

100 Healthy Recipes Healing Soups Delicious Recipes For Body And Mind

Quick Meals Shouldn’t Compromise Taste or Your Health
The phrase “fast food” has come to mean tastless fried meals from a drive-thru, but the truth is that food can be made quickly and still be both nourishing and delicious. Inspired by the best-selling editions of The Complete Book of Raw Food, Raw Food Quick & Easy includes over 100 new raw food recipes that are healthy, take very little time, and are simple to make. Each and every recipe is accessible to novices and still interesting to experts. These straightforward, delicious, and wholesome recipes are perfect for anyone who wants to eat better and fresher. Reinvent fast food with Raw Food Quick & Easy.

Satisfying to eat, loaded with healthy ingredients, and simple to make, soups are perennial favorites. EatingWell brings together 100 of its very best soups in this indispensable cookbook, illustrated with 100 color photos. The delicious recipes work for any occasion, from busy weeknights to special dinners, and the collection spans light and low-calorie to heartier—but still healthy—meal-in-a-bowl soups. A chapter on instant soups shows how to make tasty homemade “cup of noodle” jars—take them along and just add water! A resource chapter on techniques helps readers stock their pantries, freeze soups, make stock, and more, and inspiring essays from soup makers around the country round out this enticing, healthy book.

Make the most of fresh produce all year round with more than 200 homemade soup recipes organized by season. The Soup Book is packed with plenty of nourishing recipes for every season. Try winter warmers such as parsnip and apple soup or French onion soup, enjoy a light summer lunch of chilled cucumber soup with dill, and make a hearty borscht or pumpkin soup in autumn. The recipes are organized first by season, and then by ingredient, so you can easily find the ideal soup to suit the fresh ingredients you have to hand. Featuring recipes from Raymond Blanc, Dan Barber, Alice Waters, and other supporters of The Soil Association, The Soup Book offers plenty of recipe ideas and inspiration to fill your bowl. Each recipe is accompanied by freezing times so that you can prepare your favorite recipes to enjoy later. This updated edition features brand-new and updated photography to accompany the book’s refreshed design. Make hearty, wholesome, and healthy soups all year round with The Soup Book.

100 crave-worthy, wholesome recipes and time-saving tips for busy home cooks from the founder and host of the Honeysuckle channel on YouTube. The Honeysuckle Cookbook is stuffed with exciting ideas for easy, approachable, Asian-influenced cooking at home. With 100 recipes, from the breakfast favorites that consistently rate the highest in views on the author’s popular YouTube channel (like her Overnight Oats, 6 Ways) to original twists on one-pan and pressure-cooker meals, this book is for those of us who want feel-good meals made healthy, delicious, and quick. Dzung’s recipes take the familiar and turns it over-slightly on its head: Marinara sauce gets extra umami with the addition of fish sauce, while mac and cheese becomes more than an out-of-the-box staple when made fresh with kimchi. Lattes get an extra kick from bold Vietnamese coffee and sweet, floral lavender, and quinoa pilaf is mixed with a creamy curry-miso dressing. Dzung also teaches readers how to stretch groceries so they spend a little less money, how to plan meals seasonally, and how to match main courses with sides so plates look impressive and taste great. With quick snack ideas, recipe hacks, foolproof instructions, and genius tips for pretty presentation, The Honeysuckle Cookbook will be the friendly hand busy young cooks need to hold in the kitchen.

The Green Aisle’s Healthy Juicing

Healthy Healing’s Detoxification

100+ Recipes for Your Stovetop, Sheet Pan, Instant Pot, and Air Fryer—Reduce Inflammation for Whole-Body Health Soup Club

Simple, Nourishing Recipes for Health and Vitality [A Cookbook]

Raw Food Quick & Easy

Cooking for Healthy Healing

Programs to Cleanse, Purify & Renew

More than 25,000 new toxins enter our environment each year. Detoxification is becoming a necessary commitment for health in the modern world. However, too many fad diets and detox products on the market today are overly harsh and create further health imbalances by depleting the body of essential nutrients. Clearly, Americans need safe detox options that restore the body to good health without these risks and side effects. In Healthy Healing’s Detoxification, world renowned naturopath and best selling author Dr. Linda Page shares her hard won experience on detoxification and shows you how to cleanse safely and naturally for the best results. With over thirty years of experience in the health field, Dr. Page details critical information on how to cleanse the healthy way and the types of cleanses to avoid. She shows you what you can expect when you cleanse, what a good cleanse really does, and how to direct a cleanse to the body systems that need the most support. Includes step-by-step detox programs for health concerns like arthritis, allergies/asthma, candida, GERD, infertility, weight loss and much more! Get on the path to renewed health and vitality: Start your Healthy Healing detox today!

This collection of 60 set-it and forget-it recipes aims to support a variety of wellness goals for optimal health. From Detox and Calm to Rebuild and Strengthen and more, each chapter’s recipes utilize specific ingredients that help lower stress, decrease inflammation, and improve gut health. Combining the convenience of a slow cooker with accessible ingredients like ginger, mushrooms, chocolate, and turmeric, these dishes are simple enough for home cooks of any skill level. Each chapter comes with a detailed guide to the featured healing ingredients, making it easy to explore how they benefit the body. Start the journey to healthful eating with the flip of a switch!

Soothe your soul and boost your immunity with these easy and delicious soup recipes that incorporate Traditional Chinese Medicine. Combining the trends of culinary medicine and seasonal eating and adding a dash of Traditional Chinese Medicine (TCM), Healing Herbal Soups is the first book of its kind to focus on boosting immunity and weathering the seasons, by a mother-daughter, Chinese-American duo. Rose and Genevieve have been making Chinese herbal soups in their kitchens all their lives. They made broths to help their bodies adapt to the seasons, and now, for the first time, they’re translating these traditional recipes—all of which have been vetted by Dr. Shii Hun Chui, a preeminent TCM doctor, researcher, and professor—into English. Healing Herbal Soups provides a complete herbal encyclopedia and more than fifty tasty recipes—with full-color photographs—that mix herbs with meat and vegetables to create healing broths. These easy-to-follow recipes are here for you whenever you feel unwell, or if you’re just looking to add healthy soups to your weekly meal rotation. Armed with an introduction to TCM and special sections on tea, ginger, and ginseng, as well, at last, you can feel less dependent on Western concoctions of drugs and chemicals, and start using traditional Chinese herbs right in the comfort of your own home.

100 Healthy Recipes: Healing SoupsDelicious Recipes For Body and MindPyramidEatingWell Soups100 Healthy Recipes for the Ultimate Comfort FoodHoughton Mifflin Harcourt

The Perfect Blend

Thermo Cooking for Busy People: 100+ Healthy Recipes for All Thermo Appliances

Pegan Diet Smoothies: 100% VEGAN!

Over 100 Vegan Recipes to Glow from the Inside Out

Hearty Recipes to Boost Immunity and Restore Health

Superfood Soups

More Than 100 Recipes from the Nation’s Best Purveyor of Fine Soup

The Self-Care Cookbook

“Highlights some of the most popular international recipes for vegetarian soup . . . makes a convincing argument for soup as the star course of any meal.” —Publishers Weekly
No, there is no chicken stock in this soup. What you’ll find here is page after glorious page of the loveliest, most delicious soups and stews—each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell’s easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these colorful dishes are simple enough for every day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful “Tips” section make this gorgeous cookbook an important addition to any kitchen where good food and good health are on the menu. “Any comment on how this book suits the season would only be redundant. The latest cold wind is reminder enough, as you can just about hear it whisper: ssssssooooooop.” —The Baltimore Sun
“The recipes in this cookbook span the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and omnivores, A Beautiful Bowl of Soup presents new ideas you’re sure to enjoy.” —Soup Chick
®

Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today’s food supply and shows how to use food as medicine, for healing, and for wellness.

Cook smarter and faster with the appliance that’s taking the world by storm
New owners of thermo devices may find themselves wondering how they ever managed without them. These kitchen robots weigh ingredients, chop, grate, blend, cook, steam, and so much more. Batch cooking is a breeze, and you can say goodbye to that stack of dirty dishes and pans. Thermo Cooking for Busy People puts your thermo appliance—no matter what the brand—to good use so you don’t have to work. Combine the convenience of thermo cooking with innovative healthy meals that have been tried, tested, and loved, all in the messy reality of family life. These recipes have been created for cooks of any level, from beginners to avid thermo users. All are quick, easy, healthy, nutritious, and family friendly. More than 100 recipes cover Everyday Basics, Super Soups, Weeknight Wonders, Slower Dinners, and Sweet Somethings, including:
• Cauliflower Pizza
• Jerk Chicken with Coconut and Corn Rice
• No-Bake Carrot Cake
• Tropical Fruit Sorbet

An essential resource and cookbook for anyone diagnosed with cancer, filled with nearly 100 nourishing recipes designed to support treatment and recovery. A cancer diagnosis can be overwhelming, frightening, and uncertain. Like many others, you may be unsure about what to do next. You’ll want to learn more about what’s ahead and what you should eat to nutritionally support your body at a time when eating and cooking may simply be too challenging. The Living Kitchen will help cancer patients and their caregivers navigate every stage of their cancer therapy, before, during, and after treatment. Within the pages of this indispensable guide, certified nutritionists Sarah Grossman and Tamara Green provide easy-to-understand, research-based nutritional information on the science behind how food relates to your health and the effects of cancer. As experts in cancercare cooking, Sarah and Tamara have included nearly 100 healthy, easy-to-prepare, whole-food recipes specially designed to relieve specific symptoms and side effects of cancer and its therapies (including loss of appetite, sore mouth, altered taste buds, nausea, and more) and to strengthen your body once in recovery. With energizing snacks and breakfasts; superfood smoothies, juices, and elixirs; soothing soups and bowls; and nutrient-rich, flavorful main dishes, these are recipes that you, your family, and your caregivers will all enjoy. At once informative and inspiring, empowering and reassuring, The Living Kitchen will educate cancer patients and their caregivers about the power of food.

Taste of Home Soups, Stews and More

Boost Your Immunity and Weather the Seasons with Traditional Chinese Recipes

1 Pound a Day

Soup Maker Recipe Book

The Martha’s Vineyard Diet Detox and Plan for a Lifetime of Healthy Eating

The Autoimmune Protocol Comfort Food Cookbook

The 100 Healthiest Foods on Earth: Description And Picture of Each Food

Nourishing and comforting plant-based recipes to boost your energy, help you sleep, and brighten your mood. So many of us go about our busy lives without eating wholesome food. Yet without giving our body what it truly needs to fuel us through the day (and night), we get ill, feel low, and have trouble sleeping. In The Self-Care Cookbook, plant-based chef Gemma Ogston introduces us to eating as the ultimate form of self-care, whether you’re a full-time vegan, flexitarian, or just looking for simple recipes developed with wellness in mind. Each recipe has been crafted to nurture your body and mind. Organized by some of the core goals of self-care routines—Restore, Rebalance, Reflect, and Renew—The Self-Care Cookbook demonstrates countless ways to embrace your mood and understand your body’s needs through recipes as well as activities outside of the kitchen. With over 60 delicious meals including Fery Bean Stew for the days you feel under the weather, Calming Miso Pasta to give your gut flora a super boost, and Indulgent Chocolate Pudding (because you deserve it), The Self-Care Cookbook is for anyone who needs some extra TLC and finds comfort in creating healthful, cozy meals—whether it’s dinner for one or a meal shared with the people you love.

Soups on the menu! Mouthwatering recipes brim with goodness. Acclaimed superfood chef Julie Morris has chosen 100 favorites packed with nutrient-dense and plant-based whole foods and boosted with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon GQ Gazpacho, to Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing and satisfying deliciousness.”

Warm your heart, nourish your body—the healing power of soup. Move over apples!—It’s a bowl of soup a day that can really keep the doctor away. The Healing Soup Cookbook is your complete guide to discovering the health (and flavor) benefits that a bowl of hearty, nourishing soup can bring to your life. Don’t wait until you’ve got a cold to stir up some delicious chicken noodle soup. The more than 90 recipes in this soup cookbook run the gamut from traditional classics to more exotic fare. Not only do these soups make perfect meals all on their own, they are also packed with healthy ingredients that combat inflammation, boost your immune system, warm you up, and help keep away colds. The Healing Soup Cookbook includes: 90+ soup recipes—From tomato soup to chili and Asian noodle bowls, the tasty one-pot dishes in this soup cookbook are sure to satisfy your cravings—as well as help you heal with anti-inflammatory ingredients. Broth and beyond—Whether you want to make your own or just pick some up at the grocery store, this soup cookbook has all the information you need to make sure you’re using the right broth. Info at a glance—Pick the perfect soup for you with complete nutrition information and helpful labels that tell you whether a soup is vegetarian, gluten-free, freezer-friendly, and more. Serve up spontaneity of better health—The Healing Soup Cookbook will show you how.

The Skinny Slow Cooker Soup Recipe Book is packed with 70 simple, tasty, low-calorie recipes for your slow cooker. Offering tips and inspiration, the book guides you through a range of delicious soup ideas for your slow cooker. From traditional family favorites to new and interesting ideas which will change the way you think about soup.... and all under 100, 200 or 300 calories. Focusing on healthy fresh ingredients our skinny soups are perfect as part of a balanced diet and can be instrumental in helping you lose weight or maintain your figure without compromising on flavour, taste or leaving you feeling hungry. Making them the perfect partner to any calorie controlled diet. If you are looking for some new ideas for soup making to help you lose weight, control your diet or to serve up a healthy balanced dish for your family then you will find inspiration here. Recipes include: Three Bean Soup Simple Lentil Soup Sweet Potato & Orange Soup Honey & Carrot Soup Easy Cauliflower Cheese Soup Watercress & Blue Cheese Soup Celeric Soup Creamy Mushroom Soup Classic Chicken Soup Chicken & Leek Soup Chicken & Sweetcorn Soup Chicken, Basil & Pepper Soup Oriental Chicken & Rice Soup Vegetable & Chicken Brothy Creamy Chicken & Sweetcorn Soup Spicy Beef SoupPea & Ham Soup Oriental Pork Soup Barley, Lamb & Vegetable Broth Creamy Crab & Rice Soup Smoked Haddock Soup Hot & Sour King Prawn Soup Porcini Noodle Soup Prawn & Coconut Cream Soup Pork & Beansprout Noodle Soup

A Beautiful Bowl of Soup

Joy Bauer’s Superfood!

The Honeysuckle Cookbook

Magiic Soup

Nourishing Whole-Food Recipes for Cancer Treatment and Recovery

Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health][A Cookbook]

Delicious Recipes for Body and Mind

A Culinary Adventure in Health, Beauty, and Longevity

Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition for every meal of the day. The Perfect Blend functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse Tess Masters lays out a dozen healthy goals for readers, including gaining energy, boosting immunity, reducing inflammation, detoxing the body, and probiotic power. Then Masters offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help you reach these goals and get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, The Perfect Blend will help you find your own perfect blend and leave you feeling energized and revitalized.

When a forgotten, time-honored traditional food is rediscovered for its health and beauty benefits, we all pay attention. In this one-of-a-kind culinary adventure, internationally renowned self-help pioneer Louise Hay and “21st-century medicine woman” Heather Dane join together to explore a fresh and fun take on the art of cooking with bone broth, as well as the science behind its impressive curative applications. Chock-full of research, how-tos, and tips, this inventive cookbook offers a practical, playful, and delicious approach to improving your digestion, energy, and moods. With over 100 gut-healing recipes for broths, elixirs, main dishes, breads, desserts—and even beauty remedies and cocktails—Louise and Heather will show you how to add a dose of nourishment into every aspect of your diet. You ’ll also get entertaining stories along the way that remind you to add joy back onto your plate and into your life. Plus, you ’ll find out how Louise not only starts her day with bone broth, but uses it as an ingredient in many of her meals as well—discovering why it is one of her secrets to vibrant wellness and longevity. “Wherever I go, I ’m asked, ‘How do you stay so healthy and young?’ ” Or I ’m complimented on how beautiful my skin, hair, and nails look. I always say that the key is positive thoughts and healthy food. For many years, the staple of my diet has been bone broth. My doctors keep pointing out that my blood tests and other health-test results are better than people half my age. I tell them, ‘I ’m a big, strong, healthy girl!’ Then I talk about bone broth. I want everyone to know about it because I believe it is an integral part of my health, energy, and vitality.”—Louise Hay

From the author of Meals That Heal, an anti-inflammatory cookbook with quick, 15-minute recipes for your instant pot, air fryer, sheet pan, and more—including science-based info on reducing inflammation and preventing or reversing disease through healthy eating

The celebrity chef and #1 New York Times–bestselling author “ offers 150 recipes to help you stay younger by choosing foods that fight the aging process.” (The Beet). Do you want to live to be 100? Do you want to look and feel amazing? Do you want to chow down on insanely delicious food? In this new and inspiring cookbook, Joy Bauer, MS, RDN, NBC ’s Today show health expert, shows us exactly how to accomplish all three. After reviewing countless studies and analyzing the eating habits of people around the world living the longest, healthiest lives, Joy uses the most nutritious ingredients to whip up super creative, crave-worthy food. The 150 recipes in Joy Bauer ’ s Superfood! include everything from Buffalo wings to deep-dish pan pizza to salted caramel milkshakes to loaded nachos . . . and so much more. Imagine enjoying all these indulgent, delectable foods while boosting immunity, easing anxiety and stress, increasing energy, promoting longevity, and greatly improving your overall health. This book is the ultimate celebration of deliciousness and nutrient-rich recipes for eternal youth and vitality.

The Living Kitchen

100 Delicious, Energizing & Plant-based Recipes

The Healing Soup Cookbook

Healthy Gut Cookbook

The Defined Dish

100 Healthy, Feel-Good Recipes to Live Deliciously

Living Crazy Healthy

Lower Stress * Improve Gut Health * Decrease Inflammation

A collection of 120 recipes for plant-based foods, greens, salads, meats, and more, proving that healing your digestive system doesn’t have to be bland and boring. If you’re seeking to alleviate Leaky Gut Syndrome or if you follow a GAPS, Specific Carbohydrate Diet, Paleo, or gluten-free diet, you will find delicious relief within the pages of Healthy Gut Cookbook. With 120 recipes—and up to 30 variations for bone broths, fermented foods, soups, yogurt, meat and fish dishes, appetizers, and desserts, you can heal yourself without compromising on flavor. Go beyond the recipes themselves and learn more about Leaky Gut Syndrome and its stages of healing, as well as the Leaky Gut Diet program, how to prepare for it, and what to expect. Healthy Gut Cookbook includes tips on preparing your kitchen and pantry for the diet, how to save time and money in preparing recommended foods, and advice on choosing the right supplements to go along with the diet. Plans to target your specific health issue allow you to get the most out of the Healthy Gut Diet, and expert tips guide you in maintaining gut health beyond the intensive stages of the plan. Authors Gavin Pritchard, RD, CSSD, CD-N, CDE and Maya Gangadharam, NTP, are your well-practiced experts in the world of nutrition, healing, and cooking. With their help, you will soon be well on your way to healing, without having to leave your love of food behind.

Few things warm the soul like a bowl of comforting soup, heartwarming stew, stick-to-your-ribs chowder or family-favorite chili. Soups, Stews and More is filled with more than 300 delicious ways to lade out comfort any night of the week. Filled with versatile recipes today’s cooks rely on most from Taste of Home. Few things warm the soul like a bowl of comforting soup, heartwarming stew, stick-to-your-ribs chowder or family-favorite chili. Featuring more than 300 succulent recipes, Taste of Home Soups, Stews & More makes an ideal addition to any home cook’s collection. Featuring everything from basic broths and weeknight classics to impressive first-course starters and holiday staples, this all-new cookbook offers the versatile recipes today’s cooks rely on most. You’ll also find soups sized right for smaller households, slow-cooked and Instant Pot treats, and handy kitchen tips that beat the clock. Take a look inside, and you’ll find that Taste of Home Soups, Stews & More has all the right ingredients for simmering up the perfect meal!

EatingWell leads the way in recipes that are both healthy and delicious, and the more than 100 soups here showcase the best, from easy workday bowls to soups for special dinners. Also included are salads, breads, and simple sandwiches to round out meals with these must-have soups.

A collection of creative plant-based recipes that the entire family can enjoy making and eating—together! Life is crazy busy these days, and it’s tough to squeeze in a few minutes between soccer practice and dance class to teach kids about healthy eating, much less healthy cooking. “Neurotic Mommy” Jennifer Rose Rossano saves the day with easy, fun plant-based recipes that the whole family can enjoy preparing and eating together, like Carrots in a Blanket, Nacho Mac and Cheese, Vegan Alfredo Bow Ties, One Skillet Vegan Helper, Almond Butter Banana Bread Blondies, and so much more! The ingredients are simple and easily found in local grocery stores, so it’s a breeze to throw together a last-minute meal. Plant-based eating has never been easier, or more fun. Jennifer Rose Rossano (aka Neurotic Mommy) is a comically worried working mother, wife, and holistic health coach with over 700k followers on social media who seek her expertise on plant-based nutrition and healthy living.

SOMA

Recipes to Calm, Nourish & Heal

100 Recipes for Health and Happiness

EatingWell Soups

100 Blender Recipes to Energize and Revitalize

The Skinny Slow Cooker Soup Recipe Book

Plant-Based Recipes

The Gut Feeling

“From the authors of the hit diet book, 21 Pounds in 21 Days, an expanded, simplified, month-long program to cleanse your body, as well as a new plan for keeping it clean for the rest of your life!”—

Delicious and Nutritious 100% Vegan Paleo (Pegan) Smoothie Recipes to Help You Look and Feel Amazing...even on busy schedule. Over 45 healing, easy-to-follow tasty recipes inside! This book is an excellent choice for: ~vegans and vegetarians – healthy, whole food, plant-based lifestyle ~leo diet fans who would like to expand the side of a gatherer’s diet and eat more fruits, veggies, greens and herbs ~gluten-free diet followers (the vegan paleo diet is 100% gluten-free and 100% lactose free). ~anyone wishing to restore natural energy via fresh, plant-based foods One of the easiest ways to incorporate more vegan paleo foods into your diet is through smoothies. With this guide, you will learn a myriad of recipes that follow the vegan paleo rules and include a variety of smoothies such as: ~green smoothies and detox smoothies (perfect to add more green, alkalizing foods and leafy greens into your diet) ~protein smoothies – these are great as a meal replacement and will keep you energized, strong and healthy ~soup smoothies– these are smoothies that can be easily turned into a delicious, healing soup (raw or cooked) ~tasty, colorful fruit smoothies ~naturally sweet treat smoothies (yummy!) You will discover naturally sweet smoothies, spicy smoothies and savory smoothies. We will even explore oriental taste while learning about the best superfoods that you can use with your vegan paleo smoothie recipes. Don’t worry, these superfoods and herbs are easy to find in your local grocery store and inexpensive. Inside this guide you will also find easy to follow food lists and shopping lists to help you on your journey. Order your copy today and start creating more energy and zest for life with vegan paleo (pegan) smoothies!

From bestselling author Rebecca Katz comes this collection of 60 recipes for pure, cleansing soups intended to renew and restore. Soup has a unique ability to nourish and heal the body. In Clean Soups, author Rebecca Katz shows you how to use wholesome stocks and soups to naturally detox and stay energized year-round. She also explains the building blocks for creating deliciously balanced soups, such as Moroccan carrot soup, kale soup with coconut and lime, and simplest chicken pho. With foundational broths, blended soups, and traditional healing soups, as well as a two-day cleanse, Clean Soups shows how one simple bowl can make a huge difference in how you feel.

Fasting is a great way to cleanse the body. During a fast, the body’s natural processes change; waste is cleared from the digestive tract and chemicals stored in fat and other tissues are released. The right detox program can mean your clarity and focus improves; your sense of strength, energy, and happiness increases; your food cravings minimize; and you may even lose weight. In this book, certified health coach Michelle Savage aims to help readers restart, reset, and reclaim their lives by offering two types of juice cleanses: a 7-day cleanse, perfect for those who want to jump in with two feet, and a 30-day cleanse, great for those who are a bit hesitant to commit or whose lifestyles cannot support the shorter approach. First, learn all about the benefits of juicing, detoxing, fasting, and cleansing and how to do it the right way. Then, start juicing! The Green Aisle’s Healthy Juicing includes meal plans complete with recipes for both juices and light snacks and meals for whichever cleanse you choose.

150 Stage-By-Stage Healing Recipes to improve your digestive health

The Healing Slow Cooker

Delicious Plant-Based Paleo Smoothie Recipes for Vibrant Health, Abundant Energy, and Natural Weight Loss

Healthy and Wholesome Weeknight Recipes

Clean Soups

Fatty Liver Cookbook

Meals That Heal – One Pot

100+ Nourishing Allergen-Free Recipes

This is a black and white edition of Food For a Happy Gut, previously published in hardback in 2017 by Headline Home. If you would like the original colour illustrated version of Food For a Happy Gut it is available in hardback. ‘Both me and my trillions of gut microbes love these great recipes!’ Tim Spector ‘I love working with Naomi. She is a force of nature and her brilliant books have the power to change lives.’ Hugh Fearnley-Whittingstall The Gut Feeling is full of recipes that will calm your digestion, soothe your gut and delight your tastebuds. Nutritionist, bestselling author and River Cottage teacher, Naomi Devlin, has distilled everything she knows about keeping your gut healthy into 100 delicious recipes. A gut-friendly diet need not mean the elimination of all your favourite foods. In this book, Naomi will show you how you can turn your gut into a hub of microbial diversity with lots of plant food, a wide range of meats and fats, plenty of raw cheese, slow-cooking, fermented foods and of course prebiotic and probiotic foods. The Gut Feeling is full of tasty, healthy recipes and advice and will feed both your tastebuds and your microbes, leaving you content both inside and out. CALM: Breakfasts Soups Salads & Vegetables Meals T Treats NOURISH: Breakfasts Soups Salads & Vegetables Meals T Treats HEAL: Pickled & Preserved Sprinkled Dressed Drinks & Tonics The origin story along with creative vegan soup and stew recipes from the Seattle-based community soup club run by cookbook author Caroline Wright. After a devastating brain cancer diagnosis, Caroline Wright told some new friends she was craving homemade soup, then found soup on her doorstep every day for months. She survived with a deep gratitude for soup and her community. In thanks and in their honor, she decided to start a weekly soup club delivering her own original healthful soup recipes to her friend ’s porch. Caroline ’s creative spirit and enthusiasm spread, along with the word of her club, and she soon was building a large community of soup enthusiasts inspired by her story. Soup Club is unlike any other soup book. Caroline ’s collection of recipes along with artwork, photography, and haiku from her members, tell a moving story of community, love, and health at its center. This unique cookbook proves that soup can be more than a filling meal, but also a mood and a feeling. Every soup can be made on the stove top and Instant Pot. The recipes are all vegan and gluten-free and include: Catalan Chickpea Stew with Spinach Jamaican Pumpkin and Red Pea Soup Split Pea Soup with Roasted Kale West African Vegetable Stew

More than 100 of the best soup recipes Boston has to offer accompanied by fun stories and beautiful full-color photography. Marjorie Drucker is passionate about soups. She fell in love with soups when she first heard the story Stone Soup. After attending Johnston & Whales, Marjorie created the menu for the popular Boston Market restaurant chain, and soups were always her favorite. “My niche is taking what people like to eat and turning it into a soup,” she says. The New England Soup Factory restaurant has won the Best of Boston award four times. People skip school to eat their soups. A pregnant in labor stopped by the restaurant on the way to the hospital to satisfy a last-minute craving. New England Soup Factory soups are like no other soups. And now you can recreate these delicious soups in your own home. The New England Soup Factory Cookbook contains 100 of Boston’s best-tasting traditional and creative soup recipes. The book also includes a chapter on sandwiches and salads to accompany such soups as . . . New England Clam Chowder Wild

Mushroom and Barley Soup Curried Crab and Coconut Soup Raspberry-Nectarine Gazpacho Cucumber-Buttermilk Soup

Gluten-free, dairy-free, and grain-free recipes that sound and look way too delicious to be healthy! From The Defined Dish blog, fully endorsed by Whole30.

80 Cozy Recipes for Creative Plant-Based Soups and Stews to Share

100 Delicious and Nutritious Soup Recipes

The Best Vegetarian Recipes

Easy Healing Plant-Based Recipes

Bone Broth Secret

The healing recipes. Book two

100 Recipes for a Lighter, Stronger, and More Vibrant You

More than one hundred delicious and nutritious soups boast a unique blend of fresh ingredients and surprising spice and flavor combinations—ideal for losing weight, detoxing, or satisfying a craving for comfort—from the former head chef of Yotam Ottolenghi’s renowned restaurant Nopi. There is something special about soup—it has the ability to soothe and to soothe. A really good bowl of soup puts you in a positive frame of mind and nourishes your body—and it can be the perfect way to jumpstart weight loss. In this gorgeous four-color, fully illustrated book, Nicole Pisanì and Kate Adams show that soup is a recipe for health and happiness. Magic Soup is a mouth-watering collection of more than one hundred innovative recipes for stocks and stews, hearty meals, healing bone broths, a detoxifying soup cleanse, and more. Recipes such as salmon poached in lemongrass tea, lemon chicken and mint with quinoa, and the ultimate “chicken soup for the soul” prove that soup can be a filling meal in itself. There’s drool-worthy butternut squash with caramelized pear, delicious beetroot and burrata; and a robust Swedish sailors’ soup made from beef and beer. In warmer months, cool down with watermelon gazpacho and fennel vichyssoise. And get healthy with nettle soup with flowers, a miso soup for each season, and the book’s namesake restorative magic soup of turmeric, ginger, cardamom, cayenne, cinnamon, cumin, spinach, and seeds. Whether you’re swapping a stale sandwich for a vibrant bowl of grains and greens, relaxing over a velvety blend of manuka-honeyed parsnip, cooking rib-eye pho for a feast, or nursing a cold with an Ayurvedic garlic blend—it’s always the right time for soup.

The New York Times bestseller from the founder of Oh She Glows “Angela Liddon knows that great cooks depend on fresh ingredients. You’ll crave every recipe in this awesome cookbook!” —Isa Chandra Moskowitz, author of Isa Does It “So many things I want to make! This is a book you’ll want on the shelf.” —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she’d been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela’s long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes—all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, “vegan-curious,” or you simply want to eat delicious food that just happens to be healthy, too, this

is the book for you. You’ll love the recipes, the beautiful photos, and the heartwarming stories behind each recipe. Soup Maker Recipe Book - 100 Delicious and Nutritious Recipes for your Soup Maker Making your own soup at home is not only rewarding, it’s nutritious and tasty too. By making your own soup you control exactly what goes in. The soup recipes found in this book have been made in a Morphy Richards Soup Maker, but they can easily be made in any other soup maker, or even with a pot on a stove. By including an abundance of healthy ingredients you will do wonders for both your health and well-being. Soups are a fantastic way to lose weight - they are usually high in fibre but low in fat and calories. In fact, I have included the calorie count of each of the 100 soup recipes found in this book. Why Get The Soup Maker Recipe Book? Increase your energy levels and feel great about yourself. Improve your health! Look amazing with clear skin, vibrant eyes and be your perfect weight! Lose economical meals - homemade soups are so much cheaper than shop bought ones! Make the very same recipes I have researched and tested out to. Lose weight and look great! Improve mine and my children’s health. I never dreamt my hot dog crazy son would be requesting a vegetable soup for lunch! What Recipes Are Included? There is a soup recipe for everyone in the book. In fact there are lots for everyone! I’ve included classics like chicken soup, leek and potato soup, tomato soup, as well as more unique recipes. The following are a small taste of the 100 soup recipes included in the Soup Maker Recipe Book: Butternut Squash Carrot and Ginger Chicken and Asparagus Cauliflower Cheese Honey Roast Parsnip Caribbean Pumpkin Tomato and Basil Leftover Turkey Seriously Garlicky Chicken (it is!)Thai Green CurryCook, Sweet Potato and Parsley

SOMA - 100 Heritage Recipes for Self-Care, is an homage to the fragrant years of my childhood spent with my grandmother. It is an offering to her tender, yet strong hands that made those bitter, yet healing concoctions, pastes, and oils. It is in gratitude to my mother (and all those who mothered) whose nurturing and caring hands made those healing salves and healing soups. It is a collection of those secret recipes that are passed on from generation to generation. It is so that those heritage formulas shared by my Guru, which have transformative and nourishing properties, benefit many. It is so that her Yogic revelations are not lost in the crease of time. It is to live by and open the doors to the heritage recipes of kitchen pharmacy and Yogic Wisdom. These are the fragrant flowers that I picked in my childhood and growing years. It is these drops of nectar that I still yearn to collect, live, and pass on. Each of these 100 recipes is picked carefully for your, dear reader, to bring ease in pain, peace to an ailing heart, and rest to the tired body. May each and every bowl of soup you eat, and rest for you. May you pass on this book as a heritage to the generations to come. May we never hear the pearls of wisdom, but share them responsibly and tend to the eternal flame of life. My humble bows to all those who mother, who insist on sharing, and those who keep the ancient healing wisdom alive. SOMA means tender, soft, radiant rays of the moon. It is the nectar of the moon. When the mind is peaceful, it called saumya which means “moon-like.” The tender, gentle, benevolent, kind love and nourishing care of someone who mothers is called saumyata.

Ultimate Guide With Over 100 Recipes To Reverse Fatty Liver Disease

The Longevity Kitchen
100 Heritage Recipes for Self-Care
100 Healthy Recipes for the Ultimate Comfort Food
200 Recipes, Season by Season
The Oh She Glows Cookbook
Healing Herbal Soups
100 Healthy Recipes: Healing Soups

A collection of 125 delicious whole-foods recipes showcasing 16 antioxidant-rich power foods, developed by wellness authority Rebecca Katz to combat and prevent chronic diseases. Despite our anti-aging obsession and numerous medical advances, life spans are actually shortening because of poor lifestyle decisions. But it doesn't have to be so. Food-as-medicine pioneer Rebecca Katz highlights the top sixteen foods proven to fight the most common chronic conditions. Katz draws on the latest scientific research to explain how super foods such as asparagus, basil, coffee, dark chocolate, kale, olive oil, sweet potatoes, and wild salmon can build immunity, lower cholesterol, enhance memory, strengthen the heart, and reduce your chances of developing diabetes and other diseases. This practical, flavor-packed guide presents the most effective—and delicious—ways to use food to improve the performance of every system in the body. Katz explains the health advantages of each main ingredient, and includes menu plans to address specific symptoms and detailed nutritional information for each recipe. Easy-to-find ingredients are incorporated into a powerful arsenal of tantalizing recipes, including: • Roasted Asparagus Salad with Arugula and Hazelnuts • Costa Rican Black Bean Soup with Sweet Potato • Black Cod with Miso-Ginger Glaze • Herby Turkey Sliders • Thyme Onion Muffins • Yogurt Berry Brûlée with Almond Brittle Based on the most up-to-date nutritional research, The Longevity Kitchen helps you feed your family well and live a long and vibrant life.

The Autoimmune Protocol Comfort Food Cookbook revisits all of the fun comfort foods you love with a healing twist. Every recipe is autoimmune protocol compliant—free of gluten, grains, eggs, dairy, nightshades, legumes, seeds, and refined sugars—but still tastes like the foods you crave. Enjoy these amazing dishes with nostalgic family members, picky kids, or oblivious party guests that will be none the wiser! Including classics you know and love, like cupcakes, lasagna, waffles, and more, this cookbook features over 100 recipes that are anything but boring. You'll find recipes for breakfasts, appetizers, soups and salads, crazy good sides, classic Sunday night dinners, holiday favorites, easy one-pan meals, decadent desserts, and more! The recipes are both delicious and easy to make for hard-working moms and busy families.

Average estimates of around 20–46 percent of the adult suffer from this disease especially in the Westernized countries. The liver is the second largest organ in the body with complex functions. It is responsible for metabolism of carbohydrates, fats and proteins, excretion of hormones, bilirubin, cholesterol and drugs plus enzyme activation among others. The truth is a healthy life is a product of a healthy liver and one of the best ways to maximize your health is through what you eat. When you eat healthy, your body becomes a powerful cleaning machine that cleanses and detoxifies the liver. If fatty liver is not treated on time, it can lead to more complex condition like: liver scarring, permanent liver damage and liver failure which can be life threaten situation. If you have you been diagnosed with a fatty liver or just worried about your liver, then what you need is a collection of liver friendly recipes that can detoxify and cleanse the liver from all harmful substance. This book is carefully written to equip you with easy and delicious recipes that can: Detoxify and cleanse the blood stream Improve immune function Increased energy levels Help repair a damaged liver Help with weight control Efficient fat metabolism Without much of a doubt, the recipes in this book have been proven to work for millions. All you need to do is to take that bold step today. Reverse fatty liver and stay healthy.

Over 100 Healthy Recipes Including Smoothies, Seasonal Salads, Dressings, Pates, Soups, Hearty Creations, Snacks, and Desserts

The Soup Book

150 Recipes for Eternal Youth