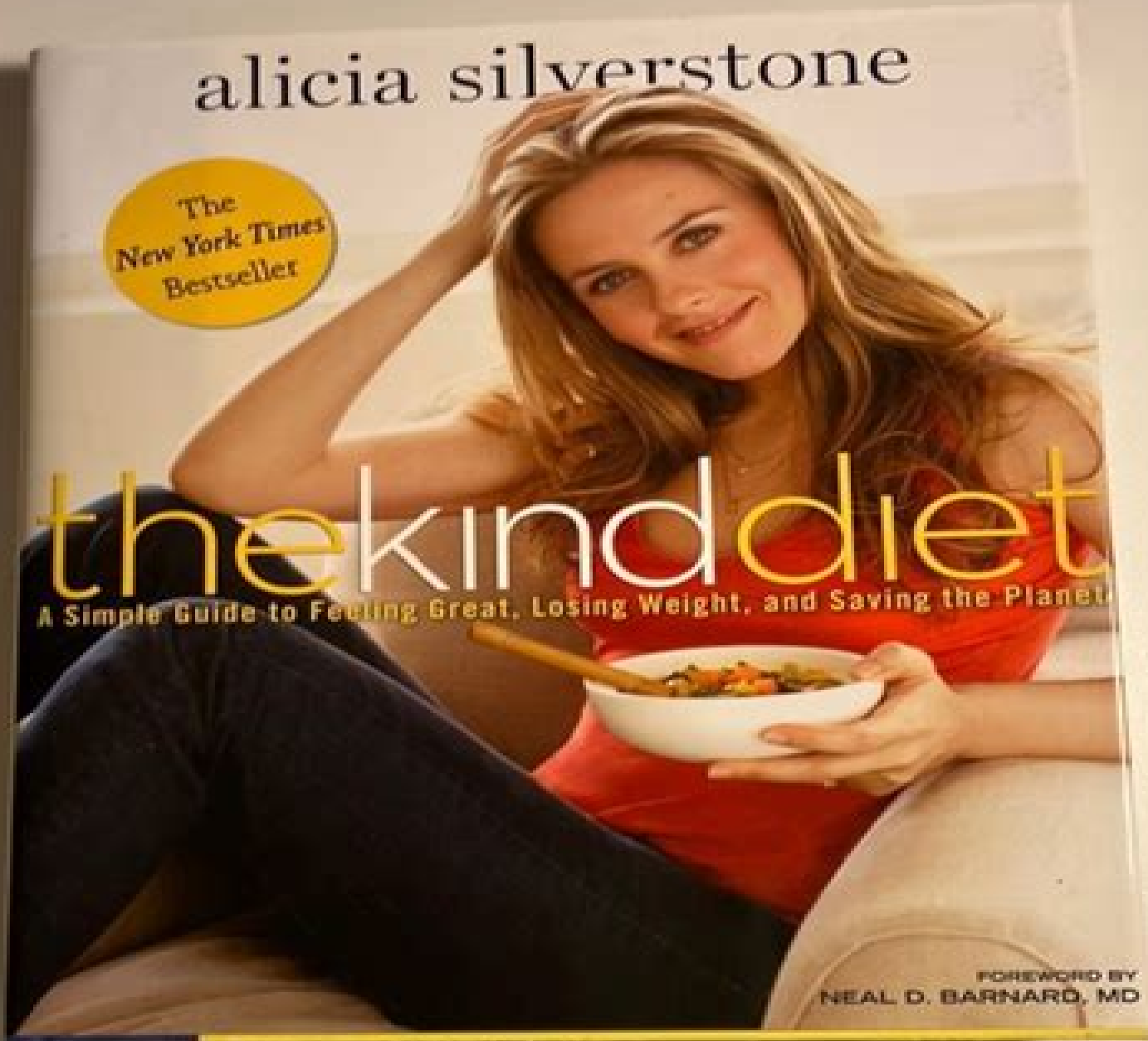




alicia silverstone

The
New York Times
Bestseller

the kind diet

A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet

FOREWORD BY
NEAL D. BARNARD, MD

Alicia Silverstone Cookbook

Joy Pierson,Angel Ramos,Jorge Pineda

Alicia Silverstone Cookbook:

The Kind Diet Alicia Silverstone, 2009-10-13 In *The Kind Diet* actress activist and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever and outlines the spectacular benefits of adopting a plant based diet from effortless weight loss to clear skin off the chart energy and smooth digestion She explains how meat fish milk and cheese the very foods we've been taught to regard as the cornerstone of good nutrition are actually the culprits behind escalating rates of disease and the cause of dire potentially permanent damage to our ecology Yet going meat and dairy free doesn't mean suffering deprivation to the contrary *The Kind Diet* introduces irresistibly delicious food that satisfies on every level it even includes amazing desserts to keep the most stubborn sweet tooth happy Alicia also addresses the nutritional concerns faced by many who are new to a plant based diet and shows how to cover every nutritional base from protein to calcium and beyond Alicia knows that changing life long dietary habits is a process and that each person progresses at a different pace For that reason *The Kind Diet* encompasses 3 separate levels from Flirting to Superhero Flirts learn to dip a toe into the vegan pool reducing their meat eating and swapping out a few key foods for plant based substitutes to see quickly how even small changes can reap big results Vegans get to experience the life altering effects of forgoing animal products entirely while still enjoying many convenience foods and meat substitutes in addition to the wonderful grains vegetables and fruits that form the core of that diet True enlightenment comes with the Superhero program based on the principles of macrobiotics and built on a foundation of whole grains vegetables and other yummy foods that Alicia describes in detail Whether your goal is to drop a few pounds boost your energy and metabolism or simply save the world Alicia provides the encouragement the information and the tools you need to make the transition to a plant based diet deliciously empowering

The Meatless Monday Family Cookbook Jenn Sebestyen, 2019-11-19 Going meatless one day a week is a great way to improve your overall health help the planet and make weeknight cooking fun for the whole family *The Meatless Monday Family Cookbook* features more than 100 delicious plant based kid approved recipes perfect for busy weeknights or whenever you feel like trying out a meat free meal From filling Lentil Bolognese with Spaghetti to Tex Mex Stuffed Peppers and Smoky BBQ Burgers these meals will satisfy even the pickiest of palates And most can be made in 30 minutes or less Chapters cover all types of meals from Bountiful Bowls perfect for lunch or dinner to One Pot Wonders to everyone's favorite Breakfast for Dinner You'll also find great tips for getting the kids involved which has a funny way of making them enjoy the meal even more Find something for everyone with recipes like Creamy Tomato Soup with Orzo Sloppy Lentil Sandwiches BBQ Chickpea and Veggie Bowls Butternut Squash Mac and Cheese Quick Peanut Noodles Black Bean and Zucchini Enchiladas Thai Sweet Potato Curry Cheesy Broccoli Stuffed Baked Potatoes Banana Walnut Baked Oatmeal Kickstart your week in a healthy and fun way with *The Meatless Monday Family Cookbook*

Skinny Bitch: Ultimate Everyday Cookbook Kim Barnouin, 2010-10-19 Offers a collection of vegan recipes that focus on fresh seasonal ingredients rather than

processed meat substitutes along with complete nutritional breakdowns and a variety of variations

The Blossom Cookbook Ronen Seri, Pamela Elizabeth, 2017-04-25 The long awaited cookbook from the duo that brought America a new craveable vegan cuisine filled with over 80 recipes for upscale vegan dishes and remakes of classic comfort food fare Blossom has been changing the face of vegan food for more than a decade with their menus of delicious vegan meals that everyone both vegan and omnivore wants to eat What began as a humble vegan restaurant in New York City quickly grew into one of the most well known group of restaurants in the world attracting legions of loyal diners and celebrities alike In The Blossom Cookbook home cooks will learn the Blossom chefs secrets for preparing elegant vegan entrees like Lobster Mushroom Crusted Tofu and Seitan Piccata with Sauteed Kale comfort food favorites like Fettuccine with Cashew Cream and Curried Un Chicken Salad and even recipes for everyone s favorite meals brunch and dessert With essential tips for living a vegan lifestyle a chapter dedicated to preparing fundamental vegan base sauces and condiments and 80 inventive recipes this cookbook will excite home cooks who love eating healthy delicious sustainable meals

The Joy of Writing a Great Cookbook Kim Yorio, 2015-05-12 With more than 20 years in publicity under her belt Kim Yorio has worked with the biggest names in the food world including Julia Child Jamie Oliver Ina Garten and Rachael Ray as well as esteemed brands like Calphalon Sur La Table Nudo Italia and Taste 5 Now with this must have guide to success you can get the secrets on how to make your cookbook stick out from the pack from a culinary marketing master Whether you re a restaurateur looking for promotions or a great home chef hoping to share your exceptional recipes with Kim s years of knowledge printed on the page you ll be able to create the bestselling cookbook of your dreams Kim instructs on everything from what cookbook concept is right for you how to select the perfect recipes how to have a captivating voice on paper and of course how to market your book once its published With The Joy of Writing a Great Cookbook Kim Yorio leaves no stone left unturned putting you on the straight path to a bestseller

The One Peaceful World Cookbook Alex Jack, Sachi Kato, 2017-08-29 Eating a balanced plant based diet is not only the best choice for your health and the planet these foods are also essential for your mental and emotional well being Marrying traditional wisdom and modern scientific and medical research a vegan macrobiotic approach recognizes the profound effects food environment activities and attitude can have on your physical and emotional health Drawing upon traditional and contemporary cuisines from around the globe The One Peaceful World Cookbook Over 150 Vegan Macrobiotic Recipes for Vibrant Health and Happiness shows you how to prepare delicious satisfying meals that nourish your body and mind Based on the authors decades long experience as teachers dietary counselors and chefs on scientific and medical studies documenting the health benefits of a vegan macrobiotic way of eating and on other cutting edge research on health vitality and fitness this book features 150 plus easy to follow recipes including Roasted Beet Salad with Orange Mustard Dressing Vegetable Paella Tofu Lasagna with Carrot Marinara Sauce Pad Thai with Tempeh Mochi Waffles with Lemon Syrup Tiramisu with Cashew Cream These gourmet recipes both savory and sweet are designed for an

on the go lifestyle and will both nourish and delight you The One Peaceful World Cookbook empowers you with the tools and recipes you need on your path to optimal health and well being

The Hungry Fan's Game Day Cookbook Daina Falk,2016-08-23 The daughter of legendary sports agent David Falk Daina Falk spent her early years around pro athletes Today her love of sports is matched only by her passion for food As the original Hungry Fan Daina celebrates game day cooking at its best from pulled pork sandwiches at the tailgate to sky high stadium chili at home In The Hungry Fan s Game Day Cookbook Daina presents more than 100 crowd pleasing recipes to jazz up your tailgate and score points with any home game watching guest Discover fresh takes on classics like Buffalo wings sliders and layered dips alongside delicious dishes inspired by local fan traditions Daina also enlisted a dream team of athletes including LeBron James Boomer Esiason Victoria Azarenka and Dikembe Mutombo to contribute their signature recipes to the mix Featuring tips on planning menus packing snacks and finding top stadium eats plus fun facts team trivia and Daina s memories of growing up on the sidelines this fan friendly cookbook is an all access pass to the ultimate game day experience

Candle 79 Cookbook Joy Pierson,Angel Ramos,Jorge Pineda,2011-11-01 A sophisticated vegan cookbook from New York s acclaimed Candle 79 restaurant Continually rated as one of the best vegan restaurants in the country Candle 79 is at the forefront of a movement to bring elegance to vegetarian cuisine Not only is its fare local seasonal organic and sustainable but also so flavorful and satisfying that customers vegan and omnivore alike are constantly asking for recipes to cook at home This collection answers that call with simple yet impressive recipes for Chickpea Crepes Ginger Seitan Dumplings Live Lasagna Chocolate Mousse Towers Cucumber Basil Martinis and more Expanding the horizons of vegan fare with appetizers soups salads mains brunches desserts cocktails and wine pairings Candle 79 Cookbook invites every home cook to make truly green cuisine

The Kind Diet Alicia Silverstone,2011-03-15 Addresses the nutritional concerns faced by many who are new to plant based vegetarian diets and shows how to cover every nutritional base from protein to calcium and beyond Features irresistibly delicious food that satisfies on every level including amazing desserts to keep the most stubborn sweet tooth happy

Mayim's Vegan Table Mayim Bialik,Jay Gordon,2024-09-24 The Emmy Award nominated actress New York Times bestselling author and mom shares her favorite vegan recipes in this cookbook Actress Mayim Bialik shares the concerns of parents everywhere when it comes to nutrition and feeding your family you want healthy meals but also food that everyone can enjoy and a balanced lifestyle that s inexpensive and fuss free Not only does Mayim share more than one hundred easy plant based recipes for dishes that are as delicious as they you are healthy she has also teamed up with pediatrician Jay Gordon to offer Basic nutritional information about a plant based diet The real deal on raising kids on a plant based diet myths debunked Vegan family essentials including a list of what to always keep in the pantry Tips and strategies for easy meal planning and healthy eating out And of course the food you ll find recipes for Mayim s favorite breakfasts snacks lunches dinners and desserts including kid approved meals like build your own tacos and mac n cheez Mediterranean and Asian inspired salads

that parents will love comfort food classics like kugel and matzoh ball soup and many more Stocked with recipes for everything from mac and cheese to baked ziti to Israeli salad All sans meat All sans dairy Chicago Tribune The recipes are nicely organized and instructions are clear The index is extensive and the beginning chapters will be wonderful for anyone who is interested in a vegan diet but not sure where to start There are so many delicious sounding recipes in here this cookbook is a treat for anyone San Francisco Book Review

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