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And Vegan Fasting Recipes To
Help You Lose Weight And Feel
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The 5:2 Diet will transform your body,
your mind and your health. It's the
revolutionary part-time weight loss
diet with lifelong health and anti-

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ageing results. This is the simplest,
most flexible and most health
enhancing weight loss programme
you'll ever follow - and with this book
to guide you, you can start today.
You'll still get to eat all the foods you
love but enjoy incredible health
benefits, with positive effects on

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And Vegan Fasting Recipes To
cancer, heart disease, Alzheimer's
Help You Lose Weight And Feel
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and more. Intermittent fasting is
revolutionising the weight loss world.
Simply by eating significantly less for
one or two days a week you can
trigger incredible physical and mental
changes that protect your body and
brain from damage and help it repair

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itself. And THE 5:2 DIET BOOK -
packed with tips, science, recipes,
inspiration and case studies from
over thirty dieters - will help you join
the revolution to lose weight, boost
your brain and transform your body.
And it'll even save you money, with
no specialist diet foods or

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supplements required. No wonder it's as popular with men as it is with women - and with first-time dieters as with weight loss veterans. Journalist and former yo-yo dieter Kate Harrison has finally won the battle with her weight - now she shares the secrets that are helping thousands of men

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and women transform their bodies.
THE 5:2 DIET BOOK is your

comprehensive guide to the
wonderful world of intermittent
fasting. It includes: All you need to
trigger the 'healing' mode that
happens when you restrict your diet
for as little as one day a week The

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incredible effects on your brain cells
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The transformation in the way you
view hunger and food The cost
savings you can make - saving
pounds from your food bill as you lose
them from your body! 5:2 your way -
how to personalise the diet to your
exact requirements and preferences

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Detailed meal plans, and simple but healthy recipes... Or ready-made suggestions for when you don't feel like cooking Hundreds of real-life tips and success stories from men and women like you This is more than another diet craze - it's anything but crazy and it's a lifestyle you'll want to

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adopt for the rest of your life.

Help You Lose Weight And Feel
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The healthy diet plan that's become a
million-copy word-of-mouth bestseller
-- now completely revised and
updated. Hailed a "medical
breakthrough" by Dr. Mehmet Oz, Eat
to Live offers a highly effective,
scientifically proven way to lose

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weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: $\text{health} = \text{nutrients} / \text{calories}$. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric

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foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shocking amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles

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Help You Lose Weight And Feel
Great behind Dr. Fuhrman's plan; new
recipes and meal ideas; and much
more. This easy-to-follow,
nutritionally sound diet can help
anyone shed pounds quickly-and
keep them off.

This edition has been adapted for the
US market. From simple suppers and

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family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks

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all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes

include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt ·

GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD THAI,

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Crispy fried eggs, special tamarind &
tofu sauce and peanut sprinkle ·

SUPER SPINACH PANCAKES with
avocado, tomato and cottage cheese
· **SUMMER TAGLIATELLE**, basil &
almond pesto, broken potatoes and
delicate green veg With chapters on
Soups & Sandwiches, Brunch, Pies &

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Bakes, Curries & Stews, Salads,
Burgers & Fritters, Pasta, Rice &
Noodles, and Traybakes there's
something tasty for every occasion.
Sharing simple tips and tricks that
will excite the taste buds, this book
will give you the confidence to up
your vegetable intake and widen your

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recipe repertoire, safe in the
knowledge that it'll taste utterly
delicious. It will also leave you feeling
full, satisfied and happy - and not
missing meat from your plate. "It's all
about celebrating really good, tasty
food that just happens to be meat-
free." Jamie Oliver

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THE NO. 1 BESTSELLER IN AUSTRALIA
AND THE UK BASED ON THE LATEST
GROUNDBREAKING SCIENCE THE
ULTIMATE GUIDE FROM THE
CREATOR OF THE 5:2 - HOW TO
COMBINE RAPID WEIGHT LOSS AND
INTERMITTENT FASTING FOR LONG-

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TERM GOOD HEALTH AN EXCITING
NEW PROGRAMME BUILT AROUND A
MORE MANAGEABLE 800-CALORIE

FAST DAY Six years ago, Dr Michael
Mosley started a health revolution
with The 5.2 Fast Diet, telling the
world about the incredible power of
intermittent fasting. In this book he

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brings together all the latest science (including a new approach: Time Restricted Eating) to create an easy-to-follow programme. Recent studies have shown that 800 calories is the magic number when it comes to successful dieting - it's an amount high enough to be manageable but

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low enough to speed weight loss and
trigger a range of desirable metabolic
changes. Depending on your goals,
you can choose how intensively you
want to do the programme: how
many 800-calorie days to include
each week, and how to adjust these
as you progress. Along with delicious,

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low-carb recipes and menu plans by
Dr Clare Bailey, The Fast 800 offers a
flexible way to help you lose weight,
improve mood and reduce blood
pressure, inflammation and blood
sugars. Take your future health into
your own hands. 'I lost 16kg in the
first 8 weeks and then another 6kg.

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I've never been healthier.' Denise, 51
Shed 20 Years--and Pounds--in Just 10
Weeks

Feast for 5 Days, Fast for 2 Days to
Lose Weight and Revitalize Your
Health

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

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simple, delicious recipes for a low-
carb and gluten-free lifestyle

5:2 Vegetarian

Lose Up to 20 Pounds in 28 Days - Eat
More Food and Lose More Weight
The Happy Herbivore Cookbook
150 Delicious, Calorie-Controlled
Meals to Make Your Fasting Days

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Easy Help You Lose Weight And Feel
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Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, Soda is liquid Satan and

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You are a total moron if you think the Atkins Diet will make you thin, it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it

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actually makes the reader
laugh out loud with its
truthful, smart-mouthed
revelations. Behind all the
attitude, however, there's
solid guidance. Skinny Bitch
espouses a healthful lifestyle

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that promotes whole grains,
fruits, and vegetables, and
encourages women to get
excited about feeling clean
and pure and energized.

Lose weight, lower
cholesterol, significantly

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reduce the risk of disease,
Help You Lose Weight And Feel
Great
and become physically fit--in
just 4 weeks. Professional
athlete-turned-firefighter Rip
Esselstyn is used to
responding to emergencies.
So, when he learned that

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some of his fellow Engine 2
firefighters in Austin, TX,
were in dire physical
condition-several had
dangerously high cholesterol
levels (the highest was
344!)-he sprang into action

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and created a life-saving
plan for the firehouse. By
following Rip's program,
everyone lost weight (some
more than 20 lbs.), lowered
their cholesterol (Mr. 344's
dropped to 196), and

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improved their overall
health. Now, Rip outlines his
proven plan in this book.

With Rip as your expert
coach and motivator, you'll
transform your body and
lifestyle in a month. His plant-

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powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features:

Dozens of easy,

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mouthwatering recipes-from
Help You Lose Weight And Feel
pancakes to pizza, Tex-Mex
Great
favorites to knockout
chocolate desserts-that will
keep you looking forward to
every bite Pantry-stocking
tips will take the panic out of

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inevitable cravings and on-
the-fly meals Guidelines on
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menu choices that will allow
you to eat out, wherever and
whenever you want Rip's
simple, firefighter-inspired
exercise program that will

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boost your metabolism and
melt your fat away.

Medically approved, easy-to-
follow, and amazingly
effective, this diet is
designed for anyone who
wants to make heroic strides

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in his or her health, weight,
and well-being-all without
heroic effort. "Want to be as
strong as a Texas firefighter?
Or as healthy as a
professional triathlete? Then
follow the wonderful advice

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of Rip Esselstyn, who is both.
His book can save your
life--whether you're a man or
a woman. Highly
recommended!" -Dean
Ornish, M.D., Founder and
President, Preventive

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Medicine Research Institute,
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Clinical Professor of
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Medicine, U of California, SF,
author, Dr. Dean Ornish's
Program for Reversing Heart
Disease
Combining the winning

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elements of proven training
approaches, motivational
stories, and innovative
recipes, No Meat Athlete is a
unique guidebook, healthy-
living cookbook, and
nutrition primer for the

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beginner, every day, and
serious athlete who wants to
live a meatless lifestyle.

Author and popular blogger,
Matt Frazier, will show you
that there are many benefits
to embracing a meat-free

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athletic lifestyle, including: -
Weight loss, which often
leads to increased speed-
Easier digestion and faster
recovery after workouts-
Improved energy levels to
help with not just athletic

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performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know

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to apply your lifestyle to your
training. Matt Frazier
provides practical advice and
tips on how to transition to a
plant-based diet while
getting all the nutrition you
need; uses the power of

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habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own

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design for runners of all
abilities and ambitions. The
manual provides training
plans for common race
distances and shows runners
how to create healthy habits,
improve performance, and

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avoid injuries. No Meat
Athlete will take you from
the start to finish line, giving
you encouraging tips, tricks,
and advice along the way.
New York Times bestselling
author and DASH Diet

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specialist Marla Heller
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Great
reveals groundbreaking
research to help prevent and
even halt signs aging
through a combination of
DASH-approved superfoods
and strategies designed to

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target aging. The most
trusted brand in diets--the
DASH diet--has helped
millions of people lower
blood pressure, lose weight,
and improve their health.
Now, in this groundbreaking

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new program, it can help you
Help You Lose Weight And Feel
look and feel 20 years
Great
younger! Marla Heller, New
York Times bestselling
author and premier DASH
(Dietary Approaches to Stop
Hypertension) dietitian, has

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combined key elements of
the DASH diet with the latest
cutting-edge research to
develop a program that can
halt and even reverse many
of the effects of aging. Based
on the diet rated the #1 Best

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Overall Diet by U.S. News &
World Report, THE DASH
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DIET YOUNGER YOU reveals
five age-defying strategies
designed to target the root
causes of aging, including
Oxid-Aging, Inflamm-Aging,

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weight and turn back the
clock while enjoying a
delicious diet of antioxidant
rich superfoods, satisfying
plant-based meals, and
foods that promote healthy

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gut bacteria and decrease
inflammation and cravings.
Featuring a natural detox
that fights aging at the
cellular level and proven
blood pressure "busters,"
this powerful program will

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Great results. In just 10 weeks, you
can: Reverse the diseases of
aging Fortify and rejuvenate
hair and skin Revitalize and
strengthen bones, muscles,

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and joints Improve heart
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health and blood pressure
Lose weight, especially in
the tummy Look and feel
younger, healthier, and
slimmer! Complete with 28
days of meal plans and over

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75 delicious recipes, THE
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DASH DIET YOUNGER YOU
Great
has everything you need to
look and feel years younger!
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Living Vegetarian For
Dummies

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(and Stay Off Medication)
The Warrior Diet
Over 100 fuss-free &
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The Amazing Nutrient-Rich
Great
Program for Fast and
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***If you are ready to lose
weight fast, this 800
Calorie Diet Vegetarian***

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***Cookbook brings together
intermittent fasting with
the Mediterranean diet.
The latest research shows
800 calories a day is the
ideal number to lose
weight quickly and safely,***

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***plus it's less limiting than
lower calorie diet plans.***

***This easy-to-use low
calorie, vegetarian,
Mediterranean style
cookbook is an ideal
accompaniment for***

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**anyone serious about
losing weight on the 5:2
diet and intermittent
fasting while improving
cholesterol, reducing
blood pressure and
improving longevity. The**

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***Mediterranean diet is
known to help you live
longer and boost health
and is recognised as the
world's healthiest
diet. This easy-to-follow
Quick Start Guide takes a***

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*comprehensive approach
and provides you with
plenty of simple, delicious
vegetarian recipes which
are ideal for calorie
counting, intermittent
fasting, using*

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***Mediterranean diet style
recipes containing
delicious fresh
ingredients.Lose weight
fast while improving your
health, for a slimmer,
healthier, happier you! -***

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***Delicious nutritious
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Mediterranean style
recipes.- Discover how
time restricted eating can
help you lose weight. -
Begin intermittent***

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***fasting with a healthy
Mediterranean diet. -
Expand your range of
tasty vegetarian recipes. -
Improve your cholesterol,
blood pressure and
improve your wellbeing. -***

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***Unleash a slimmer,
healthier and happier
you. - Plenty of tasty low
calorie recipes to choose
from!***

***Fully updated for 2014,
Low-carb & Gluten-free***

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***Vegetarian offers a
complete range of easy,
satisfying and stylish low-
carb recipes designed
specifically for
vegetarians, with the
added benefit that they***

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***are all gluten-free as well.
With all recipes approved
by the well-known
nutritionist Fiona Hunter,
the book offers a varied
and exciting menu, that
doesn't limit choice in***

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***any way. A complete diet
is included, from
fortifying breakfasts and
satisfying main courses,
to light lunches and
snacks. There are even
chapters on party food***

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***and sweet desserts. Low-
carb & Gluten-free
Vegetarian is the ideal
companion for those who
are trying to lose weight
and also those who simply
want to follow a long-***

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*term weight-maintenance
lifestyle. Note: this is an
updated version of Low-
Carb Vegetarian,
originally published in
2004.*

Practical ways to explore

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***and adapt a vegetarian
lifestyle Are you
considering a vegetarian
diet for yourself or your
family? Wondering if it's
safe and how you'll get
the right amount of***

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nutrients? This
authoritative guide has
all the answers you need
about living vegetarian,
featuring healthful advice
as well as delicious dishes
involving vegetables,

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***fruits, grains, and dairy.
Inside you'll find expert
advice on adopting a
vegetarian lifestyle, from
creating a vegetarian
shopping list and
understanding the***

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***nutritional aspects of
vegetarian eating, to
using the right cooking
supplies to vegetarian
etiquette, eating out, and
converting a kitchen-and
your family's mindset-***

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discover how to make it
work when you're the only
member of the house who
is vegetarian, as well as
how to support a family
member, including a*

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*child. Provides the latest
information on vegetarian
diets as they relate to
health, the environment,
and other areas of our
lives Includes tips for
gradually reducing your*

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***meat intake Explains the
benefits of a vegetarian
lifestyle Offers dozens of
new recipes designed to
ease the transition from
omnivore to vegetarian
Whether you're a long-***

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***time vegetarian or just
starting out, Living
Vegetarian For Dummies,
2nd Edition is your guide
to evaluating and
enjoying a meat-free
lifestyle.***

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***The 5:2 Diet, also known
as The Fast Diet, is
gaining momentum
worldwide as thousands
of people who try it see
how effective it is for
weight loss and improving***

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***their general well-being.
Many books about the
diet focus on fish and
meat and ignore the fact
that as a vegetarian you
are perfectly placed to
follow the diet with***

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**amazing low-calorie
vegetables. This book
makes fast days
interesting, fun and
painless. Everything here
is nutritious and
vegetarian, with many**

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vegan-friendly recipes.
Help You Lose Weight And Feel
Great
**Most recipes are also
gluten-free. The fast-day
meal recipes are all super
quick (30 minutes or
less), accessible,
satisfying, and nutrient-**

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***rich, yet all under 300
calories. If you're cooking
for non-fasters, there are
suggestions for
multiplying and bulking
out the meals for family
members. With an***

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***introduction to the 5:2
lifestyle, advice on how to
stock your kitchen, and
easy and delicious fast-
day recipes for breakfast,
snacks, main meals,
flavour bombs, drinks,***

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***weekly meal planners,
calorie charts and plenty
of fasting tips, this is the
book to change your life,
for good.
The 8-Week Blood Sugar
Diet***

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***Vegan Cookbook for
Beginners: The Essential
Vegan Cookbook To Get
Started***

***5:2 Veggie and Vegan
The Science-Based Way to
Overcome Chronic Pain,***

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***Disease, and Weight Gain,
and to Restore Your
Body's Total Health and
Vitality***

The Fast Diet

The 5:2 Diet Book

Delicious Vegan Recipes

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***for Under \$30 a Week, in
Less Than 30 Minutes a
Meal***

Vegan Reset

Discover the incredible health benefits of going vegan with Vegan Cookbook for Beginners. Eating a

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vegan diet that is free of animal products requires creativity. For those who are exploring veganism for the first time, Vegan Cookbook for Beginners will inspire you to create filling and flavorful plant-based meals to please even the most skeptical carnivore. With more

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than 150 versatile vegan recipes,
Vegan Cookbook for Beginners will
let you experience the benefits of
improved health and increased
energy through eating vegan with
recipes that are hearty, comforting,
and nutritious. Going vegan is a
smart choice for your body and the

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planet, and Vegan Cookbook for
Beginners will take the guesswork
out of cooking everyday vegan
meals. Vegan Cookbook for
Beginners will help you enjoy the
benefits of veganism today with: .
More than 150 easy and delicious
vegan recipes straight from Vegan

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Cookbook · 2-week Vegan
Cookbook meal plan · Introduction
to the core principles of veganism ·
Overview of the health benefits of
going vegan · Advice on equipping
your kitchen and stocking your
pantry from the editors of Vegan
Cookbook With help from Vegan

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Cookbook for Beginners, the
transition to a vegan lifestyle will be
easy and enjoyable.

Originally published in New York by
Atria Books, 2013.

1000 Vegan and Vegetarian Meals
brings healthy recipes packed with
flavor straight to your dinner table!

Download Free 5 2 Veggie And Vegan Delicious Vegetarian And Vegan Fasting Recipes To

Whether you are new to the vegan or vegetarian diet or are a practiced plant-based cook looking to diversify your meal staples, you will find inspiration in these 1000 meals that draw on a variety of different styles and skills. This book covers three main dietary restrictions in

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depth: Vegan, Vegetarian, and
Gluten-Free. Designed to be an
easy reference for whatever it is
you are trying to accomplish in the
kitchen, the book is divided into
categories like Grazing Dishes for
small gatherings, Quick and Tasty
recipes for fast and easy cleanup

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for those weeknight meals, and
Feed a Crowd for those grand get-
togethers. With Super Salads,
Healthy Soups, Brunch, and Heart
Comfort food recipes as well, these
1000 recipes are certain to have
something for every need. Enjoy:
Warm Puy Lentil Salad with Charred

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Squash and Beets Grilled Halloumi,
Pomegranate, Kale, and Pearl

Couscous Salad Regional soups,
such as Gazpacho, Tom Yum,
Borscht, and Minestrone Butter
Bean Hummus with Za'atar Topping
Zucchini 'Spaghetti' with Raw
Tomato Sauce Gnocchi in Creamy

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Cashew 'Cheese' Sauce Egyptian
Koshari Whole Roasted Cauliflower
with Romesco Sauce Spicy Spinach
and Buckwheat Crépes Non-
Cheesecake with Mixed Berries
Aquafaba Chocolate and Coconut
Mousse Beet Brownies Each easy-
to-follow recipe includes simple

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instructions as well as exciting
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variations. Packed with delicious
recipes and interspersed with
beautiful photos that make
delicious meals jump off the page,
each recipe is clearly labeled with
logos for vegan or vegetarian so
that vegetarian hosts can still feed

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their vegan friends. Salads,
suppers, apps, desserts, breakfast,
and barbecue--this is a complete
crash course for vegan and
vegetarian meal makers. Whether
you are trying to lose weight, eat
healthy, or simply connect with the
earth and all her bounties, 1000

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Vegan and Vegetarian Meals is here to guide you. Part of the 1000 Meals series that makes cooking thousands of recipes an easy and fun adventure.

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay

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Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in *The Happy Herbivore Cookbook*, each made with no

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added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest 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

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And Vegan Fasting Recipes To

simple to decadent and advanced •
Helpful hints and cooking tips, from
basic advice such as how to steam

potatoes to more specific
information about which bread, tofu
or egg replacer works best in a
recipe • An easy-to-use glossary
demystifying any ingredients that

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- may be new to the reader
- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help make menu planning easy and painless
- Allergen-free recipes, including gluten-free, soy-free, corn-free, and

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sugar-free With a conventionally
organized format; easy-to-follow,
step-by-step instructions;
nutritional analyses, colorful
photographs; funny blurbs at the
beginning of each recipe; helpful
tips throughout; and chef's notes
suggesting variations for each dish,

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even the most novice cook will find
healthy cooking easy—and
delicious!

Skinny Bastard

The FastDiet Cookbook

How to combine rapid weight loss
and intermittent fasting for long-
term health

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The 2 Meal Day
The Fast 800
Switch on Your Biological
Powerhouse For High Energy,
Explosive Strength, and a Leaner,
Harder Body
Plant-Based on a Budget
The Essential 800 Calorie

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Vegetarian Cookbook: A Quick Start
Guide To Weight Loss With
Intermittent Fasting And

Mediterranean Diet Benefits. Calorie
C

Beverly Hills

nutritionist Haylie

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Pomroy has a long list
of loyal celebrity
clients - including
Jennifer Lopez, Raquel
Welch and Reese
Witherspoon. With this
book she reveals her red

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carpet secrets - and
promises you can lose up
to 20lbs in 28 days. On
this plan you're going
to eat a lot - and still
lose weight. You're not
going to count a single

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calorie or fat gram.
Instead, you're going to
rotate what you're
eating throughout each
week in proven plan
designed to set your
metabolism on fire.

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Phase I (Monday-
Tuesday): Lots of carbs
and fruits Phase II
(Wednesday-Thursday):
Lots of proteins and
veggies Phase III
(Friday-Sunday): All of

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the above, plus healthy
fats and oils By keeping
your metabolism
guessing, you'll get it
working faster. You'll
see the weight fall off,
your cholesterol drop,

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your blood sugar
stabilize, your energy
increase, your sleep
improve, and your stress
dramatically reduce. All
thanks to the miraculous
power of real,

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delicious, satisfying
food! Complete with 4
weeks of meal plans and
over 50 recipes -
including vegetarian,
organic, and gluten-free
options - this is the

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silver bullet for anyone
who wants to naturally
and safely eat their way
to a slimmer, healthier
body.

You don't need to be a
vegetarian to eat like

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one! With over 100
Help You Lose Weight And Feel
Great
recipes, the New York
Times bestselling author
of Dinner: A Love Story
and her family adopt a
“weekday vegetarian”
mentality. NAMED ONE OF

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THE BEST COOKBOOKS OF
THE YEAR BY TIME OUT AND
TASTE OF HOME • “Whether
you’re vegetarian or not
(or somewhere in-
between), these recipes
are fit to become

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instant favorites in
your kitchen!" —Molly
Great
Yeh, Food Network host
and cookbook author
Jenny Rosenstrach,
creator of the beloved
blog Dinner: A Love

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Story and Cup of Jo
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columnist, knew that she
wanted to eat better for
health reasons and for
the planet but didn't
want to miss the meat
that she loves. But why

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does it have to be all
or nothing? She figured
that she could eat
vegetarian during the
week and save meaty
splurges for the
weekend. The Weekday

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Vegetarians shows
readers how Jenny got
her family on board with
a weekday plant-based
mentality and lays out a
plan for home cooks to
follow, one filled with

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brilliant and bold meat-
free meals. Curious
cooks will find more
than 100 recipes
(organized by meal type)
for comforting, family-
friendly foods like

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Pizza Salad with White
Beans, Cauliflower
Cutlets with Ranch
Dressing, and Squash and
Black Bean Tacos. Jenny
also offers key flavor
hits that will make any

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tray of roasted
vegetables or bowl of
garlicky beans
irresistible—great
things to make and throw
on your next meal, such
as spiced Crispy

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Chickpeas (who needs
croutons?), Pizza Dough
Croutons (you need
croutons!), and a sweet
chile sauce that makes
everything look good and
taste amazing. The

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Weekday Vegetarians is
loaded with practical
tips, techniques, and
food for thought, and
Jenny is your sage guide
to getting more meat-
free meals into your

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weekly rotation. Who
knows? Maybe like
Jenny's family, the more
you practice being
weekday vegetarians, the
more you'll crave this
food on the weekends,

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too!
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THE NEW YORK TIMES
BESTSELLER FROM THE
AUTHOR OF THE GREENPRINT
AND CREATOR OF 22 DAYS
NUTRITION—WITH A
FOREWORD BY BEYONCÉ. A

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groundbreaking plant
based, vegan program
designed to transform
your mental, emotional,
and physical health in
just 22 days—includes an
Introduction by Dr. Dean

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Ornish. Founded on the
principle that it takes
21 days to make or break
a habit, The 22-Day
Revolution is a plant
based diet designed to
create lifelong habits

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that will empower you to
live a healthier
lifestyle, to lose
weight, or to reverse
serious health concerns.
The benefits of a vegan
diet cannot be

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overstated, as it has
been proven to help
prevent cancer, lower
cholesterol levels,
reduce the risk of heart
disease, decrease blood
pressure, and even

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reverse diabetes. As one
of today's most sought-
after health experts,
exercise physiologist
Marco Borges has spent
years helping his
exclusive list of high-

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profile clients
permanently change their
lives and bodies through
his innovative methods.
Celebrities from
Beyoncé, Jay-Z, Jennifer
Lopez, and Pharrell

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Williams, to Gloria
Estefan and Shakira have
all turned to him for
his expertise. Beyoncé
is such an avid
supporter that she's
partnered with Borges to

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launch 22 Days
Help You Lose Weight And Feel
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Nutrition, his plant-
based home delivery meal
service. Now, for the
first time, Borges
unveils his coveted and
revolutionary manifesto,

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featuring the
comprehensive
fundamentals of starting
a plant-based diet.

Inside, you'll find
motivating strategies,
benefits and tips for

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staying the course,
delicious recipes, and a
detailed 22-day meal
plan. With this program,
you will lead a
healthier, more
energetic, and more

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productive life—helping
you to live the life you
want, not just the one
you have.

From the author of the
New York Times
bestseller *The Plant*

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Paradox comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to

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mean decline. World-
renowned surgeon Dr.
Steven Gundry has been
treating mature patients
for most of his career.
He knows that everyone
thinks they want to live

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forever, until they hit
middle age and witness
the suffering of their
parents and even their
peers. So how do we
solve the paradox of
wanting to live to a

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ripe old age—but enjoy
the benefits of youth?

This groundbreaking book
holds the answer.

Working with thousands
of patients, Dr. Gundry
has discovered that the

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"diseases of aging" we
most fear are not simply
a function of age;
rather, they are a
byproduct of the way we
have lived over the
decades. In The

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Longevity Paradox, he
maps out a new approach
to aging well—one that
is based on supporting
the health of the
“oldest” parts of us:
the microorganisms that

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live within our bodies.
Our gut bugs—the
bacteria that make up
the microbiome—largely
determine our health
over the years. From
diseases like cancer and

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Alzheimer's to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver's seat, controlling our quality

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of life as we age. The
good news is, it's never
too late to support
these microbes and give
them what they need to
help them—and
you—thrive. In The

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Longevity Paradox, Dr.
Gundry outlines a
Great
nutrition and lifestyle
plan to support gut
health and live well for
decades to come. A
progressive take on the

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new science of aging,
Help You Lose Weight And Feel
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The Longevity Paradox
offers an action plan to
prevent and reverse
disease as well as
simple hacks to help
anyone look and feel

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Obesity Prevention and
Great
Treatment
Skinny Bitch
Run on Plants and
Discover Your Fittest,
Fastest, Happiest Self

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Kickstart Your Healthy
Lifestyle

The Texas Firefighter's
28-Day Save-Your-Life
Plan that Lowers
Cholesterol and Burns

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The 22-Day Revolution
100 Recipes and a Real-
Life Plan for Eating
Less Meat: A Cookbook
The Simple Secret of
Intermittent Fasting :

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Lose Weight, Stay
Healthy, Live Longer
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The indispensable companion
to the #1 New York Times
bestselling diet book The
FastDiet became an instant
international bestseller with a

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powerful, life-changing
message: that it's possible to
lose weight, reduce your risk of
diabetes, cardiovascular
disease, and cancer, all while
eating what you normally eat
five days a week. You simply

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cut your caloric intake two days a week—500 calories for women, 600 for men. But as author Dr. Michael Mosely said, "It's not really fasting. It's just a break from your normal routine." This fabulous new

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cookbook offers over 150 carefully crafted, nutritious, low-calorie recipes to enable you to incorporate the FastDiet into your daily life. Ranging from simple breakfasts to leisurely suppers, the recipes

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are all expertly balanced and
calorie-counted by FastDiet co-

author Mimi Spencer (a
devotee of the diet herself!)
and nutritionist Dr. Sarah
Schenker. From soups to meat
dishes to delicious fish-based

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meals, the recipes designed to fill you up and stave off hunger—even though none are over 500 calories. There are also detailed menu plans and plenty of encouraging tips, including kitchen-cupboard

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essentials, the latest nutritional advice and a whole section of speedy meals for busy days.

With an introduction to the diet itself—detailing its many scientifically-backed health benefits and the

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transformative results it's
already given to hundreds of
thousands of readers—this
book is an essential follow-up
companion guide to The
FastDiet. With The FastDiet
Cookbook you will never have

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to worry about planning your
Fast Days again!

Create your own personal
fitness and wellness success
stories with Hoeger and
Hoeger's FITNESS AND
WELLNESS. This text helps you

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take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced

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coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and

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deliberate effort to stay fit and
realize your highest potential

for good health. Use the
interactive study tools to
extend your learning beyond
the text. FITNESS AND
WELLNESS offers you the most

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current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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For every Skinny Bitch, there's a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What's

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good for the bitch is good for
the bastard. Hundreds of
thousands of women have
been inspired to "use their
head" and get real about the
food they eat after reading the
best-selling manifesto Skinny

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Bitch. But it turns out some men have been reading over their girlfriends' shoulders.

Professional athletes such as Milwaukee Brewers' Prince Fielder and the Dallas Mavericks' Jerry Stackhouse

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have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In *Skinny Bastard*, they'll explain

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And Vegan Fasting Recipes To
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Great**

why the macho "meat and
potatoes" diet is total crap,
why having a gut is un-cool
(and a turn-off), and how to get
buff on the right foods. Eating
well shouldn't be a "girlie"
thing-and the Bitches will whip

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any man into shape with their
straight-talk, sound guidance,
and locker room language.

2021 IACP Award Winner in the
Health & Nutrition Category

Make any recipe vegan or
vegetarian to suit your

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preference Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK's diverse, modern guide offers foolproof recipes for every

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occasion that you can tailor to
suit your own needs, choosing
whether to make any dish
vegan or vegetarian. From
building a plant-centric plate to
cooking with plant-based meat
and dairy, you'll find

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everything you need here to
create varied, satisfying meals.

The 500-plus recipes are vegan
but flexible. You can choose
whether to make the
Rancheros with Avocado with
tofu or eggs, the Farro Salad

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with Cucumber, Yogurt, and
Mint with plant-based or dairy
yogurt, the Vegetable Fried
Rice with Broccoli and Shiitake
Mushrooms with or without
eggs, and the No-Bake Cherry-
Almond Crisp using coconut oil

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or butter. ATK's plant-based eating strategy is easy, budget-friendly, and inclusive--cuisines around the world are rich with boldly flavored, naturally vegan dishes. Drawing inspiration from them, these recipes

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showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and

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also showcases ATK's practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to transform a burger from the "vegan option" into the best option); discover how

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to boost umami flavor using tomato paste, dried mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and

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storage strategies, the plethora
of plant-based meat and dairy
options, and how to meet
nutritional needs.

15-minute Veggie Meals with
Workouts

The Fat-Loss Plan

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500 Inspired, Flexible Recipes
for Eating Well Without Meat
Feast for 5 Days a Week and
Fast for 2 to Lose Weight,
Boost Your Brain and
Transform Your Health
Eat to Live

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The Fast Metabolism Diet
Help You Lose Weight And Feel
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Lose Weight, Reduce
Inflammation, and Live
Longer—The 16:8 Way—With
over 100 Plant-Powered
Recipes to Keep You Fuller
Longer

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Quick & Easy Food
Help You Lose Weight And Feel
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**Discover the
groundbreaking method
to defeat diabetes without
drugs using the step-by-
step diet plans and
recipes from #1 New York**

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**Times bestselling author
Dr. Michael Mosley. The
8-Week Blood Sugar Diet
is a radical new approach
to the biggest health
epidemic threatening us
today... Our modern diet,**

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**high in low-quality
carbohydrates, is
damaging our
bodies—producing a
constant overload of
sugar in our bloodstream
that clogs up our arteries**

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**and piles hidden fat into
our internal organs. The
result has been a
doubling in the number of
type 2 diabetics, as well
as a surge in those with a
potentially hazardous**

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**condition—prediabetes. It
is now known that even
moderately elevated blood
sugar levels can trigger
heart disease, stroke,
dementia, and cancer.
But scientists have**

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**recently demonstrated
that you can prevent and
even reverse type 2
diabetes with a simple
change in diet and
lifestyle. Drawing on the
work of Dr. Roy**

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**Taylor—one of the UK's
foremost diabetes
experts—and his own
experience as a one-time
diabetic, Dr. Michael
Mosley presents a
groundbreaking, science-**

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**based, 8-week plan for
diabetics who want to
reverse their condition
(and then stay off
medication). He also
offers a more flexible
regime for people**

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**interested in the
extensive health benefits
to be gained from
lowering their blood
sugar levels and shedding
dangerous fat. As Dr.
Mosley says, it is never**

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too late to act.

**The first veggie cookbook
from the nation's
favourite healthy cook
and fitness sensation, Joe
Wicks aka The Body
Coach. Get ready for Joe's**

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**vegetarian take on Lean
in 15: The Shift Plan,
which is the bestselling
diet book of all time.
Inside are a hundred
flavour-packed vegetarian
recipes, many of which**

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**are also vegan, plus three
exclusive Body Coach**

HIIT workouts and a

bonus abs workout. From

Smoky Sweet Potato

Chilli to 'Creamy'

Butternut Pasta, Veggie

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**Lean in 15 features a
fantastic range of meat-
free dishes, all prepared
in fifteen minutes flat.**

**The recipes are ideal for
full- and part-time
veggies, as well as those**

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Vegan Delicious Vegetarian
And Vegan Fasting Recipes To
Help You Lose Weight And Feel
Great

**wishing to cut down on
eating meat in a healthy
and delicious way. There
are also plenty of make-
ahead ideas to get you
prepping like a boss in no
time at all. The man who**

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**kept the nation moving
during lockdown, Joe has
sold more than 3 million
books in the UK alone. He
has more than 4 million
followers on social media,
where fans share their**

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And Vegan Fasting Recipes To
**journeys towards a
leaner, fitter lifestyle.**

**In The 2 Meal Day, Max
Lowery introduces
intermittent fasting - eat
just two meals a day,
either breakfast and**

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And Vegan Fasting Recines To
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**lunch or lunch and dinner
- to burn fat and get fit
fast. Rather than grazing
on food all day or having
to do complicated calorie
calculations for two days
of the 5:2 diet, simply eat**

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**two meals to lose weight,
reduce hunger and feel
more energised. Choose
your two meals from
Max's delicious,
nutritious and easy-to-
prepare recipes; start the**

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And Vegan Fasting Recipes To
Help You Lose Weight And Feel
Great

**day with Salmon Mini
Frittatas or a Breakfast
Burrito; Lunch on Thai
Green Chicken Curry or
Tuna Casserole or enjoy
Creamy Mushroom and
Parmesan Risotto or Sea**

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**Bass Sauce Vierge for
Dinner. There are even
healthier desserts to
satisfy your sweet tooth
without over-indulging -
choose from Two-
Ingredient Chocolate**

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**Mousse or Banana
Pancakes. Max shows how
to combine your 2-meal
day with High-Intensity
Interval Training (HIIT) -
short duration and
maximum effort exercises**

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And Vegan Fasting Recines To
- **and resistance workouts**
to help you drop fat and
get fit quickly. So ditch
the calorie-counting and
the sugar highs and lows
and enjoy two meals a day
alongside **Max's workouts**

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Vegan Delicious Vegetarian
And Vegan Fasting Recipes To
**for a leaner, fitter,
healthier body.**

Eat vegan—for less!

**Between low-paying jobs,
car troubles, student
loans, vet bills, and trying
to pay down credit card**

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debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to

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**afford that kind of
lifestyle change? Then
she discovered how to be
plant-based on a budget.
Through her popular
website, Toni has taught
hundreds of thousands of**

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**people how to eat a plant-
strong diet while saving
money in the process.**

**With Plant-Based on a
Budget, going vegan is
not only an attainable
goal, but the best choice**

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**for your health, the
planet—and your wallet.
Toni's guidance doesn't
just help you save
money—it helps you save
time, too. Every recipe in
this book can be ready in**

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**around 30 minutes or
less. Through her
imaginative and
incredibly customizable
recipes, Toni empowers
readers to make their own
substitutions based on**

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**the ingredients they have
on hand, reducing food
waste in the process.**

**Inside discover 100 of
Toni's "frugal but
delicious" recipes,
including: • 5-Ingredient**

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**Peanut Butter Bites •
Banana Zucchini
Pancakes • Sick Day Soup
• Lentils and Sweet
Potato Bowl • PB Ramen
Stir Fry • Tofu Veggie
Gravy Bowl • Jackfruit**

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**Carnita Tacos •
Depression Era Cupcakes**

**• Real Deal Chocolate
Chip Cookies With a
foreword by Michael
Greger, MD, Plant-Based
on a Budget gives you**

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**everything you need to
make plant-based eating
easy, accessible, and most
of all, affordable.**

**Featured in the
groundbreaking
documentary What the**

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Health
**A No-Nonsense, Tough-
Love Guide for Savvy Girls
Who Want to Stop Eating
Crap and Start Looking
Fabulous!**
The Longevity Paradox

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The 5:2 Diet

**The Plant-Based Program
That Will Transform Your
Body, Reset Your Habits,
and Change Your Life**
1000 Vegan and

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Vegetarian Meals The DASH Diet Younger You

5 Ingredients

The World Health Organization estimates that there are 2.1 billion individuals with obesity globally. Nearly three quarters of

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*adults in the United States are overweight
or obese. The average individual with
obesity cuts ten years off their life
expectancy, yet less than 40% of
physicians routinely counsel individuals
concerning the adverse health
consequences of obesity. Obesity
Prevention and Treatment: A Practical*

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Guide equips healthcare practitioners to include effective weight management counselling in the daily practice of medicine. Written by lifestyle medicine pioneer and cardiologist, Dr. James Rippe and obesity expert Dr. John Foreyt, this book provides evidence-based discussions of obesity and its metabolic consequences.

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*A volume in the Lifestyle Medicine Series,
it provides evidence-based information
about the prevention and treatment of
obesity through lifestyle measures, such
as regular physical activity and sound
nutrition, as well as the use of new
medications or bariatric surgery available
to assist in weight management. Provides*

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a framework and practical strategies to assist practitioners in safe and effective treatments of obesity. Contains information explaining the relationship between obesity and increased risk of heart disease, diabetes, cancer, osteoarthritis, and other chronic conditions. Chapters begin with bulleted

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*key points and conclude with a list of
Clinical Applications. Written for
practitioners at all levels, this user-
friendly, evidence-based book on obesity
prevention and treatment will be valuable
to practitioners in general medicine or
subspecialty practices.*

Recipes, shopping lists, inspiration, and

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more from the popular blogger: “This plant-based reboot is an excellently organized and enlightening resource.”—Publishers Weekly No matter what diet you practice, a reset is a way to jump-start or refocus healthy habits and get your body to a state of optimum health. Here, the wildly popular creator of Brussels

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Vegan and Best of Vegan, Kim-Julie Hansen, offers a practical and easy-to-follow program, laid out day by day with meal plans, prep, shopping lists, recipes, and personal tips and inspiration. If you want to become a vegan and don't know where to start, this is the ultimate guide. But it's also invaluable for anyone (vegan

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or not) looking to kick-start healthier habits, whether to lose weight, become fitter, or simply cultivate a more balanced lifestyle. Kim-Julie introduces you to the benefits of a reset; guides you through the 28-day meal plan; and finishes with additional recipes to carry you beyond the reset—all brought to life with her

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gorgeous photography throughout. With its emphasis on satisfying plant-based foods and its achievable 28-day plan, this program is a great way to meet your goals of health and well-being. “A great way to eat a whole rainbow of veg.” — Jamie Oliver

Jamie Oliver--one of the bestselling

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cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a

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*bonus chapter of sweet treats, Jamie's got
all the bases covered. This is about*

*maximum flavor with minimum fuss, lots
of nutritious options, and loads of epic
inspiration. This edition has been adapted
for US market.*

*The essential recipe book for vegetarians
following the 5:2 Diet. The 5:2 Diet, also*

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known as The Fast Diet or Intermittent Fasting Diet, is hugely effective for weight loss and improving well-being. Celia Brooks has created this book to make fast days interesting, fun and painless. Everything here is healthy and vegetarian, with many vegan-friendly and gluten-free recipes. The recipes are all

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quick, satisfying, and nutrient-rich, yet all under 300 calories. If you're cooking for non-fasters, there are suggestions for multiplying and bulking out the meals. With advice on meal planning and stocking your kitchen, detailed nutrition counts and easy and delicious fast-day recipes for breakfast, snacks, main meals,

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*flavour bombs and drinks, this is the book
to change your life, for good.*

The Complete Plant-Based Cookbook
The Mostly Vegetarian Way to Lose
Weight, Be Healthier, Prevent Disease,
and Add Years to Your Life
The Weekday Vegetarians
Veggie Lean in 15

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*What Vegans Eat: A cookbook for
everyone with over 100 delicious recipes.*

Recommended by Veganuary

Low-carb & Gluten-free Vegetarian

The Flexitarian Diet: The Mostly

Vegetarian Way to Lose Weight, Be

Healthier, Prevent Disease, and Add

Years to Your Life

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*Everyday Recipes to Make Healthy Eating
Easy* Help You Lose Weight And Feel
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***'A cracking cookbook
bursting with delicious
plant-based recipes' BOSH!
What do Vegans Eat? The
mystery is there is no***

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***mystery, from comforting
Italian dishes to Sunday
Roasts and Simple Suppers
– vegans can have it all!
Are you fed up with
restrictive dieting? Do
you feel you've tried***

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***everything before and
failed? Then this plan is
for you. This is
different. This will work.
Joe Wicks is back with
another instalment of 100
brand-new delicious***

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***recipes and five speedy,
effective HIIT workouts.
The Fat-Loss Plan can
motivate everyone on their
way to achieving a fit,
lean and healthy body.
Inside the book is a***

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***combination of reduced-
carb, post-workout and
snacks and sweet treat
recipes – all incredibly
tasty and easy to make in
15 minutes flat. Every
recipe is filling and***

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***fuels you with energy for
your day and your workout
– including Steak Taco
with Lime Salsa, Lamb
Kofte Tagine and Veggie
Super Bowl. Thanks to
sample weekly plans, Joe***

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***makes it simple for you to
prep like a boss and eat
well every day of the
week. Joe has more than 4
million followers on
social media where fans
share their personal***

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***journeys towards a leaner,
fitter lifestyle. The Lean
in 15 titles won platinum
and gold awards at the
Specsavers Nielsen book
awards. Joe's first book
Lean in 15: The Shift Plan***

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***has become the bestselling
diet book of all time and
all his books have been
non-fiction number one
bestsellers. Start your
journey to better health
and fitness now with The***

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Body Coach.
Along with the many
benefits of leisure-class
living comes obesity and
its attendant ailments. In
The Warrior Diet, Ori
Hofmekler looks not

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***forward but backward for a
solution—to the primal
habits of early cultures
such as nomads and hunter-
gatherers, the Greeks, and
the Romans. Based on
survival science, this***

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**book proposes not ordinary
dietary changes but rather
a radical yet surprisingly
simple lifestyle overhaul.
Drawing on both scientific
studies and historical
data, Hofmekler argues**

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***that robust health and a
lean, strong body can best
be achieved by mimicking
the classical warrior mode
of cycling–working and
eating sparingly
(undereating) during the***

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***day and filling up at
night. Specific elements
from the Warrior Diet
Nutritional Program
(finding ideal fuel foods
and food combinations to
reduce body fat) to the***

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***Controlled Fatigue
Training Program
(promoting strength,
speed, and resilience to
fatigue through special
drills), literally reshape
body and mind. Individual***

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**chapters cover warrior
meals and recipes; sex
drive, potency, and animal
magnetism; as well as
personalizing the diet for
women. Featuring forewords
by Fit for Life author**

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***Harvey Diamond and Fat
That Kills author Dr. Udo
Erasmus, The Warrior Diet
shows readers weary of fad
diets how to attain
enduring vigor, explosive
strength, a better***

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***appearance, and increased
vitality and health.
The 5:2 diet changes
lives, by making weight
loss simple and
sustainable. Now
vegetarians, vegans - and***

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***anyone wanting to increase
their intake of fresh,
healthy produce - can see
fantastic results with 5:2
Veggie and Vegan, the new
plan from bestselling
author Kate Harrison.***

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***Eating more veggie food is
great news for our bodies,
our wellbeing and the
planet, and this book
includes more than 80
simple and delicious
fasting day recipes that***

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And Vegan Fasting Recipes To
make cutting down on meat
and animal products a
pleasure. Kate - a veggie
for nearly three decades -
offers advice on a
healthy, balanced diet,
along with inspiring

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**stories from 5:2 dieters,
and great meal plans, with
dishes from all around the
world. This complete guide
includes: ? How to start
and maintain the 5:2 plan
and achieve your weight**

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loss and health goals. ?
Delicious and quick
calorie-counted vegetarian
and vegan recipes: from
satisfying brunches,
flavour-filled soups, and
fresh salads, to lunchbox

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specials and dinners
you'll want to share. ?
Great
Easy to follow meal plans
to make fast days stress-
free. sustainable and
exciting. Fuss-free,
enjoyable, and packed full

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Great

***of the good stuff, these
recipes make it easy to
lose weight - for good.
Ultimate Veg
No Meat Athlete
How to Die Young at a Ripe
Old Age***

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**Over 100 Easy Fasting Diet
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**The Vitality Diet: the
Vegetarian/Vegan Anti-
Inflammatory Diet and
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100 Quick and Easy Recipes

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with Workouts
A Practical Guide
Help You Lose Weight And Feel
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The definitive (and
first) vegan guide to
intermittent fasting for
weight loss and improved
health—with over 80

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delicious plant-powered
recipes to help readers
stay full for longer
while achieving their
weight goals

Discover the power of
intermittent fasting—a

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way of eating that's
sustainable, flexible,
and beneficial to both
body and mind.

Intermittent fasting is
the quickest and
healthiest way to lose

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weight—and keep it off.

With The 5:2 Diet, you

can eat all your

favorite foods for five

days each week as long

as you limit your

caloric intake to 500

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calories on the other
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two days. For anyone who
has struggled to shed
pounds, this
approachable,
motivational program
makes it easy to: • Slim

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down naturally •
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Increase energy • Reset
your metabolism • Heal
your body on a cellular
level Full of firsthand
testimonials from
successful dieters so

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you can find the best
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way to tailor the
Great
technique and make sure
it works for you, The
5:2 Diet also provides
meal plans and recipes
to keep you on track as

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you slim down, stay
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healthy, and fight the
onset of cancer,
Alzheimer's, diabetes,
and heart disease.
Lose weight, increase
energy, and boost your

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immunity—without giving
Help You Lose Weight And Feel
up meat! "With her
Great
flexible mix-and-match
plans, Dawn Jackson
Blatner gives us a smart
new approach to cooking
and eating." --Joy

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Bauer, M.S., RD, CDN,
Help You Lose Weight And Feel
Great
"Today" show dietitian
and bestselling author
of Joy Bauer's Food
Cures "The Flexitarian
Diet is a fresh approach
to eating that's

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balanced, smart, and
Help You Lose Weight And Feel
completely do-able."

Great
--Ellie Krieger, host of
Food Network's "Healthy
Appetite" and author of
The Food You Crave
"Offers a comprehensive,

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simple-to-follow
Help You Lose Weight And Feel
Great
approach to flexitarian
eating--the most modern,
adaptable, delicious way
to eat out there."
--Frances Largeman-Roth,
RD, senior food and

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nutrition editor of
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Great
Health magazine "It's
about time someone told
consumers interested in
taking control of their
weight and health how to
get the benefits of a

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vegetarian lifestyle
Help You Lose Weight And Feel
Great
without having to cut
meat completely out of
their life." --Byrd
Schas, senior health
producer, New Media,
Lifetime Entertainment

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Services Introducing the
Help You Lose Weight And Feel
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flexible way to eat
healthy, slim down, and
feel great!

"Flexitarianism" is the
hot new term for healthy
dieting that minimizes

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meat without excluding
it altogether. This
Great
ingenious plan from a
high-profile
nutritionist shows you
how to use "flexfoods"
to get the necessary

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protein and
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Great
nutrients--with just a
little meat for those
who crave it. As the
name implies, it's all
about flexibility,
giving you a range of

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options: flexible meal
plans, meat-substitute
recipes, and weight loss
tips. Plus: it's a great
way to introduce the
benefits of
vegetarianism into your

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family's lifestyle.
Help You Lose Weight And Feel
Great
Enjoy these Five Flex
Food Groups: Flex Food
Group One: Meat
Alternatives (Beans,
peas, lentils, nuts, and
seeds; Vegetarian

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versions of meats; Tofu;
Eggs) Flex Food Group
Two: Vegetables and
Fruits Flex Food Group
Three: Grains (Barley,
corn, millet, oat,
quinoa, rice, wheat,

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pasta) Flex Food Group
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Four: Dairy Flex Food
Group Five: Natural
flavor-enhancers
(Spices, buttermilk
ranch, chili powder,
cinnamon, Italian

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seasoning, herbs; Fats,
oils, butter spreads;
Sweeteners, granulated
sugars, honey,
chocolate; Ketchup,
mustard, salad dressing,
vinegars, low-fat sour

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cream)
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Start healing your body
with food. The anti-
inflammatory Vitality
Diet shows you the foods
to eat to heal
inflammation, gain

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health and lose the
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weight stemming from an
inflamed body. The anti-
inflammatory diet is not
a fad; it has been used
by thousands of people
for the last 30 years,

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helping them obtain
their ideal bodies and
increase their overall
sense of well being. You
probably know people who
embody the concept of
vitality. They're the

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people in your life with
Help You Lose Weight And Feel
Great

almost endless energy,

the friends and family

members that have

passion and empathy.

Being in their presence

calms and energizes you-

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they just feel good to
be around. Their
enthusiasm for life rubs
off on you. They just
have something
different, something
special. "Almost

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immediately on starting
the diet, my
concentration and memory
- specifically my recall
of events, facts and
words - became sharper
than at any time in my

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life. Rather suddenly,
my struggle to integrate
mountains of studies
into a coherent
framework for our book
became almost easy. At
the same time, my

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occasional symptoms of
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American malaise
Great
disappeared, including
episodic insomnia, low
grade anxiety and
occasional bouts of mild
depression. Within weeks

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my chronic asthma went
into complete remission.
My occasional migraine
headaches (including
"auras" in which I would
transiently lose vision)
disappeared, and oddly,

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my tendency to become
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car sick vanished.

Great
Another surprise was
that my typically
dreadful experience of
the common cold came to
an end. In fact I

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stopped contracting
colds at all, even when
family members brought
viral illnesses back to
our home." Dr. Jill
Stein wrote these words
and the Forward to this

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book. The Vitality Diet
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Great
is the fastest way to
health and perfect for
everyone, because it is
a guide that doesn't
depend on exercise,
calorie restriction, or

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fish for Omega 3s. The
Great
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Vitality Diet appeals to
vegetarian and vegan
followers of the Paleo
Diet and Gluten-Free
Diet, who are still
struggling for optimum

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health, as well as
Help You Lose Weight And Feel
Great
anyone interested in the
health benefits of
ethical eating. The
Vitality Diet is written
in a conversational,
easy-to-understand

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style. It includes the
latest research and
guidelines on how to use
anti-inflammatory foods
to alleviate a variety
of inflammatory
disorders including:

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chronic pain, ADD/ADHD,
Alzheimer's, rheumatoid
arthritis, and
depression, just to name
a few. The Vitality Diet
explains the science
behind the anti-

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**inflammatory diet and
the foods that form the
mainstay of the diet as
well as how to restore
alkalinity to the body.
The author, Sarah
Manski, offers an**

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encouraging real-life
Help You Lose Weight And Feel
perspective on life-
Great
changing methods to
obtain optimum health,
including her personal
journey with weight
loss. The Vitality Diet

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is designed to cool the
body's immune
inflammatory response
through the replacement
of meat, dairy, bread
and potatoes, processed
foods, nightshade

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vegetables, and refined
Help You Lose Weight And Feel
sugars with nutrient-
Great
dense real foods,
including: nutritious
salads, bean stews,
vegetable curries,
organic humane eggs,

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fruit sweetened treats,
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Great
and more. In addition to
informing the reader
about the basics of
inflammation and why it
causes people to gain
weight and suffer from

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illness, the author
Help You Lose Weight And Feel
Great
moves beyond the basics
and gives the reader
additional information
needed to achieve their
health goals. This
includes an explanation

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of candida yeast
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infections, an
Great
evolutionary explanation
for sugar and fat
cravings, the importance
of balanced alkalinity,
what to look for in

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health supplements, why
calorie counting doesn't
work, policies for a
healthful planet,
chiropractic care, and
more. The Vitality Diet
is a must-have guide to

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those who are interested
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Great
in an anti-inflammatory
diet, healing their body
with food, or simply
looking to improve their
digestive health and -
by extension - achieve

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healthy aging and mental
well-being.
Great