

Food Cost Calcolare In Cucina

Uno strumento indispensabile, scritto con cuore e con metodo, per conoscere le linee guida strategiche e mettere in pratica le metodologie giuste per avviare un’attività di ristorazione vincente. Perché il settore della ristorazione è in continua evoluzione, affascinante per quanto pericoloso se non gestito con preparazione e professionalità. Da qui un testo dedicato sia a chi opera già nel settore: ristoratori, gestori di bar, pizzerie, tavola calda e tutti quei locali che hanno voglia di reinventarsi

The keto diet is faster and more accessible than ever before with these 100 easy, delicious, low-carb meals you can make in 30 minutes or less from USA TODAY bestselling author Stephanie Laska. Want to try the keto diet but don’t have enough time to cook elaborate meals from scratch? No problem! USA TODAY bestselling author and creator of DIRTY, LAZY, KETO offers the perfect solution with these quick and easy recipes that you can make in no time. After losing 140 pounds following the keto diet, Stephanie understands how hard it can be to find the time to cook, especially while managing a hectic household. At the end of a busy day, she had to get food on the table—fast. She didn’t have a second to waste preparing meals that her family might not like. Instead, Stephanie made her own recipes that she knew her family would love while still keeping them healthy. In DIRTY, LAZY KETO No Time to Cook Cookbook, you’ll find 100 great tasting 10g net carbs or less recipes that you can make in 30 minutes or less. With simple, easy-to-find ingredients, you’ll have dinner ready on the table in no time! This flexible, honest, real-world approach to losing weight while still living a normal life empowers you to keto your own way—in a style and schedule that works for you. This no-judgment cookbook offers you the support you need as you venture on your own unique path to sustainable, healthy weight loss—not perfection.

‘Little Black Book is THE book of the year for working women with drive’ Refinery 29 The essential career handbook for creative working women. ‘A compact gem’ Stylist

Massimizzare i profitti integrando alle tecniche di revenue il cost controlling

Little Black Book

Using Italian Vocabulary

A guide to the scientific and medical research into McArdle Disease, explained in plain English.

Digital food marketing

Swank and Dugan provide complete background information on the development of the diet and the clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet, equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants), and keeping the careful dietary records that are essential to continuing good nutrition. This is the low-fat diet that works in reducing the number and severity of relapses in M.S. patients — and The Multiple Sclerosis Diet Book provides the nutritious and tasty recipes that M.S. patients and their families can live with for years to come.

Learn the language of la dolce vita! For anyone who wants to learn and enjoy the most expressive and romantic of languages, the third edition of 'The Complete Idiot's Guide to Learning Italian' is the first choice for a whole new generation of enthusiastic students of Italian. This updated edition includes two new quick references on verbs, grammar, and sentence structure; two new appendixes on Italian synonyms and popular idiomatic phrases; and updated business and money sections. First two editions have sold extraordinarily well. Italian is the fourth most popular language in the United States.

Jamie Oliver's Food Tube presents The Pasta Book, jam-packed with simple, seasonal recipes, plus all the need-to-know basics from Jamie's own Italian mentor, chef Gennaro Contaldo. 'Enjoy this pocket-sized cookbook, full of incredible, achievable pasta recipes, from the very basics to kick-ass dishes for any night of the week. Buon appetite!' - Jamie Oliver Whatever your ability in the kitchen, pasta is often a staple mid-week supper. This book will help to re-vamp your repertoire. It's full of delicious, simple, seasonal recipes such as: - Wild Rocket & Pecorino Orecchiette - Summer Vegetable Cappellacci - Autumnal Wild Mushroom Tagliatelle - Wintery Game Ragù - Gennaro's take on classic favourites such as Carbonara and Bolognese. If you really want to be adventurous, there is always the option to learn about making pasta from scratch, but the recipes are equally tasty with dried pasta.

Strumenti di gestione e linee guida operative

Household Food Consumption Survey

The DIRTY, LAZY, KETO No Time to Cook Cookbook

Il profit management della ristorazione. Massimizzare i profitti integrando alle tecniche di revenue il cost controlling

Fundamental Principles of Restaurant Cost Control

Il villaggio turistico

From Michelin-starred winners to farmers who learned everything from the internet, you will learn how 22 chefs from around the world have built and grown their businesses from scratch. In these enlightening and practical recipes for success, they will openly talk about unexpected challenges and painful setbacks that they had to overcome to get to the top. What is more, at the end of each chapter you will find an exclusive recipe shared by the featured chef. So, along with the encouragement to follow your dreams, you will be able to literally experience what success tastes like. “The greatest chefs, just as the greatest artists, have built their success stories on passion, humility, and hard work. Most of them had a greater dream of becoming the best they could be and leaving their mark on this world.”

The science behind a good meal: all the sounds, sights, and tastes that make us like what we're eating—and want to eat more. Why do we consume 35 percent more food when eating with one other person, and 75 percent more when dining with three? How do we explain the fact that people who like strong coffee drink more of it under bright lighting? And why does green ketchup just not work? The answer is gastrophysics, the new area of sensory science pioneered by Oxford professor Charles Spence. Now he's stepping out of his lab to lift the lid on the entire eating experience—how the taste, the aroma, and our overall enjoyment of food are influenced by all of our senses, as well as by our mood and expectations. The pleasures of food lie mostly in the mind, not in the mouth. Get that straight and you can start to understand what really makes food enjoyable, stimulating, and, most important, memorable. Spence reveals in amusing detail the importance of all the “off the plate” elements of a meal: the weight of cutlery, the color of the plate, the background music, and much more. Whether we're dining alone or at a dinner party, on a plane or in front of the TV, he reveals how to understand what we're tasting and influence what others experience. This is accessible science at its best, fascinating to anyone in possession of an appetite. Crammed with discoveries about our everyday sensory lives, Gastrophysics is a book guaranteed to make you look at your plate in a whole new way.

With one more year before the 2015 deadline for achieving the Millennium Development Goals, the 2014 Global Hunger Index report offers a multifaceted overview of global hunger that brings new insights to the global debate on where to focus efforts in the fight against hunger and malnutrition. The state of hunger in developing countries as a group has improved since 1990, falling by 39 percent, according to the 2014 GHI. Despite progress made, the level of hunger in the world is still “serious,” with 805 million people continuing to go hungry, according to estimates by the Food and Agriculture Organization of the United Nations. The global average obscures dramatic differences across regions and countries. Regionally, the highest GHI scores—and therefore the highest hunger levels—are in Africa south of the Sahara and South Asia, which have also experienced the greatest absolute improvements since 2005. South Asia saw the steepest absolute decline in GHI scores since 1990. Progress in addressing child underweight was the main factor behind the improved GHI score for the region since 1990.

The Oxford Handbook of Hellenic Studies

Hospitality Marketing

Great British Chefs

120 Recipes From Britain's Best Chefs

Food cost. Calcolare in cucina

Irlanda. Ediz. illustrata

Using Italian Vocabulary provides the student of Italian with an in-depth, structured approach to the learning of vocabulary. It can be used for intermediate and advanced undergraduate courses, or as a supplementary manual at all levels - including elementary level - to supplement the study of vocabulary. The book is made up of twenty units covering topics that range from clothing and jewellery, to politics and environmental issues, with each unit consisting of words and phrases that have been organized thematically and according to levels so as to facilitate their acquisition. The book will enable students to acquire a comprehensive control of both concrete and abstract vocabulary allowing them to carry out essential communicative and interactional tasks.
• A practical topic-based textbook that can be inserted into all types of course syllabi
• Provides exercises and activities for classroom and self-study
• Answers are provided for a number of exercises

Hospitality Marketing is an introductory textbook which shows readers how to apply the principles of marketing within the hospitality industry. The fourth edition contains examples and case studies exemplifying how ideas and concepts discussed within its chapters can be successfully applied to a real-life work situation, with an emphasis throughout on topical issues such as sustainable marketing, corporate social responsibility and relationship marketing. It also describes the impact that the Internet has had on both marketing and hospitality, using a variety of tools including a wide range of Internet learning activities. This fourth edition has been updated to include: New content on social media marketing, user-generated content, group-buying behaviour, franchising, internationalization, non-predictable factors affecting sales and marketing such as COVID-19, the role of marketing in creating a competitive advantage and the role of events and experiences in marketing. New extensive exploration of the role of technology in marketing including the use of artificial intelligence, service robots and the metaverse to develop and deliver service and/or to measure customer experience. Updated online resources including a PowerPoint deck, a test bank of questions and added links to YouTube and Instagram content. New/updated international case studies including many more from Asian and African destinations. This book is written specifically for students taking marketing modules within hospitality courses and is a valuable resource to promote learning.

Whether you are planning a romantic Italian getaway, packing a knapsack for your junior year abroad, or just want to engage your Italian business associate in everyday conversation, Italian Made Simple is the perfect book for any self-learner. Void of all the non-essentials and refreshingly easy to understand, Italian Made Simple includes:
* basics of grammar
* vocabulary building exercises
* pronunciation aids
* common expressions
* word puzzles and language games
* contemporary reading selections
* Italian culture and history
* economic information
* Italian-English and English-Italian dictionaries
Complete with drills, exercises, and answer keys for ample practice opportunities, Italian Made Simple will soon have you speaking Italian like a native.

Principles and Practices

The Multiple Sclerosis Diet Book

Guida pratica per una gestione efficiente di qualità di ristoranti, bar, aziende di catering e banqueting

From Columbus to ConAgra

Italian Made Simple

Ristorazione Zero Sprechi

La ristorazione in Italia cresce ma non brilla e fatica ad abbracciare il ‘futuro’. Ormai la metà degli italiani scrive recensioni e cerca il locale da mobile, più di 4 milioni ordinano con il food delivery e il 70% vorrebbe prenotare il tavolo online. Questo manuale accompagna il lettore nella costruzione del piano di marketing digitale per il ristorante, ormai improrogabile. Ogni parte del sistema di comunicazione, promozione e vendita dell’offerta è raccontata con semplici ‘how-to-do’, conditi con buone pratiche, interviste agli specialisti, testimonianze di brand del food e dell’accoglienza ristorativa. Senza tralasciare pratici spunti da applicare subito in cucina e in sala. Dedicato a chef, ristoratori e operatori F&B, questo volume permette di acquisire visione e strategia, e gestire al meglio il proprio percorso di evoluzione digitale.

Now in a sixth edition, Lonely Planet's guide to Costa Rica includes an inspirational full-colour introduction featuring the country's highlights as well as a new outdoor adventure chapter profiling the best places for white-water rafting, surfing, hiking and wildlife watching. Lonely Planet offers more maps than any other guide to Costa Rica plus up-to-date bus schedules and crucial border-crossing information.- Detailed itineraries reveal classic and less-travelled routes- "Top 10" lists- Unmatched history, culture and background information, with expert author contributions- Easy-to-use maps with cross referencing to text"Down to earth accurate information for every budget, enthusiastically written."-Travel & Leisure

The debut cookbook from Great British Chefs contains 120 recipes from 60 of the best chefs cooking in the UK today. Every single one of the fully illustrated recipes in Great British Chefs is a testament to just how incredible the UK's food scene has become. From simple weeknight dinners to more complex courses for dinner parties, this book provides a wealth of inspiration for keen home cooks. Through each dish we chart the evolution of the UK's food culture, from the culinary masters that started it all and those championing modern British cooking, to the international cuisines we've fallen in love with and the next generation of exciting new talent. While the recipes in this book may come straight from the minds of top chefs, we've ensured that they're all suited to the home kitchen, perfect for ambitious cooks looking to impress. The chefs featured in the book are: Britain's Culinary Masters: Pierre Koffmann, Mark Dodson, Shaun Hill, Paul Heathcote, Marcus Wareing, Nathan Outlaw, Simon Rogan, Michael Wignall, Michael Caines, Sat Bains Flavours of Europe: Pascal Aussignac, Eric Chavot, Daniel Galmiche, Chris & Jeff Galvin, Francesco Mazzei, Theo Randall, Luke Holder, José Pizarro, Agnar Sværrisson Flavours of the World: Alfred Prasad, Vivek Singh, Peter Joseph, Andrew Wong, Robert Ortiz, Hideki Hiwatashi, Peter Gordon, Anna Hansen, Graham Hornigold, Marcello Tully, Scott Hallsworth Classic British & Pub Food: Jeremy Lee, Richard Corrigan, Robert Thompson, Geoffrey Smeddle, Frances Atkins, Galton Blackiston, Josh Eggleton, James Mackenzie, Emily Watkins, Dominic Chapman Modern British: Tom Aikens, Alyn Williams, Adam Byatt, William Drabble, Adam Gray, Martin Wishart, Paul Ainsworth, Simon Hulstone, Andy McLeish, Adam Stokes, Nigel Haworth, James Sommerin New Wave: Robin Gill, Merlin Labron-Johnson, Chantelle Nicholson, Lisa Goodwin-Allen, Phil Fanning, Paul Welburn, Paul Foster, Paul A Young

The Globalization of Agriculture and Food

Business vocabulary builder : intermediate to upper-intermediate ; the words & phrases you need to succeed

Manager dei processi ristorativi. Il mercato ristorativo: tipologie organizzative, sistemi e tecnologie produttive

100 Easy-Peasy Recipes Low in Carbs, Big on Flavor

Banqueting Management

The New Science of Eating

Written by a former restaurateur, in an applied format using a systematic approach, this book presents the practice of restaurant cost controls that complements the management process of planning, organizing, leading and controlling. The book’s abundance of support materials make it user-friendly and more appealing to users and facilitators. Role of cost control in strategic business plan for systematic planning; role of the menu as a cost control, merchandising and communication tool; importance of menu sales analysis for both food and beverage departments; menu pricing techniques that optimize food cost, gross profit, and revenue; menu design and layout techniques; different types of food cost measurement; converting financial statements into cost control tools; operation and financial analysis of costs and revenues; and labor productivity measures. Appropriate for a wide range of professionals in the foodservice industry such as independent restaurant operators, chefs, and corporate or franchise foodservice managers.

This book is designed for those who have had no more than a brief introduction to organic chemistry and who require a broad understanding of the subject. The book is in two parts. In Part I, reaction mechanism is set in its wider context of the basic principles and concepts that underlie chemical reactions: chemical thermodynamics, structural theory, theories of reaction kinetics, mechanism itself and stereochemistry. In Part II these principles and concepts are applied to the formation of particular types of bonds, groupings, and compounds. The final chapter in Part II describes the planning and detailed execution of the multi-step syntheses of several complex, naturally occurring compounds.

Il volume è una guida pratica alla gestione efficiente e di qualità nell’area del Food & Beverage nelle varie tipologie presenti nelle aziende ristorative, ovvero: ristoranti, bar, aziende di catering e di banqueting. Il testo si apre con una prima parte dedicata al marketing della ristorazione, un mercato di non facile lettura e programmazione per le innumerevoli variabili culturali e socioeconomiche che sottostanno alle motivazioni d’acquisto del cliente. Segue una trattazione di argomenti strettamente tecnici: dalla cucina regionale alle nostre eccellenze alimentari, alla gastronomia internazionale, alla cucina vegetariana e vegana, alle allergie e intolleranze alimentari. Le parti successive offrono, con particolare attenzione alla pianificazione e al controllo operativo dei costi, un’accurata analisi guidata del processo di management nei vari settori Food & Beverage: ristoranti, banqueting, bar e cantina. L’autore arricchisce i vari argomenti affrontando con taglio professionale, ma in modo chiaro e semplice, interessanti tematiche come la degustazione della birra, del vino e delle acque, nonché l’abbinamento con il cibo.

Risotto for All Seasons

The Complete Idiot's Guide to Learning Italian, 3rd Edition

Gastrophysics

Crea il successo del tuo locale

The DIRTY, LAZY, KETO 5-Ingredient Cookbook

2014 Global Hunger Index

Manuale per la gestione del villaggio turistico, con un esame dettagliato di tutti i reparti e servizi disponibili. Nel testo troverete molti consigli pratici per il raggiungimento della qualità, della produttività e del risparmio.

The Oxford Handbook of Hellenic Studies is a unique collection of some seventy articles which together explore the ways in which ancient Greece has been, is, and might be studied. It is intended to inform its readers, but also, importantly, to inspire them, and to enable them to pursue their own research by introducing the primary resources and exploring the latest agenda for their study. The emphasis is on the breadth and potential of Hellenic Studies as a flourishing and exciting intellectual arena, and also upon its relevance to the way we think about ourselves today.

Why spend hours in the kitchen when these 30 marinades make cooking so quick and simple? All that's required is the time to allow some meat, fish, vegetables, or fruit to soak up the spicy or aromatic sauce, and voila! The main part of the preparation almost takes care of itself. Among the amazingly irresistible palate-pleasers here: Chicken Escalope a la Menthe, Pork Chops with Honey and Cardamom, Scallops with Cointreau, Peppers with Basil and Garlic, and Fresh Figs and Mozzarella. It's gourmet fare—effortlessly.

Risto Boom

The Handy Physics Answer Book

100 Easy Recipes Ready in under 30 Minutes

Architect's Pocket Book of Kitchen Design

Questa scuola non è un hotel

Marketing e management delle imprese di ristorazione

Sei un ristoratore o un imprenditore nel settore della ristorazione e vorresti aumentare il fatturato del tuo ristorante ma al momento ti senti bloccato e non sai come proseguire? Una cosa è certa: quello della ristorazione è uno dei settori più difficili e competitivi al mondo. Ogni gestore di

ristorante sa bene che sono tanti gli anelli della catena che rendono il proprio ambiente di lavoro produttivo, efficiente e stimolante: dalla relazione con i propri dipendenti, all'organizzazione della sala e della cucina, dalla gestione ottimale delle materie prime alla garanzia di un servizio di eccellenza nei confronti dei propri clienti. La brutta notizia è che la maggior parte dei ristoranti hanno debolezze organizzative che impattano negativamente sulla gestione del locale. La buona notizia invece è che creare un ambiente di lavoro sano e produttivo in questo settore non è impossibile. Tutto sta nel sapere esattamente come fare. In questo libro, frutto di 15 anni di esperienza nel settore della ristorazione, ti condividerò tecniche e strategie finalizzate ad ottimizzare la gestione di un locale attraverso la messa in pratica di un metodo già applicato con successo ad oltre 50 strutture, che prende il nome di Metodo Mondo. COME NASCE UNO CHEF APPASSIONATO Come affrontare in maniera diversa la propria quotidianità lavorativa. L'importanza di essere alla continua ricerca di nuove strategie e soluzioni con un occhio rivolto all'innovazione e al futuro. Da cosa nasce la passione per la cucina. DA CUCINA SOSTENIBILE A RISTORAZIONE ZERO SPRECHI L'importanza di valorizzare i prodotti locali. Come ridurre gli sprechi in cucina. Perché è fondamentale prestare attenzione alla qualità. COME ARRIVARE A UNA RISTORAZIONE ALL'AVANGUARDIA La porzione perfetta: cos'è e perché consente di ridurre al minimo il margine di spreco. Come gestire il proprio business in maniera strategica e funzionale. Il manuale operativo delle procedure: cos'è, a cosa serve e perché è importante per organizzare e gestire un'azienda nel settore della ristorazione. COME AVERE LA PIENA GESTIONE DEL RISTORANTE In che modo la condivisione degli obiettivi con tutti i componenti della brigata incide positivamente sulla produttività di un ristorante. L'importanza di affidarsi ad un fornitore di fiducia. Per quale motivo un magazzino ordinato permette di avere e mantenere il controllo di quanto succede nel proprio locale. COME OTTIMIZZARE IL SERVIZIO RISTORATIVO L'importanza di essere allineato alle esigenze di mercato. Per quale motivo il cameriere è la figura cardine all'interno del ristorante. Quali sono gli indicatori numerici che permettono di avere una visione chiara di come sta andando il proprio ristorante. L'AUTORE Antonio Mondo, nato a Trebisacce (Cs) nel 1988. Chef - Restaurant Manager, Consulente e Formatore nel settore della Ristorazione. Autore del Libro "Ristorazione Zero Sprechi", da cui prende il nome anche il suo progetto. Sin dai tempi degli studi si è sempre appassionato alla ristorazione, dedicandoci formazione e motivazione per una crescita personale e professionale costante nel tempo. Dopo essersi occupato per molti anni di gestione di sala e cucina, ha deciso di ampliare i propri orizzonti conoscitivi unendo alle competenze di consulenza, quelle della formazione e del management. Occupandosi di Coaching nel settore ristorativo ed alberghiero, è da sempre sostenitore dello "Zero Sprechi".

This handbook explains, in layman's terms, the cause, method of inheritance, history and current and future treatments of McArdle Disease (also known as Glycogen Storage Disease Type V). The handbook puts into plain English the published information relating to the scientific and medical research into McArdle Disease.

Il volume si propone di offrire un supporto pratico e operativo all'organizzazione e alla gestione degli eventi di banqueting e catering, settori che richiedono capacità innovative, serietà, competenza e, oggi più che mai, un'estrema attenzione ai costi. Dopo un excursus dedicato all'evoluzione storica del banchetto, l'autore esamina nel dettaglio le attività di pianificazione, coordinamento, gestione e valutazione dell'attività di banqueting. Tutte le fasi previste per la realizzazione di un banchetto, dal primo incontro con il committente al resoconto economico dell'evento, sono descritte passo passo nella sezione finale attraverso lo studio di un caso aziendale. Banqueting Management si propone, oltre che agli operatori del settore, come testo integrativo e di approfondimento nei corsi di formazione, nei corsi postqualifica a indirizzo ristorativo delle scuole alberghiere e nei corsi di formazione relativi all'area professionalizzante dei bienni superiori.

Taste of Success. How Great Chefs Cook, Play, and Make Money

The McArdle Disease Handbook

Principles of Organic Synthesis

Jamie's Food Tube: The Pasta Book

Guida pratica per ristoratori intraprendenti

Psicologia, organizzazione e gestione - per I Istituto Professionale Alberghiero

Eschewing the usual mathematical explanations for physics phenomena, this approachable reference explains complicated scientific concepts in plain English that everyone can understand.

Tackling the big issues such as gravity, magnetism, sound, and what really happens in the Large Hadron Collider, this engaging look at physics also spells out why cats always land on their feet, why people appear to have red eyes in photographs, and the real danger of looking at an eclipse. For everyone who ever wondered how a light bulb works or how squirrels avoid electrocution on the power lines, this handbook supplies answers on the physics of everyday life and examines the developments in the exploration of subatomic particles. In addition to the question-and-answer section, an addendum of facts about physicists explains what the Nobel prize is and who has won it, and tells the story of the scientist who was incarcerated for agreeing with Copernicus. Answers more than eight hundred questions about physics, ranging from everyday life applications to the latest explorations in the field.

Questa scuola non è un hotel racconta, in 11 episodi, la scuola alberghiera moderna ed anche la didattica come sfida culturale. Sono appunti raccolti nel corso degli anni da alcuni docenti e condivisi in questo pamphlet. Ma abbiamo anche vendette trasversali (didattiche ovviamente), sfide alla comprensione, tentativi di dare una sveglia verso lo studio, sino all'applicazione del motto Dividi et impera.

As with the best-selling 'Architects Pocket Book' this title includes everyday information which the architect/designer normally has to find from a wide variety of sources and which is not always easily to hand. Focusing on kitchen design, this book is of use to the student as well as the experienced practitioner. It outlines all the information needed to design a workable kitchen, including ergonomics, services such as water and waste, appliances, and material choices for the floor, walls and ceiling. There is no similar compendium currently available.

Costa Rica

The Barista Reference Book. Foundation

Strategie Specifiche Per Aumentare Guadagni E Libertà Nel Tuo Ristorante Con I Metodi E Le Soluzioni Di Chef Mondo

Food & beverage management. Strumenti per una corretta gestione del settore ristorativo

Revised and Updated

The challenge of hidden hunger

Food cost. Calcolare in cucinaDigital food marketingGuida pratica per ristoratori intraprendentiHOEPLI EDITORE

Save time and money all while losing weight with bestselling author Stephanie Laska's most convenient, easy, and flavorful keto recipes that only require 5 (or fewer) main ingredients. After losing 140 pounds on the keto diet, bestselling author Stephanie Laska's most accessible and foolproof than ever before with these 100 delicious recipes made with only 5 (or fewer) main ingredients! The easy-going approach of The DIRTY, LAZY KETO 5-Ingredient Cookbook makes weight loss manageable, sustainable, and delicious. With trademark sass and practical advice, Stephanie teaches the proven fundamentals of dirty keto cooking in a way that gets you excited and motivated. You'll find 100 easy, great-tasting classic recipes that the entire family will enjoy—even the kids! More convenient than ever, this is a flexible, honest, real-world approach to losing weight that anyone can accomplish. In this cookbook, you'll find no judgment—just plenty of support to help you pursue your own unique path to sustainable health and keto at its finest!

This examination of the role of agriculture and food in the new international division of labor argues that the globalized economy creates new winners and losers.

Marinades

Domus