

The G Plan Diet Amanda Hamilton,Hannah Ebelthite,2018-05-24 As seen on ITV's Save Money: Good Health 'The beauty of the G Plan is that it's about abundance...You'll be surprised how quickly positive affects appear!' - Top Sante 'G Plan the diet that really works' - Irish Sunday Independent Losing weight never felt so good. Do you want to lose weight easily and healthily? Do you want to improve your gut health? Do you want to increase your energy and vitality at the same time? The latest research in nutrition suggests that if you want to lose weight for good, you need a healthy gut with a diversity of good bacteria. Beginning with a digestive 'rest' and including the 10 best gut healthy foods, the 21 day plan will help you say goodbye to bloating and discomfort, lose even stubborn weight and look forward to increased energy, clear skin and improved mood. Over 40 recipes are included that are quick and easy to prepare, and success stories are featured throughout. The G Plan Diet is weight loss+.

One Recipe Recipe Book Christopher Dunning,1995-11-15 So, who are you? A poet, musician, painter, sculptor, dancer, actor, a singer, or one of the many striving in the cultural sweatshop? Like most slaves to the Muse you are probably cash-poor, but you need a clear head and healthy body to be an artist. Well ... you can do it on \$15 a week. Here is The One Recipe Recipe Book : a thoroughly engaging, ecologically friendly and vegetarian affirmative approach to breakfast, lunch and dinner. Conceived and created with the starving artist (and student) in mind, this culinary jewel appeals not only to the palate and pocketbook, but to our appetite for the picturesque in life.

Going Vegan Holly White,2020-02-18 A Gentle Introduction to the World's Hottest Food Trend Whether you're a committed vegan or just curious about this increasingly popular diet which has so many health and environmental benefits, Holly will take you on a mouthwatering journey while converting to a plant-based diet. Going Vegan includes over one hundred delicious, everyday recipes, as well as practical advice on how and when to change your diet, food swaps, eating out, and shopping economically for plant-based foods. From juices and smoothies that range from the pure and green Reset Juice to the indulgent and creamy Raw Chocolate Heaven; to quick and creative ideas for lunch, such as Cauliflower and Squash Bisque, Roast Veg Buddha Bowl and a Vegan Club Sandwich; hearty, filling main meals, including variations on much-loved staples like Vegan Meatballs, Shepherdless Pie and Lemony Mac and Cheese; and incredibly tasty desserts, Going Vegan dispels any myths that a plant-based diet is too restrictive or difficult to follow and is packed with inspirational ideas for incorporating more vegetables into your diet.

Everything you'll need to know Vo.17 Vegetarian RC Ellis,

How to Boil an Egg Jan Arkless,2013-05-30 Jan Arkless's bestselling recipe book has given confidence to a whole generation of new cooks. This new edition has been fully updated to include such new recipes as Hoisin Chicken Stir Fry, Tabbouleh and Winter Pork Casserole. Leaving home for university or to start a new job? Suddenly faced with cooking for yourself for the first time and don't want to exist on a diet of takeaways or squander your money on expensive ready-made meals? Don't worry! All the recipes you need are here, starting right at the beginning with how to boil an egg - and then how to poach, scramble and fry it as well! The essential guide for those new to cooking. Includes useful table of quantities when cooking for one. Simple instructions on how to prepare vegetables. Easy, tasty and economical meals. Most of the recipes serve one - but some feed two or more for when you're entertaining friends. How to Boil an Egg explains all the things that other cookery books assume you know.

The Rough Guide to Malaysia, Singapore & Brunei Richard Lim,David Leffman,2015-07-14 The full-colour Rough Guide to Malaysia, Singapore and Brunei is the ultimate guide to these three exciting Southeast Asian destinations, covering all their attractions, from amazing national parks and historic temples to gorgeous beaches and islands. This new, fully updated edition features redrawn and comprehensively updated maps, evocative photography, and itineraries that take in both big sights and less visited spots. There's more detail on museums and galleries in Penang and Singapore and revamped coverage of trekking - including more on the Kelabit Highlands, a popular remote area in Sarawak. There's also plenty of practical information, from budget flights to boutique accommodation, and insider insights on the huge variety of excellent local cuisines the region has to offer. The Rough Guide to Malaysia, Singapore and Brunei will help you get the best out of your trip, whatever your budget.

The Foodie Diet ,

A Soup a Day Hamlyn,2018-08-23 The key to a healthy diet is variety, and given that such a mixture of ingredients can be added to soups, it is easy to include a wide range of essential vitamins, minerals, protein, complex carbohydrates and healthy fats, which are all vital for energy, growth, repair and key metabolic processes. Featuring 365 recipes, A Soup a Day is packed with delicious soups for each day of the year, including Chilled Gazpacho, Chestnut Soup with Truffle Oil and Mediterranean Garlic Soup. Be it a hot summer's day or a wintry afternoon, you will discover a soup to fit any occasion.

The illness is in your plate Idriss Meto'o,

The Yummy Mummy Cookbook ,

Carina Contini's Kitchen Garden Cookbook Carina Contini,2014-04-24 Carina Contini's Kitchen Garden Cookbook is a collection of over 120 seasonal recipes that bring together Carina's Italian family heritage and her Scottish roots. Twelve months of recipes celebrate the best seasonal produce, with added ingredients from Carina's favourite artisan food producers. Carina tells the story of how she and her husband. Victor, restored a large Victorian garden on the outskirts of Edinburgh, making it into an established kitchen garden that now serves their award-winning restaurants in Edinburgh. This warm and generous book includes seasonal growing notes provided by their expert head gardener, as well as Carina's personal recollections of Italian Scots family life. 'Victor and Carina Contini marry Italian elegance with Scottish savvy to create spectacular fresh dishes.' Ian Rankin

Hamlyn All Colour Cookery: 200 Super Soups Sara Lewis,2007-09-07 Soup is the ultimate comfort food: warm, filling and satisfying. It is also extremely good for you - most soups are low in fat and packed with nutrients, especially if they are homemade. Hamlyn All Colour Cookbook: 200 Soups provides you with recipes for everything from classic favourites, such as Potato and parsley soup, to exotic new ideas. The book also contains a section on chilled soups, perfect for when the weather begins to get warmer. Each recipe is accompanied by easy-to-follow instructions and a full page colour photograph to ensure perfect results every time.

Happy, Healthy, Strong Krissy Cela,2021-12-28 This woman will change how you exercise forever --YOU Magazine FEEL-GOOD FOOD AND FITNESS. UNBELIEVABLE RESULTS. Fitness guru Krissy Cela wants to transform your life with her 360-degree approach to exercise, eating well and mindset, with results that really work. Happy Healthy Strong is a simple and achievable plan that you can do at home, focusing on three key elements for life-long success: - Train Your Brain - to build your mental strength - Fuel Your Life - more than 80 easy, delicious recipes to keep your body strong and satisfied - Move Move Move - over 45 at-home exercises, complete with build-your-own workout guides for every level Looking after your body and mind is the most important thing you can do for happiness and wellbeing; it means so much more than a number on the scales. Through Krissy's tried-and-tested advice, you will feel great and get results you've never thought possible, with a program you can stick to for life. With Happy Healthy Strong, you can say goodbye to yo-yo dieting, feel great, and live a life that truly empowers you.

The Rough Guide to Malaysia, Singapore & Brunei (Travel Guide eBook) Rough Guides,2023-06-01 This practical travel guide to Malaysia, Singapore & Brunei features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This Malaysia, Singapore & Brunei guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make Malaysia, Singapore & Brunei easier to navigate while you're there. This guide book to Malaysia, Singapore & Brunei has been fully updated post-COVID-19. The Rough Guide to Malaysia, Singapore & Brunei covers: Kuala Lumpur, the west coast, the interior, the east coast, the south, Sarawak, Sabah, Brunei and Singapore. Inside this Malaysia, Singapore & Brunei travel guide you'll find: RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to Malaysia, Singapore & Brunei, from off-the-beaten-track adventures in Mount Kinabalu, to family activities in child-friendly places like Georgetown, or chilled-out breaks in popular tourist areas, like the Cameron Highlands. PRACTICAL TRAVEL TIPS Essential pre-departure information including Malaysia, Singapore & Brunei entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink,

festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. TIME-
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The Rough Guide to Malaysia, Singapore & Brunei Rough Guides,2015-07-01 The full-colour Rough Guide to Malaysia, Singapore and Brunei is the ultimate guide to these three exciting Southeast Asian destinations, covering all their attractions, from amazing national parks and historic temples to gorgeous beaches and islands. This new, fully updated either edition features redrawn and comprehensively updated maps, evocative photography and itineraries that take in both big sights and less visited spots. There's more detail on museums and galleries in Penang and Singapore and revamped coverage of trekking - including more on the Kelabit Highlands, a popular remote area in Sarawak. There's also plenty of practical information, from budget flights to boutique accommodation, and insider insights on the huge variety of excellent local cuisines the region has to offer. The Rough Guide to Malaysia, Singapore and Brunei will help you get the best out of your trip, whatever your budget.

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A Gryphon Year Priscilla Thomson Jackson,2012-06 This historic year is vividly pictured as a young American surgeon and Canadian wife dare to enter exotic Manchu (Ch'ing) Empire only a decade after the Empress Dowager's 'Boxers' massacred foreigners. Admired as missionaries, deeply in love, Nell - on the ocean liner - begins to doubt James' judgment. James, eager to bring modern medicine to antique China, is shocked by the shabbiness of his assigned Hospital-of-Last-Resort with only male apprentices as aides. He faces poor patients with monstrous tumors, plague, stones, does operations never observed, is opposed by unbelievable superstitions. Astonishingly, the 'foreign doctor' (true) is called to Military Headquarters where the Vice-roy of the two Kwang Provinces -- as large as Germany -- has called brilliantly robed Mandarins - Ministers of Army, Navy, Law, Treasury, Literary chancellor. Why? Unknown anarchists tried to assonate the Tartar General! Is Revolution brewing? On return, James' sedan chair is waylaid by Ming Secret Society dissidents. Different Chinese factions seek James' USA support. Pretty teacher, impetuous Stephanie, sponsors 'returned student' radicals. Medical assistants-- for Republic therefore anti-Manchu (very dangerous) -- hide a rebel in his 'neutral' Hospital. Chinese Officials in Manchu Administration expect support for their Self-Strengthening moderates. Meanwhile Nell struggles with her new house knowing no Cantonese, then with intelligent cook-helper knowing no English. Sir Gladwyn, British diplomat, takes her to ancient pagoda; she climbs inside! Shocked at primitive child-birthing in this 'medieval' village, she's chased as Blue-Eyed Witch! Visiting the British Yamên they hear a threatening rocket. Returning to Hospital, James is captured by the Manchu General, is horrified at cruel but brilliant strategy, watches Manchus win historic Battle of Seventy-Two Heroes. Mr.Colocott, Hong Kong tea exporter, Mr.Paronel, British consul, M.Zinôt, disillusioned but fluent French liaison, Mr. Fa, Hospital pharmacist, argue with the North Americans, fearful and fascinated, as this tumultuous year -1910 - will change World History.

Culinary Herbs Ernest Small,National Research Council Canada,2006 A publication of the National Research Council of Canada Monograph Publishing Program.

Hamlyn All Colour Quick and Easy Nicola Hill,2007 With over 250 imaginative recipes for starters, main courses and desserts, this title offers a huge range of simple, fresh and delicious dishes, all of which can be put together in 30 minutes or less.

Sodium Content of Raw and Cooked Vegetables Shirley Lew,1959

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