, rainbow  
risotto, red lentil soup,*

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green enchiladas, dairy-free  
lasagna and pizza, and more,  
*The Healthiest Diet on the  
Planet will help you look  
great, feel better, and  
forever change the way you  
think about health and  
nutrition.*

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As featured in the book and  
movie *Forks Over Knives*, the  
bestselling author of *The  
Starch Solution* and *The  
Healthiest Diet on the  
Planet* returns with over 300  
recipes that can be prepared  
in 15 minutes or less. The

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*perfect gift for the busy  
and health-conscious chef!  
By greatly simplifying the  
work involved in preparing  
healthy, whole food,  
exciting meals, bestselling  
authors Dr. John McDougall  
and Mary McDougall continue*

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to build upon the success of  
their acclaimed, low-fat and  
plant-based McDougall  
Program books. In this  
latest edition, they share  
their secrets for lowering  
cholesterol, alleviating  
allergies, and dramatically

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*reducing the risk of heart  
disease, cancer,  
osteoporosis, and diabetes  
with food that is  
irresistible to the whole  
family. Featuring over 300  
recipes (including healthy  
Mediterranean diet recipes)*

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*that can be prepared in  
fifteen minutes or less, The  
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Cookbook is the busy  
person's answer to eating  
right. Discover shopping  
tips and cooking hints to  
save time, reduce fat, and*



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make great-tasting meals.

Learn the viable egg and  
dairy replacements to  
eliminate fat, cholesterol,  
and animal protein from your  
diet. And refer to the  
updated "McDougall-Okayed  
Packaged and Canned

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economical, fast, and  
innovative recipes in The  
McDougall Quick and Easy  
Cookbook help make good  
health and longer life  
easier than ever to achieve.  
Winner of the Pulitzer Prize*

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*in History for 1986, this highly acclaimed study approaches the space race as a problem in comparative public policy. Drawing on exhaustive research, author and ORBIS editor Walter A. McDougall examines U.S.,*

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programs and their politics.  
25 illustrations.*  
*A Contemporary Plant-based  
Ayurvedic Cookbook  
Over 175 Quick-and-Easy Fat-  
Free and Low-Fat Vegan  
Recipes*

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*How to Live Long and Avoid  
Chronic Illness*

*Bowls*

*Eat Feel Fresh*

*The Starch Solution*

*Simple and Delicious Recipes  
for Anyone with Autoimmune  
Issues and Inflammation : A*

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A vibrant cookbook contains more than one hundred simple recipes for everything from scrambled eggs to delicious pastries, all presented with full-color, step-by-step illustrations, introducing children to the joys of

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this revolutionary program, the fat-free  
way to healthier eating has never been  
easier—or more delicious. Thanks to  
John and Mary McDougall, countless  
health-conscious Americans have  
learned that our standard meat-heavy  
diet is hazardous to our health—and



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that the low-fat solution doesn't have to be low on taste. This collection of three hundred vegan, high-carbohydrate, virtually fat-free recipes offers a well-balanced, mouthwatering mix of fresh fruits, vegetables, legumes, and grains to help you lose weight, reverse illness,

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and do right by the environment.

Inspired by dishes from around the world, the recipes use familiar ingredients and rely on simple and consistent preparation methods. You will also find:

- An explanation of the groundbreaking McDougall Program

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health, · Easy-to-prepare recipes for  
nondairy drinks, dressings, and sauces  
that aren't based on oil, · Ten simple  
steps to make a lighter version of your  
favorite recipes, · An updated  
“McDougall-Okayed Packaged and

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Canned Products” list to help you shop  
with confidence.

O M Gee Good! Instant Pot(r) Meals,  
Plant-Based & Oil-Free is the VERY  
FIRST plant-based, oil-free Instant  
Pot(r) cookbook. Jill McKeever,  
author, wrote this family-pleasing

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cookbook solely for Instant Pot(r) owners. Inside you'll find 34 plant-based, oil-free meals and sides your family will ask for again and again. Looking at the Instant Pot(r) with all its function buttons can give some folks the feeling that cooking is made easier

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with a push of a button. As for others,  
multiple buttons can be overwhelming  
and confusing. Take a breath. There are  
four cooking functions most commonly  
used in this book; Keep Warm/Cancel,  
Saute, Manual, and Slow Cook. The  
cooking directions are written so even

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the newest Instant Pot(r) owner can whip up a delicious meal with ease. Jill compiled all her fan's favorite Instant Pot(r) recipes from her YouTube channel, Simple Daily Recipes, and brought them together in this book. Every recipe comes with a

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mouthwatering photo and easy to read  
list of ingredients and directions. Also  
included is a quick reference pressure  
cooking chart for beans/legumes,  
grains, and vegetables. You won't have  
to worry about your family eating their  
veggies when you make, Awesome Tex-



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Free and get started making meals your  
family will want to eat week after week  
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themselves. WOOT WOOT!"

Explains why the standards of medical  
practice in the local community do not

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work and outlines the best way to select  
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The editors at Prevention showcase the power of plants with 100 nutritious and tasty plant-based recipes for quick and easy everyday meals with many natural health benefits. It can be impossible to keep all the dietary buzzwords straight, so where does "plant-based" eating fit in? In Prevention The Plant-Based Plan,

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the brand's trusted health experts offer a definitive approach to plant-based eating plus 100 satisfying and delicious recipes for wholesome meals. This essential cookbook provides:

- A primer to understand how to incorporate plant-based recipes into your meal planning and lower the ratio of animal products

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to plants on your plate • The option of three eating plans that allows readers to choose their commitment to plant-based eating. Beginners can start by introducing one day or three meals while others can challenge themselves to five days or 15 meals. • Recipes for breakfast, soups and salads, grains and



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beans, alternative proteins, and vegetables and sides • Tips and tricks about the best sources of plant-based protein and the health benefits of this lifestyle shift • Nutritional information for every recipe With this guide in hand, plant-based beginners will learn how to incorporate more plants into

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their diet and plant-based pros will discover new ways to make every day delicious!

Offering an innovative approach to diet, exercise, and lifestyle to prevent and treat heart disease, this guide offers a menu plan, more than one hundred recipes, and advice on how to break bad

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habits and set realistic exercise goals  
From the bestselling author of The  
Starch Solution and The Healthiest Diet  
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or hungry again."—Your Health Lose  
weight, eat as much as you want, feel  
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like an impossible dream, but with The

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thousands of people. In this  
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McDougall draws on the latest scientific  
and medical information about  
nutrition, metabolism, and hunger to  
provide a simple weight-loss plan.

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Featuring more than 100 healthy and delicious recipes by Mary McDougall and packed with all the information and encouragement you need, this total weight-loss program also brings you:

- Studies and documentation on the McDougall approach
- The secrets of carbohydrates, your metabolism, and

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weight loss • The truth about fat—in your diet and on your body • Complete McDougall menu plans and cooking methods • Supermarket shopping guides • How to deal with eating disorders • Dining out information • And more! "Its rewards include not just a slimmer figure but enhanced physical

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vitality, mental clarity, and self-  
esteem."—Bookpage

Angela Liddon, author of the New York Times bestselling *Oh She Glows* cookbooks, returns to offer readers nourishing plant-based dinners bursting with layers of flavor. For more than a decade, Angela Liddon has been one of

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the biggest names in the healthy cooking blogosphere. Famous for her flavorful, creative, and whole foods approach to plant-based cooking, Angela's recipes are beloved by all, whether you are vegan, plant-based curious, or simply looking to add more energizing ingredients to your meals without



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sacrificing an ounce of satisfaction. Now, in her third, much-anticipated cookbook, *Oh She Glows for Dinner*, Angela gives readers her foolproof recipes, tips, and tricks for creating super tasty, always nourishing dinners that will have the whole family glowing from the inside out. In *Oh She Glows*

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for Dinner, Angela shares her Glow Getters meal prep plans, helpful make-ahead tips, and favorite seasonal and holiday menus, as well as one-pot and on-the-go meals that will help streamline your busy week. Storage and reheating instructions remove time-consuming guesswork, and a handy new

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label index helps you look up dishes based on allergies or food preferences such as gluten-free, freezer-friendly, one pot, nut-free, and more. Angela's thorough, easy-to-follow recipes help you feel like she's cooking with you in your kitchen. With irresistible, light meals like Kitchen Sink Sheet Pan

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Buddha Bowl and Mediterranean Smashed Chickpea Salad with Tzatziki Aioli and cozy, hearty meals like Portobello Boats with Rosemary-Lentil Crumble and Italian One Pot Buttery Tomato, White Beans, and Farro, dinner can be chock full of flavor and nutritious at the same time. And don't

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forget dessert: treats like O Canada!  
Spiced Maple Cream Torte with Warm  
Apple Pie Compote and Brain Child  
Cherry-Lemon Coconut Cream Pops  
make mealtimes (and snack times) a  
little extra sweet while utilizing  
ingredients you can feel good about.  
With its inspiring, yet practical

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feel good recipes will become a dog-  
eared staple in your kitchen for years to  
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YouTube's most popular meal  
preppers. Eating a plant-based

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diet--one that embraces veggies and ditches the meat, eggs, and dairy--is one of the easiest ways to improve your health. Whether you're ready to go entirely vegan or just want to incorporate more plant-based meals into your diet, Steph and Adam will show you how to plan and prep ahead,



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started guide walks you through the basics of plant-based eating \* Soy-free, grain-free, and paleo-friendly tags make it easy to find recipes that fit your diet \* Flexible build-a-meal strategies let you choose your favorite flavors \* Easy-to-follow meal plans take the guesswork out of what to

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make \* Nutritional information for every recipe to help manage macros and achieve diet goals.

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struggled. But I've found out that you  
can have your cake and eat it too?as  
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low-fat meals while keeping the  
tantalizing taste." ?Dawn Hall In

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In addition, all recipes . . . Can be cooked  
in 30 minutes or less Are kitchen  
tested for taste and ease of  
preparation Have nutritional  
information Are budget friendly  
Includes recipes for . . . Cinnamon  
Drops Warm Cran-Apple Salad  
Pinwheel Dinner Rolls Butterfinger

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Trifle Cinnamon-Kissed Chicken

Peppermint Chocolate Cheesecake

Learn how to heal or prevent a  
plethora of digestive disorders that  
plague our society by adopting the  
dietary principles and lifestyles  
program recommended in this book.  
Includes recipes.

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Includes a sneak peek of  
Undoctored—the new book from Dr.  
Davis! In this #1 New York Times  
bestseller, a renowned cardiologist  
explains how eliminating wheat from  
our diets can prevent fat storage,  
shrink unsightly bulges, and reverse  
myriad health problems. Every day,

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over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis



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calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing

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conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the

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American public as "wheat" and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their

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health after waving goodbye to wheat,  
Wheat Belly is an illuminating look at  
what is truly making Americans sick  
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of this seemingly benign ingredient.  
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Fueled Meals and a Healthy Body: A  
Cookbook

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Children's Quick and Easy Cookbook

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Do you want to eat delicious food that allows you to lose weight and keep it off permanently without hunger or deprivation? Do you want to throw away your medications and recover from chronic illnesses such as heart disease, high blood pressure, and diabetes? Do you want to maintain

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your good health, live longer, and enjoy life to the fullest? If you said yes to any of these, then the Eat to Live Cookbook is for you. Through his #1 New York Times bestselling book Eat to Live, Joel Fuhrman, M.D., has helped millions of readers worldwide discover the most effective, healthy,

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loss. Now the Eat to Live Cookbook  
makes this revolutionary approach  
easier than ever before. Filled with  
nutritious, delicious, and easy-to-  
prepare recipes for every occasion,  
the Eat to Live Cookbook shows you  
how to follow Dr. Fuhrman's life-



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changing program as you eat your way  
to incredible health.

A woman's guide to achieving a  
lifetime of good health offers weight-  
loss and exercise programs, as well as  
coverage of specialized subjects  
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hormone replacement.

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Presents more than three hundred recipes for wholesome salads, appetizers, main and side dishes, and desserts, all of which are meatless, dairyless, and virtually fat-free. Swank and Dugan provide complete background information on the development of the diet and the

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clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet, equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants),

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and keeping the careful dietary records that are essential to continuing good nutrition. This is the low-fat diet that works in reducing the number and severity of relapses in M.S. patients — and The Multiple Sclerosis Diet Book provides the nutritious and tasty recipes that M.S. patients and their

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families can live with for years to  
come.

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Less

Wheat Belly

***Vegan chef of one of the top 50***

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***food blogs on the Web,  
HappyHerbivore.com, Lindsay  
Nixon, gives hundreds of  
thousands of her followers  
recipes each month, showing  
that the vegan diet is not only  
healthy but delicious, too.***

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her tastiest recipes in The  
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each made with no added fats,  
using only whole, plant-based  
foods. It's easy to make great  
food at home using the fewest***



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***number of ingredients and  
ones that can easily be found  
at any store, on any budget.***

***The Happy Herbivore  
Cookbook includes: • A variety  
of recipes from quick and  
simple to decadent and***

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that may be new to the reader***  
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a conventionally organized  
format; easy-to-follow, step-by-  
step instructions; nutritional*

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***analyses, colorful photographs;  
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of each recipe; helpful tips  
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suggesting variations for each  
dish, even the most novice  
cook will find healthy cooking***

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present more than three  
hundred delicious, easy-to-  
prepare recipes for wholesome***

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which are meatless, dairyless,  
and virtually fat-free. Reprint.  
Bring your body into balance  
with over 100 healing recipes  
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is divine medicine with the  
power to heal, and that the  
best foods for one person may  
not be beneficial to another.  
Unlike many diets with rigid,***



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season and climate affect your  
digestion and how to adjust  
your diet accordingly. You'll  
focus on food qualities, not  
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bestselling author and creator  
of the nationally renowned diet  
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California, introduces his  
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traditional meat-rich American  
diet is hazardous to our health,  
Dr. McDougall has developed a***

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facilitates weight loss but also  
reverses serious illness,  
without drugs, and provides a  
broad range of dramatic and  
lasting health benefits. Step-by-***

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by-day menus Suggestions for  
healthful dining out Plus a  
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thrive The secret is out: If  
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**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.  
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movement—is the  
international phenomenon  
that first emphasized the  
benefits of plant-based  
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people have cut out meat,  
dairy, and oils from their  
diet and seen amazing

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Forks Over Knives philosophy  
is not about what you can't  
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meals in the landmark  
documentary, and his  
collaborators transform  
wholesome fruits,  
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legumes into hundreds of**

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Breakfast Quinoa with Apple  
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**Chard Rolls The Amazing**

**Bean: White Beans and**

**Escarole with Parsnips Great**

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Cookbook put the power of**

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**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!**

**120+ simple, delicious  
recipes for breakfast,**

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lunch, and dinner to help  
you manage autoimmune issues  
all day—plus an 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

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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



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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

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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

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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

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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

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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-

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inflammatory friendly

Low Fat Recipes  
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

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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.

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Low Fat Recipes  
The 250 recipes in this book  
are centered around  
preparation of the starch-  
based foods that best  
support health including  
pasta, grains, fruits, and  
vegetables  
Plant-based diet expert Chef**



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**AJ provides you with not only tips and techniques to begin your weight-loss journey but also the secrets to tasty homemade dishes that will fill you up without adding on the pounds.**

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Power Spicing  
Over 300 Delicious Low-Fat  
Recipes You Can Prepare in  
Fifteen Minutes Or Less  
Lose the Wheat, Lose the  
Weight, and Find Your Path  
Back to Health  
A Life-Saving Approach to

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**Preventing and Treating  
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**The McDougall Health-  
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**The Multiple Sclerosis Diet  
Book**

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Low Fat Recipes  
*Fear of carbs has taken over  
the diet industry for the  
past few decades--the mere  
mention of a starch-heavy  
food is enough to trigger an  
avalanche of shame and  
longing. Here, diet doctor  
and board-certified*

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*internist John A. McDougall,  
MD, and his kitchen-savvy  
wife, Mary, show that a  
starch-rich diet can  
actually help you lose  
weight and prevent a variety  
of ills. By fueling your  
body primarily with*

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*carbohydrates rather than  
proteins and fats, you'll  
feel satisfied, boost  
energy, and look and feel  
better.--From publisher  
description.*

*Convenience and eating  
healthfully can go hand in*

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hand, and with the American  
Heart Association Quick &  
Easy Cookbook, 2nd Edition,  
you can spend less time in  
the kitchen and still  
achieve great results at the  
table. This revised and  
expanded edition of the

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*classic cookbook includes  
more than 200 speedy dishes,  
of which 60 are brand new.  
Prep and cooking times are  
provided for all recipes, so  
you'll know how much time  
you'll need in the kitchen.  
And rest assured, no dish*



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Low Fat Recipes  
takes longer than 20 minutes  
to prepare, and many recipes  
can be made in 30 minutes  
from start to finish. In  
fewer than 10 minutes, you  
can start your day with  
Confetti Scrambler or  
Mandarin Breakfast Parfaits.

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*No one will guess you  
whipped up dinner in 20  
minutes when you serve  
Chicken with Tarragon Oil,  
Baked Tilapia with Pineapple  
Reduction, or Beef  
Tenderloin on Herbed White  
Beans. When meals are this*

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*simple and good for you,  
even appetizers, snacks,  
sides, and desserts can be  
on the docket. You'll find  
recipes for Homemade Corn  
Tortilla Chips, Edamame  
Salsa, Warm Chicken and  
Papaya Salad, Citrus Kale*

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*with Dried Cranberries,  
Chocolate-Banana Mini  
Cupcakes, Grilled Peaches  
with Almond Liqueur, and  
much more! Make the most of  
your time in the kitchen and  
in the grocery store with  
helpful tools such as: .*

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*Meal-planning strategies,  
including a sample dinner  
plan and a chart template to  
customize your own meals  
week-by-week . Guidelines  
for maximizing nutritious  
foods and minimizing  
nutrient-poor foods .*

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*Shopping strategies,  
including lists of health-  
smart staples · Tips on  
organizing your kitchen for  
the greatest efficiency ·  
Quick-cooking techniques and  
short prep tricks With this  
new edition of one of the*

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*American Heart Association's  
first and most popular  
cookbooks, you'll have a  
resource right at your  
fingertips for making your  
own quick and easy meals  
that will offer you fast,  
healthy food.*

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Eat to Live Cookbook  
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Cookbook  
Dr. McDougall's Digestive  
Tune-Up



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*A Revolutionary Approach to  
Low Fat Recipes,  
Conquer Cravings, Overcome  
Food Addiction, and Lose  
Weight Without Going Hungry*