

The Chive Free

Love Productions

The Keto Diet Cookbook Leanne Vogel, 2019-04-09 From the bestselling author of *The Keto Diet* comes this all-new cookbook featuring 140 low-carb, high-fat recipes designed to help make the ketogenic diet work for each individual's unique needs. Leanne Vogel (HealthfulPursuit.com) is well aware that keto is not a one-size-fits-all way of eating; she offers a wealth of advice for customizing the diet to keep people from giving up because of frustration and feeling "stuck." Her goal with *The Keto Diet Cookbook* is to teach people how to eat keto with foods they have in their kitchens and show them how to make keto work with the resources they have available right now—simple and easy! The book begins with an overview of how, and why, to keto. Leanne walks readers through the steps of setting macros, getting into ketosis, becoming fat-adapted, and figuring out which foods make them feel good and help them hit their goals. Following that is a varied and delicious collection of recipes for breakfasts, lunches, dinners, sweet and savory snacks, drinks, and condiments. The recipes are packed with handy extras that make them even easier to use and adapt, from portion sizes to comprehensive nutrition information to substitutions for those with dietary restrictions, such as vegetarians and people with food allergies. They include: Keto Breakfast Pudding All Day Any Day Hash Mexican Meatza Epic Cauliflower Nacho Plate Creamy Spinach Zucchini Boats Sweet Beef Curry Crispy Pork with Lemon Thyme Cauli Rice Bacon Avocado Fries Edana's Macadamia Crack Bars Coffee Bean Shake And much more! With *The Keto Diet Cookbook*, readers will find dozens of mouthwatering ways to honor, trust, and nourish their bodies. When we do that, we start to feel good, make better decisions for our health, and naturally and effortlessly progress toward our

goals.

Busy People's Fast & Frugal Cookbook Dawn Hall, 2009-10-12 This cookbook features a full range of simple, delicious recipes for home cooks who are crunched for time—and cash! In The Busy People's fast and Frugal Cookbook, Dawn Hall shows you how to prepare home cooked meals that are as healthy and satisfying as they are easy on your budget. Each dish includes a quick-reference grocery list and easy-to-read nutritional information. Dawn designed every recipe to require only seven ingredients or fewer, and to be prepared in thirty minutes or less. The recipes also lend themselves to easy substitutions, so you can improvise with whatever is available in your kitchen. Enjoy quick, inexpensive dishes such as: Hawaiian Sweet Potato Soup Candied Vegetables Chipped Beef on Toast Eggs with Sauerkraut Maple-Glazed Ham Steaks

The Great British Bake Off: How to turn everyday bakes into showstoppers Love Productions, 2012-08-02 The Great British Bake Off is a glorious celebration of Britain's favourite pastime. As the series has shown us, baking is the perfect way to mark an occasion - to celebrate, to congratulate and reward, and to lift spirits. This new book is inspired by the wonderful creations from The Great British Bake Off 'Showstopper Challenge'. Covering a wide range of bakes from large and small cakes, biscuits and cookies, sweet and savoury pastry, puddings, breads and patisserie, this book will show you how to bake beautiful, enticing recipes to wow at every occasion. There are dainty cupcakes for afternoon tea, quick bakes perfect for bake sales, school fairs or coffee with friends, mouthwatering desserts, breads and pastry recipes for lunches and dinner parties, and some really special bakes for birthdays and festive celebrations throughout the year.

This recipe book will show you how to make your bake extra special, from exciting finishes using chocolate curls and ribbons and spun sugar to simple ideas for icing, shaping and decorating, so you can bring a touch of magic to any bake. Great British Bake Off also includes the 'Best of the Bake-off' - the finest recipes from the new set of Great British Bake Off amateur bakers, and all of Mary Berry and Paul Hollywood's Technical Challenges from the series. If you learned How to Bake from last year's cook book, Showstoppers will take you to the next level of skill, and combined with a dazzling new design and superb photography, this will be an irresistible gift for yourself or someone else.

Treating Children with Chinese Dietary Therapy Sandra Robertson, 2021-06-21
Chinese Dietary Therapy is one of the pillars of Chinese medicine and has a large role to play in health. This comprehensive book allows practitioners to add this important element to their paediatric practice and to advise parents on positive food choices for their children. With childhood allergies, asthma, ADHD, obesity and childhood diabetes on the rise, this indispensable resource provides advice on using food as medicine for particular common ailments - such as chronic coughs, colds, stomach aches and constipation. It describes how to use food to prevent illness in children and for long-term health benefits, with a focus on strengthening digestion for a resilient immune system. It also demonstrates how diet can bring the body closer to a state of balance by living in accordance with seasons and the world around us, and listening to the body's intuitions. Focusing on the pivotal role of digestion in a resilient and better immune system for optimal health, Treating Children with Chinese Dietary Therapy gives practitioners of

Chinese medicine a resource to bring this ancient awareness to today's parents.

The UltraMetabolism Cookbook Mark Hyman, 2007-11-20 From the ten-time New York Times bestselling author of *Ultrametabolism*, *The Blood Sugar Solution*, and *Eat Fat, Get Thin* comes *The UltraMetabolism Cookbook*. The perfect companion to Dr. Hyman's New York Times bestseller, *Ultrametabolism*, *The UltraMetabolism Cookbook* has 200 convenient, easy-to-prepare, and, delicious recipes geared to each phase of the Ultrametabolism plan and designed to kick your metabolism into overdrive, change the way you eat, and establish a lifestyle shift to help you feel better and keep the weight off. The first part of the book takes the reader through the three-week detoxification of Phase I and offers a wide variety of delicious and easily prepared dishes like Roasted Shrimp, Turkey and Red Bean Chili, and Ratatouille. Phase II rebalances your metabolism in four weeks and offers the way to a healthy metabolism for life with recipes for satisfying, flavor-packed appetizers like Curried Deviled Eggs with Cashews, as well as many more new salads, meats, fish, shellfish, soups, poultry, grains, vegetables, breakfast foods, snacks and, of course, lots of plant-based options and bean dishes for vegetarians. Based off cutting-edge nutritional science, these great recipes will help you integrate the UltraMetabolism way of eating into your lifestyle, from quick weeknight suppers to entertaining and holiday meals.

Keto Essentials Vanessa Spina, 2017-11-07 150 ketogenic recipes to revitalize, heal, and shed weight--Cover.

The Low-FODMAP Diet Step by Step Kate Scarlata, Dede Wilson, 2017-12-19 A cookbook dedicated to easy, delicious, everyday recipes for the many sufferers of IBS and

other digestive disorders, by a New York Times bestselling author and former Bon Appétit contributing editor Do you suffer from IBS or a chronically sensitive stomach? The culprit may be your diet: many everyday foods contain FODMAPs -- a group of carbohydrates that can wreak havoc on your digestive system. Digestive health specialist Kate Scarlata and expert recipe developer Dé Wilson share their clear, accessible, three-step low-FODMAP diet. Backed by the most up-to-date, sound medical advice, *The Low-FODMAP Diet Step by Step* walks you through: Identifying FODMAPs and what foods contain them Customizing your own gut-friendly plan to alleviate painful symptoms Using an elimination diet to help determine your food triggers Stocking your low-FODMAP pantry, with food lists and more Easy, delicious recipes for every meal, with specific food reintegration tips

The Country Gentleman ,1915

The Fussy Eaters' Recipe Book Annabel Karmel,2008-09-02 In homes around the country, parents are fighting a difficult battle: trying to get their picky eaters to eat healthy foods without ruining family mealtime. We all know that it is critical for kids to develop sound eating habits at a young age to set them up for a lifetime of good health. However, as any time-crunched parent will tell you, it is all too easy to give in to your child's refusal to eat anything but chicken fingers and French fries. Children's food expert Annabel Karmel is here to help with 135 fast, yummy, and nutritious recipes that will tempt even the fussiest eaters. In *The Fussy Eaters' Recipe Book*, Annabel shows how to sneak fruits and vegetables into child-friendly recipes to boost their nutritional content. Her Bolognese pasta sauce is packed with five different kinds of veggies -- and tastes just like the kids' menu favorite. But Annabel also believes that it's important for kids to learn

to actually like healthy meals. An expert on the mind-set of fussy eaters, she provides sound strategies that can coax even the pickiest child to try new foods. You'll be amazed that salmon, sweet potatoes, and even spinach can develop into foods that your child will want to eat, and before you know it, mealtime will actually be something the whole family looks forward to. In *The Fussy Eaters' Recipe Book*, you will find:

- Healthy versions of junk food classics
- Simple, easy-to-prepare food that the whole family will enjoy
- Nutritious snacks to entice even the fussiest eaters
- Recipes for gluten-intolerant children
- Delicious and nutrient-packed desserts

The Ultimate Keto Cookbook Brittany Angell, 2020-04-28 Your All-In-One Resource for Satisfying Every Keto Craving Starting with the basics, and then going way, way beyond, Brittany Angell provides more than 270 delicious keto recipes (and 270 standout photos!) to sustain your low-carb lifestyle. Enjoy breakfast again with satisfying staples such as Keto Grits, Sage and Cranberry Turkey Sausage, Carrot Cake Protein Balls and Savory Caprese Biscuits. Lunch and dinner options are drool-worthy, including Smoked Cracklin' Pork Belly Chili, Steak Fingers with Caramelized Onion Gravy and Pork Banh Mi Kale Salad. Brittany even takes it one step further by providing much-needed recipes like Perfect Easy Flatbread, Boiled Low-Carb Bagels, Cream Cheese Swirl Brownies and Caramel Candied Pecan Ice Cream. Did you even know you could have sangria, margaritas and daiquiri jello shots while on the keto diet? Well, you can have it all with this book. With egg-free, dairy-free, nut-free and vegetarian options included throughout, there's truly something for everyone. Set yourself up for long-lasting success with this incredible collection.

Ben Cao Gang Mu, Volume VI Shizhen Li, 2024-01-09 Volume VI in the Ben cao gang mu series offers a complete translation of chapters 26 through 33, devoted to vegetables and fruits. The Ben cao gang mu is a sixteenth-century Chinese encyclopedia of medical matter and natural history by Li Shizhen (1518–1593). The culmination of a sixteen-hundred-year history of Chinese medical and pharmaceutical literature, it is considered the most important and comprehensive book ever written in the history of Chinese medicine and remains an invaluable resource for researchers and practitioners. This nine-volume series reveals an almost two-millennia-long panorama of wide-ranging observations and sophisticated interpretations, ingenious manipulations, and practical applications of natural substances for the benefit of human health. Paul U. Unschuld's annotated translation of the Ben cao gang mu, presented here with the original Chinese text, opens a rare window into viewing the people and culture of China's past.

The Veggie-Lover's Sriracha Cookbook Randy Clemens, 2013-07-02 A vegan/vegetarian companion to the successful Sriracha Cookbook, featuring 50 inventive, vegetable-based recipes with gluten-free variations. Devoted Sriracha addicts know that this fiery red condiment adds the perfect spicy kick to their favorite foods. But for those who want to take it to the next level, Randy Clemens shows how versatile this garlicky, pungent sauce can be when paired with the almighty veggie in everything from breakfast to dessert, and appetizers to entrées. These delicious plant-based recipes—from Stuffed Sriracha 'Shrooms, Sriracha-Cauliflower Mac 'n' Cheeze, and Cajun Quinoa Cakes with Lemon-Dill-Sriracha Rémoulade to Maple-Sriracha Doughnuts and Watermelon Sriracha Sangria—showcase an exciting range of fruits, grains, and veggies, without the processed

fake meat found in many vegan recipes. Featuring 50 flavor-packed, inventive combinations of vegetables and Sriracha (with notes on how to adapt them for a gluten-free diet), The Veggie-Lover's Sriracha Cookbook will take your rooster sauce obsession to bold, new heights.

The New American Heart Association Cookbook, 9th Edition American Heart Association, 2017-06-20 Here is the ultimate resource for anyone looking to improve cardiac health and lose weight, offering 800 recipes—100 all new, 150 refreshed—that cut saturated fat and cholesterol. The American Heart Association's cornerstone cookbook has sold more than three million copies and it's now fully updated and expanded to reflect the association's latest guidelines as well as current tastes, with a fresh focus on quick and easy. This invaluable, one-stop-shopping resource—including updated heart-health information, strategies and tips for meal planning, shopping, and cooking healthfully—by the most recognized and respected name in heart health is certain to become a staple in American kitchens.

Square Foot Gardening High-Value Veggies Mel Bartholomew, 2016-03-15 We've learned that anyone can have a garden, regardless of space constraints, now learn to make your garden work for you!

Square Metre Gardening High-Value Vegetables Mel Bartholomew, 2016-07-01 Which vegetables should you plant in your garden? The answer really comes down to maths. It doesn't matter where you garden - in an allotment, in containers, in raised beds or straw bales, or in a Square Metre Garden - deciding which vegetables to plant is perhaps the biggest factor in whether or not your garden succeeds. While success means

many things to many gardeners, there's no avoiding the issue of cost versus payback. Does it make sense to spend £3 and use up almost a metre of garden space to grow one cabbage when you can buy a beautiful one at the farmers market for £1? Author Mel Bartholomew has been a gardener and engineer for many years and he has learned this: Even in the garden, maths is your friend. In *Square Metre Gardening: High-Value Vegetables*, Bartholomew describes how to apply basic maths (and a little economics) to any vegetable garden and get some objective answers about which vegetables give you the best return on investment. In this latest book in the Square Metre Gardening family, Bartholomew ranks the vegetables that are most common for home-growing and concludes which ones give you the most value for your investment. He looks at many factors and makes hundreds of calculations, and the answers all become clear. And in the process he finds some surprises (tomato lovers will be pleased, but if you grow potatoes, you're in for a shock). In the end, though, there are so many things to think about when you're choosing plants - whether or not they are edible - but the truth is, you'd be a bit foolish not to think about ROI. With Bartholomew's new book, you can do it without ever taking out a calculator. You'll find the information incredibly valuable when it's time to plan your own vegetable garden. Plus, you'll find plenty of great tips along the way for maximizing the value you get from each and every crop you plant.

A Passion for Baking Marcy Goldman, 2014-12-07 Over 185 original recipes for Biscotti, Scones, Brownies, Pastries, Pies, Cheesecakes, Pizzas, Breads and more from Master Baker and Cookbook author, Marcy Goldman of famed BetterBaking Website. Over 150,000 books sold, in print, now in digital format, this book also includes blue-ribbon,

chef's best kept secret tips. FREE BONUS of 4 months of Betterbaking.com Recipe Archive Access with Purchase.

The Edible Landscape Emily Tepe,2013-01-19 A guide to designing and planting gardens comprising vegetables, fruits, edible flowers, and ornamentals. Illustrated with color photography--Provided by publisher.

Country Gentleman ,1921

The Naked Cookbook Tess Ward,2016-05-17 A transformative approach to healthy eating that strips back one's diet to simple, clean, and pure foods that cleanse, restore, and nourish the body, featuring 60 recipes and a chapter on detoxing. In *The Naked Diet*, author Tess Ward shares her personal prescription for renewal: a collection of deliciously simple yet flavorful recipes composed of the most nutrient-rich and simple foods. This is not a deprivation diet but an achievable lifestyle where food is enjoyed and celebrated in its purest form. Lamb Meatballs with Rhubarb Sauce, Smoked Tofu Panzanella with Figs, Hot and Spicy Seafood Soup with Crispy Shallots, Soba Noodle Salad with Cucumber and Mango--these delicious dishes support and fuel the body while encouraging optimal health.

Food Grown Right, In Your Backyard Colin McCrate,Brad Halm,2012-03-15 Easy gardening instruction for saving money and eating better by growing your own food in the city

The Top Books of the Year The Chive Free The year 2023 has witnessed a remarkable

surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Chive Free : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. The Chive Free : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other

members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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