

Bowls Of Goodness Vibrant Vegetarian Recipes Full Of Nourishment

The path to a healthy body and happy belly is paved with real food--fresh, wholesome, sustainable food--and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With Love Real Food, she offers over 100 approachable and outrageously delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone--vegetarians, vegans, and meat-eaters alike--how to eat well and feel well. With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, Love Real Food wouldn't be complete without plenty of stories starring Taylor's veggie-obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat like this. Take it from her readers: you'll love how you feel.

Comforting Vegan Meals Full of Indian Flavor Rakhee Yadav, born and raised in India, simplifies and reimagines the traditional plant-based recipes of her childhood to create incredible meals the whole family will love. Each recipe in Heavenly Vegan Dals & Curries is bursting with the robust authentic flavor of Indian cooking and packed with nutrient-rich ingredients to yield satisfying, healthy dinners that are easy to make. The layered flavors of dals and curries make them versatile foods perfectly suited to becoming delicious, inexpensive meals with minimal effort—like sweet and savory Sweet Chili Coconut Pineapple Curry, Garam Masala Brussels Sprouts & Navy Beans Curry with Applesauce and Spicy Sweet Potato Curry with Zucchini Fries. These recipes are easily customized to your tastes as you can often substitute the vegetables in the recipes for the ones you have on hand. With this cookbook you'll be able to whip up wholesome vegan dinners that can come together in 30 minutes as well as slow food suppers fit for Sunday night. Whether you're vegan or just trying to spice up Meatless Monday, Heavenly Vegan Dals & Curries has something for everyone at the table.

From the author of the brilliant A Modern Way to Eat, who was dubbed "the new Nigella Lawson" by The Times, comes this beautiful collection of 150+ delicious and inspiring weeknight vegetarian recipes. Eating healthy isn't always easy when you're coming home late at night and tired. In this genius new collection of vegetarian recipes, author Anna Jones tackles this common problem, making nourishing vegetable-centered food realistic on any day of the week. The chapters are broken down by time, with recipes that can be prepared in under 15, 20, 30, and 40 minutes, so no matter how busy you are, you can get dinner on the table, whether it be smoky pepper and white bean quesadilla, butternut squash and sweet leek hash, or chickpea pasta with simple tomato sauce. With evocative and encouraging writing, A Modern Way to Cook is a truly practical and inspiring recipe collection for anyone wanting to make meals with tons of flavor and little fuss.

A healthy, customizable way to cook every day with 75 complete bowl recipes and mix-and-match bases, toppings, and sauces Want to cook healthier low-stress dinners, improve your lunch game, and find meals that can be prepped mostly in advance? Bowls are for you! The beauty of building a meal in a bowl is its versatility, and this book helps you compose 75 interesting bowls that incorporate a multitude of flavors and textures, from a Harvest Bowl to a Pork Mojo Quinoa Bowl, all while streamlining prep work to keep them casual and fun. Where to start? Choose your base--we've got chapters based on grains, noodles, greens, and broths--and then peruse options as diverse as Seared Tuna Poke Bowl, Green Fried Rice Bowl, Indian-Spiced Chicken Zoodle Bowl, and Vietnamese Beef Pho. Components within recipes are frequently interchangeable, so if you've got pre-cooked grains on hand, or a rotisserie chicken, you can easily swap these foods in. (Lunch tip: Most bowl components can also be made the day before and transported.) Feel like improvising? Turn to our Bowl Basics section which offers 100 components, from Quinoa Pilaf to Quick Pickled Carrot Ribbons. Our vibrant Beet Tzatziki sauce or crunchy Savory Seed Brittle might be just the ticket to transform your bowl improvisation into something special, and everything can be made in advance and stored. Looking to eat vegetarian, vegan, or gluten-free? You'll find plenty of options here, plus full nutritional information for every recipe.

Complete Gluten-Free and Vegetarian Meals to Power Your Day

Buddha Bowls

Fast, Fresh Recipes from a Mexican-American Kitchen

Prajna

Super Healthy and Incredibly Delicious Vegetarian Meals for All Day, Every Day

Hippie Lane

Celebrating the Ingredients, Recipes, and Colors of Each Season

Easy, Healthy Recipes to Feel Great from the Inside Out

Power Bowls shows you how to build a one-bowl-wonder meal. From smoothie and oatmeal bowls to burrito bowls to noodle and vegetable bowls, each of the 35 recipes is nutritionally balanced and packed with superfoods. Whether you want to make an energy-boosting breakfast, an on-the-go lunch, or a hearty dinner, you can build a bowl to suit your taste and dietary needs, including a gluten-free and vegan diet. Each bowl is loaded with nutritionally rich vegetables, fruits, seeds, and grains—including kale, pomegranate, chia seeds, and quinoa--and alternative ingredients are recommended as well. Some of the recipes don't require any cooking at all, and tips and tricks on what to cook ahead, what to prepare the night before, and how long you can store your leftovers make healthy eating quick and simple even on the busiest of days. Make every meal pack a delicious, nutritious punch with Power Bowls.

Influenced by her cultural roots and with a creative gift for healthy recipe development, Taline Gabrielian is passionate about food, health and family. She uses whole, unprocessed ingredients to produce plant-based, vegan recipes that are packed with a powerhouse of goodness. Founder of Hippie Lane, which has a growing international following on social media, Taline is fast becoming a foodie rock star. Her first book features breakfasts the family will love: exciting and innovative lunches, nourishing snacks, power salads with gorgeous creamy dressings, beautiful bliss bowls, weekend meal inspiration, dinners for week nights and date nights and the most amazing sweet treats. Taline's food is delicious, easy to make and inventive; she takes nutritious eating to a whole new level of feel-good sophistication.

The creator of the Clean Food Dirty City brand shares 100 simple, vibrant, gluten- and dairy-free recipes for looking and feeling your best. In her debut cookbook, Good Clean Food, health coach Lily Kunin shares plant-based recipes for irresistibly clean, wholesome food. With Lily's less-is-more approach, you'll learn how to create nourishing dishes, bowls, salads, smoothies, and more using gluten- and dairy-free ingredients. Her delicious recipes are complemented by the same vibrant, textured, and stunning photography that has become a trademark of her popular site Clean Food Dirty City. Organized by the way that food makes you feel—awakened, nourished, cleansed, restored, sustained, and comforted—Good Clean Food highlights key ingredients that support healthy eating and clean living. The book contains a flavorful mix of recipes, including: Falafel Bowl with Mediterranean Millet and Green Tahini Walnut Taco Salad + Avocado Pesto Zucchini Noodles Evergreen Detox Bowl Sunny Immunity Smoothie Bowl Salted Caramel Bonbons The book also features a “Bowl Builder” section that walks readers through the process of building the perfect grain bowl, and provides helpful advice on how to stock a healthy kitchen and prep for the week ahead. Helpful tips and recipes instruct on using the same ingredients from your pantry for beauty enhancement, like a raw honey-turmeric facemask and rosemary-coconut oil hair treatment. "I love this vibrant, welcoming cookbook! Instead of structuring itself around rigid rules and restrictions, it leads by delicious example—first with Lily’s story of how she healed herself through food, and then, most importantly, with dozens of fresh, wholesome, super-enticing recipes."

—Lukas Volger, author of Bowl

Celebrated chef Paul Kahan's game plan and recipe repertoire of rustic, super-delicious, low-stress food to cook for gatherings. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW Chicago chef Paul Kahan is legendary for cooking up amazing food at home while everyone—including him—is hanging out in the kitchen, talking, and having a great time. Cooking for Good Times shares Kahan's best secrets for low-stress cooking for friends and family, using his program of twelve basic actions to mix and match (such as "Roast Some Roots," "Make Some Grains," "Braise a Pork Shoulder," and "Make a Simple Dessert"). In every chapter, Kahan gives six to eight customizations for each core recipe for ways to make dishes seem new. Simple recommendations for wine and beer styles to pour remove the fuss over beverage options. With recipes ranging from Roasted Chicken with Smashed Potatoes and Green Sauce to Farro with Roasted Cauliflower and Oranges and Steak with Radicchio and Honey-Roasted Squash, plus more than 125 mouth-watering photographs, Kahan's playbook is guaranteed to make hosting more relaxing, fun, and delicious.

A Modern Way to Cook

Diet and Recipes to Keep Your Brain Healthy and Improve Focus

100 Easy Recipes for Any Craving—from Bagels to Burgers, Tacos to Ramen

Power Plates

Minimalist Baker's Everyday Cooking

Vibrant Recipes with Endless Possibilities

Healthy, vegetarian heritage recipes from India

Heavenly Vegan Dals & Curries

Improve the health of your family and the planet with more than 125 delicious, plant-based, easy-to-prepare recipes for every meal of the day. The Meat-Free Kitchen has all the recipes you need for busy weeknights, packed weekends, or whenever you feel like trying out a meat-free meal. From many different breakfast options to many different kinds of vegetarian burgers, these meatless meals will satisfy even the pickiest of palates. Chapters cover all meals throughout the day, from yummy breakfasts to satisfying salads, hearty soups, handheld snacks, perfect pastas, and one-pot wonders. Many of these recipes can also be made in 30 minutes or less. Preparing meatless meals has never been simpler! Find something for everyone with recipes like: Banana Walnut Baked Oatmeal Creamy Tomato Soup with Orzo Black Bean Citrus Quinoa Salad Curried Tofu Salad Sandwiches Spicy Hummus Veggie Wraps Butternut Squash Mac and Cheese Tortilla Enchilada Casserole Smoky Potato Wedges Going Meatless is the healthiest option for you, your family, and the planet—get started today!

Discover the new, easy way to enjoy balanced vegetarian and vegan meals with Buddha Bowls. Just follow the very simple formula: Grain + Green + Protein (+ Zen!) for meals that are tasty, nourishing and easy to make. Tempting dishes take you through the day from breakfast to dinner and everything in-between, including: Chia Pudding Huevos Rancheros Bang Bang Dressing Beet Falafel Beet Quinoa Porridge Super Nutty Sesame Tofu Shiitake “ Bacon ” And many more! All recipes are vegetarian or vegan, and vegan swaps are provided throughout. Simple meals are created with inexpensive ingredients that you can easily find in your local supermarket. These recipes are designed to feed one, for easy week-night solo cooking, but can easily be doubled-up to feed a crowd. Eating dishes that are both clean and green, yet actually taste good, won ’ t seem so difficult anymore with Buddha Bowls!

Do you worry about cognitive and mental decline as you get older? Do you worry about dementia? A healthy brain is a key to a high-quality life, especially when you get older. How can we nourish our brain the same way we nourish our bodies? Nature provides for foods that nourish both the body and brain. Most often the focus of the diet is physical nourishment, - muscle building, weight loss, energy, athletic performance, and many others. Similar to foods that help the body, there are many foods that help the brain, improve memory and help slow down the aging process. While it is normal to have your physical and mental abilities somewhat slow down with age, diseases such as Alzheimer ’ s and Parkinson ’ s accelerate these declines even more. As we age, brain function decline accelerates, and more and more brain cells eventually die over time. In a normal brain (one not impacted by Alzheimer ’ s or dementia); your brain may compensate for the loss of nerve cells in many ways:
•As the brain loses some of its nerve cells, it attempts to make connections between remaining nerve cells
•The brain may form totally new nerve cells especially, in cases, where one is learning a new language, a new musical instrument, or something that has not been done before. Learning something new most often results in new brain connections and new nerve cells.
•In addition, some of brain ’ s “ unused ” or redundant cells come into play as they are now activated
Besides losing cells, and brain attempting to compensate them, there may be other impacts to the brain due to age such as:
•Blood flow to the brain decreases
•Nerve cells may lose some of the signal receptors for messages coming out of senses such as eyes, ear, skin etc.
•Nerves conduct/transmit signals more slowly. This can cause a slower response, or increased reaction time or slow reflexes
•Short term memory, vocabulary, ability to learn new things are impacted
With regular exercises, strength training, practicing martial arts, and other physical activities can arrest the physical decline. This book ’ s primary focus is on managing the decline in mental and brain function through diet and contains the following:
•Characteristics of foods that help in keeping your brain healthy and young
Brain healthy foods including meats, fruits, vegetables, spices, herbs and seafood
•Supplements to improve memory, cognition and support brain health
•Mediterranean diet recipe ideas
•DASH diet recipe ideas
•Asian diet recipe ideas
•Brain boosting supplements and recommendations products and dosage
•References
Food for the brain is an easy read and gives you a number of ideas to keep your brain healthy and is a useful book in your healthy living toolbox.

Doctor Bowl includes easy, nutritious recipes that are nourishing and delicious. The dishes are super simple, with short and budget-friendly ingredients lists and cooking times of less than 30 minutes (with just a little prep!). And most importantly, all are effortlessly tasty. All of the recipes are vegetarian and any that suit vegan, dairy-free or gluten-free diets are clearly signposted. There are also tips for quick cheats, as well as storage and freezing instructions. Chapters are broken into the types of bowls, dependent on time of day, season and mood: Quick Breakfasts / Weekend Brunch / Summer Salads / Winter Warmers / Snacks & Energy Boosters / Indulgent Puddings. Everyone should eat well, no matter their budget or time constraints and Doctor Bowl ensures that every delicious meal is easy, cheap, quick and nourishing.

Ayurvedic Rituals for Happiness

Simple Vegetarian Recipes for Every Season

Saffron Soul

Super Delicious, Super Simple [A Cookbook]

Exciting New Dishes From an Indian Girl's Kitchen Abroad

Love Real Food

Simple and Nutritious Balanced Meals in a Bowl

150+ Vegetarian Recipes for Quick, Flavor-Packed Meals [A Cookbook]

The veggie burger of the future is here! Using a vast arsenal of ingredients and techniques inspired by global flavors and traditions, Nourish Atelier's Nina Olsson is here to disrupt your assumptions of what a burger can be. Veggie Burger Atelier is her one-stop guide to making the most flavorful, beautiful, and delicious meat-free burgers you've ever experienced. Olsson shares her secret to the anatomy of the perfect veggie burger with considerations to texture, flavor, firmness, and juiciness. You will also learn substitutions that will let you veganize your burgers, or make them gluten-free. Veggie burgers have never been like this before! These veggie burgers are presented in incredible, full-color photography and with step-by-step instructions. Even if you don't know your way around the kitchen, Veggie Burger Atelier will prove that you can make these veggie burgers like a pro.

Focused on the art of crafting complete, balanced meals that deliver sustained energy and nourishment, this book features 100 compelling and delicious recipes that just happen to be vegan. These 100 recipes for wholesome and nourishing vegan food from blogger, nutritionist, and Food52 author Gena Hamshaw help you make delicious vegan meals that deliver balanced and sustained energy. Every recipe contains the key macronutrients of healthy fats, complex carbohydrates, and proteins, which together make for a complete meal--things like Smoky Red Lentil Stew with Chard, and Falafel Bowls with Freekah and Cauliflower. Photographs accompany each recipe, showing how Gena's simple techniques and fresh ingredients yield delicious meals. Additional tips and tricks for taking food on the go, and for cooking ahead on the weekend for quick weekday lunches and dinners, round out the collection.

Bowls of Goodness: Vibrant Vegetarian Recipes Full of NourishmentKyle Books

Whether you're new to plant-based eating or a seasoned pro, Veggie Burger Atelier will disrupt your assumptions of what a veggie burger can be! Nina Olsson (@nourishatelier) shares her secrets for crafting the perfect veggie burger with considerations to texture, flavor, firmness, and juiciness. You will also learn substitutions that will let you vegan-ize your burgers, or make them gluten-free. Nina's extraordinary veggie burgers are creatively conceived, straightforward to assemble, and presented in incredible, full-color photography, with step-by-step instructions. Explore more than 40 recipes, including: The Berliner: leek, lentils, pink kraut, and curry ketchup The Habibi: broccoli, white beans, scallions, and cashew cream The Bombay: cauliflower, turmeric, and sesame carrot salad Pulled Jackfruit Sliders, Falafel, and a sushi-inspired Avocado Tofu Rice Bun Plus, recipes for homemade Ketchup, Harissa, Kimchi, Vegan Mayonnaise, and Quinoa Spelt Buns Veggie Burger Atelier is your one-stop guide to making the most flavorful, beautiful, and delicious meat-free burgers!

Wagamama Your Way

At Home in the Whole Food Kitchen

Eat Well on \$4/Day

Whole Bowls

Bowls of Goodness: Vibrant Vegetarian Recipes Full of Nourishment

High-Protein Plant-Based Recipes for a Stronger, Healthier You

Grain + Green + Protein

Cauliflower Power

An accessible, all-purpose vegan cookbook with 100+ internationally inspired (and tantalizingly photographed) recipes to make every meal both delicious and healthful

An artistic collection of whole-foods recipes by the creator of the acclaimed Year in Food blog reflects the role of color in the author's produce choices, providing such aesthetic options as Pasta with Nettle Pesto and Broiled Figs with Za'atar and Pecans. 10,000 first printing.

From the creator of the popular blog, Occasionally Eggs, comes a beautiful debut cookbook exploring the bounty of the seasons, filled with more than 110 simple vegetarian recipes. Alexandra Daum loves nothing more than harvesting her garden throughout the year, and creating satisfying, seasonally-driven recipes. In her first cookbook, Occasionally Eggs, she shows us how simple it can be to cook healthy(ish) vegetarian meals with local fruits and vegetables, and pantry staples, like grains and legumes. Hard-to-find ingredients are kept to a minimum, with a focus on flavour combinations that make the best possible use of market finds. Largely plant-based, with the exception of occasional uses of honey and eggs, this book will inspire you to include fresh, local produce in your daily meal preparation. With over 110 delicious and nourishing recipes, Occasionally Eggs will create excitement as the seasons change. You'll explore fresh, vibrant flavours in spring and summer, with dishes like Chickpea Apricot Grain Salad, Spring Pesto Pizza, Sweet Corn and Zucchini Pakoras, and Strawberry Elderflower Ginger Beer Floats. In autumn and winter, it's a time to enjoy cozier, warmer meals, including Apple Hazelnut Waffles, Sesame Roasted Delicata Squash, Smoky Mushroom Pumpkin Chili, and Tahini Date Banana Bread. Occasionally Eggs is equal parts instruction and inspiration, with substitutions, tips, and tricks to allow for intuitive cooking based on what you have on hand. In addition to her seasonal offerings, Alexandra includes chapters on useful staples and basic fermentation, so you can try your hand at a homemade kombucha or spell sourdough, and fill your fridge with easy-to-make oat milk or tahini dressing. This is truly a year-round recipe collection and a book you'll turn to for years to come.

The quick and easy way to stay healthy. . . Andrew Cooper's Juiceman delivers over 100 delicious recipes packed full of goodness. For all the family and for every occasion, there's something for everyone. Promising 100% natural and unprocessed nutrition, Juiceman is brimming with easy, delicious juices, smoothies, teas, tonics and nut milks, as well as energising breakfasts, healthy snacks and ice cream. It even offers some amazing ideas on what to do with waste pulp! Andrew, a juicing expert, has created a diverse range of recipes to help achieve and maintain optimum health. From medicinal juices, which combat dehydration or digestive problems, to smoothies, for detoxing and retoxing, Juiceman is packed with essential recipes, including: Green Ninja Juice Full Cream Cashew and Hemp Milk Blueberry Facial Smoothie Smoothie Breakfast Bowl Ultimate OJ Recovery Shake Immunity Boost Smoothie Skin Shot As well as these delicious and effortless recipes, Andrew provides a juice cleanse plan, exercise tips and advice for keeping fit.

Vegan Indian Cooking

77 Satisfying & Nutritious Combos: Whole Grain + Vegetable + Protein + Sauce = Meal

Good and Cheap

All You Need in One Healthy Bowl

Nutritious + Climate Smart Recipes for Meat-Free Meals

Over 100 flavour-packed juices, smoothies and healthy dishes for all the family

Occasionally Eggs

100

Indian food is an internationally popular cuisine, yet, unfairly, it is often considered to be heavy, rich and indulgent. With more people than ever before turning to healthy home cooking there has never been a better time for a fresh and lighter take on Indian food - one that Mira is creating with her vibrant and healthy cooking style. Inspired by her mother and grandmothers' cooking, Mira Manek's style of food is a modern interpretation of the Indian classics, creating utterly delicious and naturally healthy dishes. Whether you want to cook a Summer Saffron Chia Pot, an Indian Summer Salad, a Thali, a Masala and Nut Milk or a Mango Yoghurt Cheesecake, Saffron Soul combines the best of the core elements of Indian cooking with original health-promoting twists. As well as offering the best and most naturally healthy Gujarati recipes, Mira also recreates some perennial favourites, replacing traditionally used grains and sugar with more nutritious ingredients such as millet, chia and jaggery, and cutting down on oils and fats, to make her dishes even healthier. Whether cooking a filling spicy curry, a soulful brunch, a nutritious light meal or a luscious dessert, Mira's dishes vibrantly burst with colour and a richness of flavour and spice, each fit for a feast.

Following on from the success of Bowls of Goodness, Nina moves from casual bowl food to celebrating in style. This joyful book focuses on delicious festive vegetable dishes that are easy to make. The recipes are driven by modern plant-based cooking inspired by kitchens from around the world: with Mediterranean, Asian, Northern European and Middle Eastern flavours. Chapters include Small Bites, Celebration Salads, Midsummer, Midwinter and Al Fresco, Cold, Hearty Meals and Sweet Endings. This is food for relaxed parties with a pick-and-mix attitude, but there are also stand-out dishes to feed the whole party and more fine-dining plates for dinner parties. And Nina gives handy tips on creating a balanced meal, cooking recipes in advance and how to make recipes vegan and dairy-free. Recipes include a Smorgasbord, Summer Rolls, Herbed Lentil, Beetroot and Feta Salad, Golden Kerala Curry and Midsummer Dream Cake. Nina makes vegetarian cooking fun and sociable - the recipes, in themselves, are worth celebrating!

Power Your Day with Nutritious, Convenient Meals For a wholesome, complete meal in just one bowl, look no further than Nourishing Superfood Bowls. Packed with superfoods and flavorful combinations of grains, proteins and vegetables, these casual and comforting dishes are quick and easy to prepare, and provide gluten-free, balanced nutrition. Perfect for breakfast, lunch, dinner or dessert, you can quickly energize your day from morning to night with fresh, real food ingredients. Whether you're looking to clean up your diet, refuel after a hard workout or follow any type of diet, there's a deliciously convenient bowl for you. The innovative and restorative recipes are gluten-free and allergy friendly, with vegan, vegetarian and Paleo options. Featuring 75 mouthwatering recipes like Blueberry Coconut Rice Porridge Bowls, Kickin' Orange Chicken and Broccoli Rice Bowls, Loaded Sweet Potato Nacho Salad Bowls and Baja Fish Taco Bowls, there are endless ways to combine your favorite ingredients for a clever and tasty feast.

Simple Plant-Based Bowls to Nourish Your Body and Soul Cara Carin Cifelli makes it easy to turn fresh, unprocessed ingredients into grain bowls, salads, pasta bowls and soups that fuel your body and spirit for complete holistic health. Each recipe has the perfect balance of rich flavors, varied textures and healing ingredients, all cozied up together in a comforting bowl. Every bite will have your taste buds going to a happy dance! Not to mention your body will feel light, fresh and full of energy. Each chapter focuses on a different base for your Buddha bowl, so it's easy to meal prep a big batch of wholesome grains to mix and match your meals throughout the week. From the Good Karma Bowl, Tropical Poke Bowls and Jicama Nacho Bowl to the "Cheezy" Butternut & Pesto Pasta and The Best Damn Taco Salad, these vibrant, nourishing recipes are sure to help you on your health journey, whether you're just beginning to heal your body with plant-based meals or are building upon a foundation of healthy eating. With this cookbook, you can always count on finding inspired, nutrient-rich meals that taste delicious and make you feel your best.

The Oh She Glows Cookbook

Celebrating the Art of Eating Well

Veggie Burger Atelier

Nourishing Superfood Bowls

100 Nutritionally Balanced, One-Dish Vegan Meals [A Cookbook]

Over 100 Vegan Recipes to Glow from the Inside Out

More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body

Cooking for Good Times

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master’s candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government’s Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

NATIONAL BESTSELLER • 100+ big, bold, sock-you-sideways plant-based vegan recipes from the breakout star of The Game Changers “Charity is taking a practical approach to a plant-based diet. . . . She provides support and encouragement as she guides you through this exploration.”—Venus Williams, from the foreword ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Delish, Food52 Whether you’re new to plant-based eating or already a convert, when you cook vegan with Charity Morgan, private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won’t be missing out on the flavor and indulgence of all your favorite comfort foods. In her highly anticipated first cookbook, Charity lays out a plan for anyone who wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity’s recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapenˆo-Baeˆcon Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. Unbelievably Vegan offers more than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling, healthy, and above all else unbelievably delicious.

Beautifully simple age-old rituals for modern-day living that will enhance your wellbeing and bring you happiness. Prajna is the Sanskrit word for wisdom, and this book brings the ancient wisdom of Ayurveda into your life by guiding you through simple practices for every day and every occasion. Ayurveda is one of the world’s oldest healing systems, rooted in the principle of a mind-body-spirit connection that is more relevant than ever to our busy modern lives. This book extracts the essence of this Indian philosophy and provides a wealth of timeless rituals to effect positive change.

Featuring more than 70 fresh, vibrant recipes to nourish and inspire, including quick and easy meals, soulful comfort food and store cupboard 'throw togethers', the dishes in wagamama your way are designed to be flexible for everyday and everyone. From vegan katsu curry and vegetarian firecracker to mandarin chicken salad, expect to find variations on wagamama classics as well as new favourites. Chapters include 'fast + easy', 'bowls of goodness', 'ways with the wok', 'something sweet' and 'sauces + sides'. Many of the recipes are either vegan or vegetarian, and for those that aren't there are alternative ingredient suggestions to create plant-based versions. With inspiring photography, wagamama your way provides all the ideas you need for easy, mindful nourishment.

Doctor Bowl

100+ Life-Changing, Plant-Based Recipes: A Cookbook

Vegan Buddha Bowls

Extraordinary Recipes for Nourishing Plant-Based Patties, Plus Buns, Condiments, and Sweets

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

The Meat-Free Kitchen

75 Feel-Good, Gluten-Free Recipes Made with the World's Most Versatile Vegetable

Bowls of Goodness: Grains + Greens

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.*

High-Protein Vegan Meals for a High-Powered Lifestyle In Power Vegan Meals, Maya creates easy meals that are high in protein and flavor and low in prep time, so they're great for athletes as well as healthy, active people. Drawing inspiration from international cuisine and comfort food favorites, Maya has crafted over 75 diverse and flavorful gluten-free, soy-free and plant-based recipes that will keep you energized throughout the day. Recipes range from BBQ Jackfruit with Red Cabbage Slaw and guilt-free Peanut Butter Chocolate Fudge Bites to probiotic-rich Home-Brewed Kombucha and Kimchi. Maya's Four-Seed Granola Bars provide the pre-workout fuel you need to train hard and her Pad Thai and Toasted Chickpea Tacos with Mango Relish make international favorites accessible, leaving you feeling happy, healthy and ready to take on the rest of your day. Whether you're new to the vegan lifestyle or are looking for a way to increase your protein intake, Power Vegan Meals is here to help you meet your health and fitness goals with energizing high-protein and probiotic-rich recipes.

In Plant Powered Mexican, Kate Ramos (Hola Jalapeno) takes you on a tour of her delicious, vegetable-driven kitchen with 70+ recipes celebrating the flavors of Mexico. Mexican recipes have long been known for their fresh, vibrant ingredients and delicious flavor combinations. However, it's only recently that chefs and eaters alike have discovered something wonderful: many Mexican recipes taste just as good (or better!) when vegetables are the star. This collection of meat-free Mexican recipes includes favorites passed down from family as well as many of Kate's own creations. Chapters and recipes include: Low Cook: Spicy Mexican Gazpacho with Chopped Cucumber Salad; Cauliflower, Pepita, and Rice Salad Lettuce Wraps; Chilled Avocado Soup with Farmer's Market Fairy Dust; Tomatillo Poke Bowl with Avocado and Pink Grapefruit; Marinated Vegetable Torta with Serrano-Lemon Aioli From the Stove: Spinach and Caramelized Onion Sopes, Winter Vegetable Enmoladas with Queso Fresco, Jackfruit Tinga Grain Bowls, Squash Blossom Quesadillas with Tomatillo-Avocado Salsa, Poached Eggs Divorciados From the Oven: Roasted Carrot Barbacoa Tostadas, Sweet Pea and Potato Empanadas, One Pan Chile Rellenos, Sheet Pan Chilaaquiles Rojos with Cilantro-Lime Crema From the Grill: Sangria Marinated Veggie Skewers, Chipotle-spiced Cauliflower Tacos, Grilled Stuffed Peppers with Mint, Queso Asado and Calabacitas Electric Pressure Cooker: Almond Mole, Poblano Pepper-Potato Soup with Toasted Pepitas, Vegan Red Pozole with Mushrooms, Black Bean and Swiss Chard Enchilada Casserole While some recipes are easier than others, they were all developed with the family table in mind. This means most are weeknight meals meant to fit into a busy family's life. In addition to the centerpiece mains, you'll find salads, soups, bowls, and plenty of classics to return to week after week as well—think time-tested salsa recipes, a foolproof version of Mexican rice, and a hands-off pot of flavorful beans that can be served up four different ways. Many of the recipes in the book are vegan and others can be made vegan by omitting or substituting cheese or milk. Whether you are vegan, vegetarian, or simply a vegetable-loving cook, these are the Mexican recipes you've been waiting for!

Gourmand Award Winner for Best Vegetarian Cookbook: A nutritionist offers over fifty full-meal, vegetarian, vegan, and gluten-free recipes. The creator of the award-winning food blog Yummy Beet shows you how to turn familiar and traditional tastes into fun, foolproof, and inventive whole bowls. Healthful, plentiful, and simple kitchen creations feel at home in a bowl, whether enjoyed as a weekday breakfast for one or part of a leisurely dinner with friends. For nutritionist Allison Day, meal-sized bowl recipes showcase her love of this cozy serving dish, staying true to her philosophy of eating with visually alluring, seasonal, and delicious food you can feel good about. Along with more than fifty full-meal, vegetarian, vegan, and gluten-free recipes (not to mention the dozens of mini recipes-within-recipes), these pages contain an innovative, easy-to-follow “Whole Bowls Formula” to build your own creations for quick everyday lunches and dinners. Recipes include: Curried falafel and kale salad bowls Black bean bowls with butternut squash, black rice, and chimichurri Oat risotto bowls with soft-boiled eggs, avocado, and hazelnut dukkah Sunny citrus bowls with orange pomegranate salsa and lemon cream Carrot cake bowls with a cream cheese dollop and candied carrots Southern cheddar grits with tomatoes, kale, and black Beans Almost noodle salad with radishes and basil Chili con veggie with cornbread Mediterranean pasta with arugula, peas, yellow tomatoes, and feta Greek mushroom stifado with horseradish mashed potatoes Tuscan bean stew Baked polenta with caramelized onions, mushrooms, and marinara “I was bowled over by the mouthwatering photos and flavor combinations. The cauliflower hazelnut pilaf alone is worth the price of the book!” –Greta Podleski, bestselling author of Looneyspoons

Power Bowls

Build-a-Bowl

Unbelievably Vegan

Bowls

Juiceman

Vegan Everything

Nourish Bowls

Good Clean Food

75 delicious, healthful, practical, gluten-free recipes, including waffles, falafel, gnocchi, nachos, and brownies—featuring the versatile vegetable. Why cauliflower? It’s a chameleon and can take on any flavor and texture. Low in carbs, fats, and sugars, and naturally packed with vitamin C, cauliflower is also the super-est of all superfoods. In her first cookbook, food blogger and recipe developer Lindsay Grimes Freedman shares delicious, healthful, and practical recipes for this versatile veggie. With more than 75 recipes built around the five ways to prep cauliflower (as a whole head, florets, steaks, riced, and meal), Freedman transforms cauliflower into smoothies and scones, pizza crusts and pasta sauces, and sides and salads. Super swaps include falafel made with cauliflower and Caesar salad made with a cauliflower-based dressing, even cauliflower nachos, “bacon” bits, tots, and French toast. The healthy recipes are easily adaptable for any diet without skimping on flavor or satisfaction. By harnessing the power of this anti-inflammatory veggie, readers will reap all the benefits of a plant-based diet without missing out on any of the good stuff. Praise for Cauliflower Power “A delightful cookbook! All of her recipes really work and are delicious.” —Gluten Free Easily

Explore traditional Indian cooking using vegan ingredients with this volume of simple yet unforgettable recipes by the author of Indian Slow Cooker. Cookbook author Anupy Singla shares the secret to preparing classic Indian dishes without using animal products. Vegan Indian Cooking features 140 recipes that use vegan alternatives to rich cream, butter, and meat. The result is a terrific addition to the culinary resources of any cook interested in either vegan or Indian cuisine. Singla—a mother of two, Indian emigre, and former TV news journalist—has a passion for easy, authentic Indian food. She shares recipes handed down from her mother as well as many she developed herself—including fusion recipes that pull together diverse traditions from across the Indian subcontinent. After launching her Indian As Apple Pie line of spices, Singla builds on her culinary expertise with flavorful recipes that make vegan Indian cooking accessible to even the most hurried home chef.

Build-a-Bowl is a fun and healthy way to put good food on the table! Popular food blogger and teacher Nicki Sizemore’s fuss-free method starts with a grain base, whether it’s a popular favorite such as brown rice or an ancient grain like farro. Add a layer of fresh vegetables and herbs, follow that with a lean protein, and then finish it off with a flavorful sauce for a delectable super-powered meal.

Sizemore’s 77 creative combinations range from the Chicken Sausage Meatballs Bowl to the Crispy Fish Taco Bowl and the vegan-friendly Double Broccoli Power Bowl. Suitable for breakfast, lunch, or dinner, the beauty of the bowl is that every combination can be customized, making it a perfect solution for feeding everyone at the table with their favorites — happily and easily.

Nina’s recipes are always vegetarian and often vegan. Her food philosophy is all about balance and fun. ‘Good food comes from a good source and is made from scratch at home with love.’ This is wholesome vegetarian food at its best, inspired by cooking from around the world. It captures many of the ongoing culinary trends today - home-cooked comfort meals, plant-based recipes, power bowls, sharing dishes, salads, smoothies and porridges - foods that can all be served in a bowl. The chapters are Morning Bowls, Comforting and Energising Soups, Fresh and Delicious Salads, Grain Bowls, Noodles, Zoodles and Pasta, Hearty Bowls, Gatherings and Sweets. With recipes including a Cosmic Green Smoothie; a Buddha Bowl; Creamy Avocado and Crispy Kale Soba Noodles; a Laksa Luxe Bowl; and Chai Poached Pears with Coconut Ice Cream, this book gives you easy recipes brimming with vitality and health.

Vibrant vegetarian recipes for gatherings

75 Healthy and Delicious Gluten-Free Meals to Fuel Your Day

Vibrant Food

The Cookbook: Wholefood Goes Deliciously Luxe

140 Simple and Healthy Vegan Recipes

Fresh Flexible Recipes for Body + Mind

Plant Powered Mexican

Vibrant Vegetarian Recipes for Gatherings

Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars, all shapes and sizes, containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin’s kitchen. It is a heavenly place, and it is this book that will make it your kitchen too. With her love of whole food and knowledge as a chef, Amy Chaplin has written a book that will inspire you to eat well at every meal, every day, year round. Part One lays the foundation for stocking the pantry. This is not just a list of ingredients and equipment; it’s real working information—how and why to use ingredients—and an arsenal of simple recipes for daily nourishment. Also included throughout the book is information on living a whole-food lifestyle: planning weekly menus, why organic is important, composting, plastics versus glass, filtered water, drinking tea, doing a whole-food cleanse, and much more. Part Two is a collection of recipes (most of which are gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I’ll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert. If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you’re on your own, and ready to lend a hand when you’re sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

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 trasure trove of more than 100 mouterwatering, 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 cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Nourish bowl, hippie bowl, buddha bowl, rainbow veggie bowl, poke? bowl, glow bowl – these are just some of the names given to one of the most prevalent current food trends. Search for any of those names as a tag within Instagram and you’ll be treated to a kaleidoscope of images of hearty, wholesome meals in a bowl. The basic premise of the nourish bowl is simple to follow: build a layered bowl with a leafy greens base, add raw or cooked vegetables or fruits, include a protein-rich element along with some healthy fats, keep the carbs to a minimum and then top with a final extra flourish in the form of a dressing, seeds or berries. With countless combinations of vegetables, grains, meat and fish, this book gives meal-time inspiration for creating inventive and delicious bowl of health-giving food. A nourish bowl can be quick and simple to prepare, with many elements being eaten raw. With every recipe photographed, showing the beautiful finished nourish bowl, eating well has never been so enticing or easy.

Nina Olsson’s stunning new book features over 100 recipes that showcase whole grains and fresh greens. These two food types are the foundation of some of the most healthy and delicious vegetarian food, both historically and today, and form a key part of a nourishing diet. Chapters cover: Food Soulmates - why whole grains and fresh greens are the winning nutritional formula for health and vitality. Including information on their nutritional benefits, their climate smart credentials and a glossary of all the grains and greens, and how to shop, forage, store and cook with them. Power Breakfasts - Kick start your day with energyboosting recipes Grain Bowls - Wholesome grain bowls perfect for any hour of the day Comfort - Comforting soups, stews and hearty dishes with added greens for balance Salads - Lighter dishes as well as more filling grain salads Sharing - Larger plates for gatherings Kitchen staples - Plant-based dairy substitutes and a bakery section "Vegetarian food at its finest." Food and Travel magazine on Bowls of Goodness

Quick + Simple Balanced Vegetarian and Vegan Food

Power Vegan Meals

Super Simple Plant-Based Recipes for Every Day

Feasts of Veg

Food for the Brain