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# **Superfood Soups 100 Delicious Energizing Nutrient Dense Recipes Julie Morriss Superfoods**

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*“Highlights some of the  
most popular international  
recipes for vegetarian  
soup . . . makes a  
convincing argument for  
soup as the star course of  
any meal.” –Publishers*

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*Weekly No, there is no  
chicken stock in this  
soup. What you'll find  
here is page after  
glorious page of the  
loveliest, most delicious  
soups and stews—each and*

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***every one entirely  
vegetarian. Brimming with  
international flavors,  
Paulette Mitchell's easy-  
to-follow recipes are  
paired with unique  
accompaniments, garnishes,***

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***and toppings that add  
tremendous visual appeal.  
Witness hearty Pumpkin  
Stew baked and served in a  
pumpkin shell; classic  
onion soup updated with  
crunchy goat cheese***

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*toasts; and Spicy Sweet  
Potato Ancho Bisque  
swirled with bright  
Roasted Red Pepper Cream.  
From Mediterranean Saffron  
Stew to Greek Spinach and  
Orzo Soup, these colorful*

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*dishes are simple enough  
for every day, yet*

*sophisticated enough for  
elegant dinner parties.*

*Instructions for making  
tasty vegetable stock from  
scratch, a selection of*

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***delicious vegan soups, and  
a helpful "tips" section***

***make this gorgeous  
cookbook an important  
addition to any kitchen  
where good food and good  
health are on the menu.***



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***“Any comment on how this book suits the season would only be redundant. The latest cold wind is reminder enough, as you can just about hear it whisper: ssssssouppp.”***

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***–The Baltimore Sun “The recipes in this cookbook span the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and***

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***omnivores, A Beautiful  
Bowl of Soup presents new  
ideas you're sure to  
enjoy." –Soup Chick®  
With Superfood Slaw, it's  
quick, easy, and  
inexpensive to chop your***

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*way to health. This  
healthy cookbook features  
60 base recipes and 120  
tips on how to transform  
the slaws using tasty  
toppers—as well as how to  
morph them into complete*

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***meals, including soups,  
wraps, and bakes. These  
recipes of nutritionally  
dense, micro-chopped  
vegetables can be whizzed  
up in any food processor  
(or with a knife and***

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*chopping board), making  
preparation simple and fun  
for those with busy  
lifestyles. • Organized by  
nutritional benefits like  
immunity, energy,  
hydration, and recovery •*

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***Quick and easy, these healthy superfood and nutrient-dense slow recipes are great for busy people looking to increase their vegetable intake. • Recipes work with all***

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Morris Superfoods

***diets—including  
vegetarian, vegan, gluten-  
free, and keto. Superfood  
Slaw is teeming with  
rainbow-colored  
nutritional boosts to  
empower habits for a***



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*healthier diet, boost your  
energy, improve your  
immunity, and help you  
recover after exercise.  
Get ready to embrace  
maximum nutrition,  
variety, value, and taste!*

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- ***A refreshing, easy, and cheap way to eat healthy • Perfect book for fitness meal preppers, dieters, mason jar salad makers, people who are sick of zoodles, and anyone who***

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Morris Superfoods  
**loves superfoods • Add it  
to the collection of books  
like *Inspiralized: Turn  
Vegetables into Healthy,  
Creative, Satisfying Meals  
by Ali Maffucci; The  
Healthy Smoothie Bible:***

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***Lose Weight, Detoxify,  
Fight Disease, and Live  
Long by Farnoosh Brock;  
and Mason Jar Salads and  
More: 50 Layered Lunches  
to Grab and Go by Julia  
Mirabella.***

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***Soups on and these  
mouthwatering recipes brim  
with goodness. Acclaimed  
superfood chef Julie  
Morris has chosen 100  
favorites packed with  
nutrient-dense and plant-***

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***based whole foods and  
boosted with such  
scientifically lauded  
superfoods as chia,  
medicinal mushrooms,  
turmeric, and kale. From a  
comforting Smoky Pumpkin***

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*Soup with Candied Seed  
Clusters, to an  
irresistibly inventive  
Watermelon Goji Gazpacho,  
to Cacao Black Bean Soup,  
every health-giving bowl  
delivers deeply nourishing*

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*and satisfying  
deliciousness.*"  
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*From one of America's  
foremost and pioneering  
juicing companies comes a  
beautifully illustrated  
guide to creating*



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*restorative and energizing  
juices and smoothies; as  
well as preparing  
nutrition-rich, blended  
superfoods. Welcome to the  
Juice Generation !  
Refresh, Restore, and*

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***Rejuvenate Get ready to  
live juicy with The Juice  
Generation. Fresh juices  
and superfood smoothies  
will help you feel  
energized and invigorated  
with glowing skin and a***

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***clear mind. The  
revitalizing recipes and  
tips will make you feel  
lighter and brighter,  
inside and out. Featuring  
more than 100 refreshing,  
health-boosting, spirit-***

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***Lifting recipes The Juice  
Generation offers  
practical, down-to-earth  
instructions for making  
restorative and great-  
tasting vegetable and  
fruit juices, smoothies,***

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***and tonics. Get on the  
Green Curve and move  
confidently from smoothies  
to green drinks Whether  
you're newly juice  
curious, or already an old  
pro, The Juice***

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***Generation's plan will  
lead you to the endless  
benefits and possibilities  
of squeezing, crushing,  
and grinding, and help you  
integrate the joys of  
juicing and blending into***

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***your busy life. Juicing  
Tools for Detoxing and  
Healing The Juice  
Generation includes  
detoxing cleanses as well  
as flu-fighting elixirs  
and plenty of recipes and***

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*great advice from some of  
its biggest supporters,  
including Blake Lively,  
Michelle Williams, Edward  
Norton, Jason Bateman, and  
Martha Stewart.*

*This new follow-up to the*



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*bestselling Superfoods is  
for anyone who wants to  
fuel their body with  
superfoods, fast! It's  
packed with 100 amazingly  
nutritious recipes you can  
make in 20 minutes or*

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*less, and includes menu  
plans for busy people.*

*Chapters include Super  
Sunrise, Super Snacks,  
Super Salads, Super Soups,  
Super Square Meals, Super  
Suppers, and Super Sweets.*

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**75 Fuss-Free, Nutrition-  
Packed Recipes**

**Everyday Super Food**

**Nourishing Superfood Bowls**

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

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**Dr. Kellyann's Bone Broth  
Diet**

**100 Delicious, Energizing  
& Nutrient-dense Recipes  
Bone Deep Broth  
150 Recipes for Eternal  
Youth**

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Combat and prevent the  
effects of burnout with a  
detoxifying and nourishing  
cleanse program that liberates  
your body from poisons that  
make you sick, tired, and  
overweight—from the New

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York Times bestselling author  
of Dr. Kellyann's Bone Broth  
Diet and The 10-Day Belly  
Slimdown "If you are feeling  
tired, unhealthy, and  
emotionally burned-out and  
want a fresh way to

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rejuvenate, Kellyann has a message for you: she's been where you are. And she knows the way out."—Mehmet Oz, MD "Dr. Kellyann Petrucci has done a terrific job bringing the science of detoxification to the

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table. This is a top-notch way  
to deal with the multiple toxic  
challenges posed by our  
modern world.”—David  
Perlmutter, MD, #1 New York  
Times bestselling author of  
Grain Brain and Brain Wash



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Whether from stressful times like the holidays or from the demands of your regular routine, your body naturally becomes depleted over time, making it even more difficult to lose weight and maintain

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the energy and vitality you need to get through the day. This is something Dr. Kellyann Petrucci experienced firsthand in 2017 while she was writing her last book, doing nonstop TV appearances, and running

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her business. She gained 20 pounds, her hormones went haywire, and she was at a loss for how to turn things around. She decided it was time to hit the reset button and created her simplest plan yet,

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specifically designed to help  
the millions of women who are  
overweight, overworked, and  
overextended get reenergized  
both physically and mentally.  
This is a comfortable,  
incredibly powerful 5-day

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cleanse protocol that resets your metabolism, giving you the kind of quick, confidence-boosting results you need to get back on a healthy track. The power ingredient in the Cleanse and Reset is collagen,

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which improves skin elasticity  
and brings back that coveted  
youthful glow, eases joint pain,  
heals leaky gut, supports  
weight management, and has  
anti-inflammatory properties.  
The healing and reparative

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smoothies, shakes, soups, and  
bone broth blends that you'll  
enjoy on the 5-day cleanse are  
packed with collagen and can  
be adapted to any diet, with a  
focus on modifying the cleanse  
for the keto diet (along with

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great collagen alternatives for vegetarians and vegans!). The program also includes an optional 1-day “keto push” that you can follow for an extra boost the day before you begin your cleanse. Dr. Kellyann's



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Cleanse and Reset will help you slim your body, deep-cleanse your cells, and reclaim your energy and focus so you can start feeling truly good again.

Bone broth is the perfect

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healing dish especially when prepared with locally sourced, grass-fed animals. Plus, it's economical, sustainable, and tasty. Lya Mojica and Taylor Chen, who run the company Bone Deep & Harmony, reveal

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the simple basics of creating  
this delicious fare, and provide  
recipes ranging from Borscht,  
Pozole, and Pho to Lamb  
Tagine with Green Olives and  
Preserved Lemon, and even  
baby food!"

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Are you ready to rock  
mouthwatering, meat-free  
recipes like a boss? Let's face  
it: not everyone is in the mood  
for wheatgrass shots, seaweed  
salads, and buckwheat granola  
24/7. Sometimes you just need

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a juicy burger, gooey nachos,  
fluffy chocolate chip pancakes,  
or raw cookie dough, am I  
right? Eaternity offers  
nutritious and delicious plant-  
based recipes, guaranteed to  
satisfy all of your insane

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comfort-food cravings and more! Jason Wrobel shows you his health-friendly spins on all of the above, as well as Caesar salad, fudge brownies, asparagus risotto, tortilla soup, and—wait for it—salted

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caramel waffles. Just one bite  
and you'll be obsessed! Unlike  
most cookbooks that merely  
tell you what to eat and how to  
make it, Eaternity gives you  
the current research and  
science behind today's major

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health concerns, and explains why you should eat certain foods based on your individual goals, whether it's to lose weight, have more energy, sleep sounder, be stronger, boost your libido, or just feel



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better. You'll learn why eating real, unprocessed foods can help you live longer—and how to have fun doing it! With a light, no-pressure vibe, wicked humor, and drool-worthy food photography, Eaternity makes

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it easy to bring it on down to  
veganville and feel awesome.

It's Nutrition 101 meets  
healthy food porn that's so  
crazy-good you'll want to eat  
this way all the time!

Cure any ailment, from PMS to

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the common cold, with  
delicious smoothies and soups.

It's easy to explain the craze  
for soups and smoothies:

They're fast, super simple,  
extremely good for you, and  
don't leave a lot of dishes to

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clean up--plus they are an easy  
way to get in power foods that  
keep your body energized and  
your mind sharp. With one  
appliance and 5 minutes, you  
can get all the benefits of  
whole foods and home

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cooking, minus the stress and  
mess. In The Women's Health

Big Book of Smoothies &  
Soups, nutritionist Lisa

DeFazio shares more than 100  
blended recipes specifically  
formulated with the nutrients

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you need to fuel up and take  
on the world, one tasty gulp at  
a time. Having a stressful day?  
You can find smoothies to help  
you unwind. Battling a  
stubborn winter cold? Try an  
immunity-boosting soup. You'll

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reap all the benefits of eating  
more fresh fruits and veggies,  
from glowing skin to off-the-  
charts energy. Just grab your  
blender and eat your way to  
better health!

Create delicious, plant-based

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soups any night of the week  
with Awesome Vegan Soups.  
Without processed flours or  
sugars, these stews, broths,  
chilis, chilled and raw soups  
are effortless to throw  
together on the stovetop and



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make enjoyably filling meals for the whole family. Vanessa Croessmann shows readers how to create beautifully balanced flavors that highlight a variety of textures (broths, creamy and chunky), styles

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(stews, chilis, chowders, gazpacho, curries, pho, goulash and raw) and seasonal produce. The 80 recipes feature warm soups for fall and winter like Mushroom Quinoa Chili, Chipotle

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Pumpkin Soup with Apple and  
Cauliflower Tikka Masala

Soup. Cooling soups for spring  
and summer include Creamy  
Horseradish Parsley Soup,  
Celeriac Arugula Soup with  
Coconut Cream and Crispy

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Chickpeas and Chilled Creamy  
Borscht. Packed with fresh  
produce, healthy grains and  
fantastic flavors, these meat  
and dairy-free soups are  
perfect for dinner, and make  
convenient and affordable next-

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day lunches for everyone.

Dr. Kellyann's Cleanse and  
Reset

Power Foods & Natural  
Nootropics for Optimized  
Thinking, Focus & Memory  
More than 150 Deliciously

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Easy Vegan Recipes for a  
Long, Healthy, Satisfied, Joyful  
Life

Superfoods Cookbook

Superfood Salad Recipes: a  
Clean Eating Cookbook for  
Easy Weight Loss and Detox

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Superfood Snacks  
Hearty Recipes to Boost  
Immunity and Restore Health  
100 Delicious Make-Ahead,  
Make-Fast Meals for One (or  
Two) That Make Low-Carb  
Simple and Easy

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Jamie's Everyday Super  
Food makes eating well  
delicious, easy and fun No  
matter how busy you are,  
you'll find that healthy  
eating the Jamie way is  
both simple and



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achievable, making it  
super easy to choose  
exactly the kind of meals  
that suit you. The book is  
divided into breakfasts  
(up to 400 calories),  
lunches (up to 600

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calories) and dinners (up  
to 600 calories), and  
every tasty meal is  
nutritionally balanced so  
that any combination over  
the day will bring you in  
under your recommended

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daily allowance of  
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calories (2000 women/2,500  
men), allowing you to  
enjoy snacks and drinks on  
the side. You can eat  
Smoothie Pancakes with  
Berries, Banana, Yoghurt

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Morris Superfoods  
and Nuts for breakfast,  
Tasty Fish Tacos with Game-  
Changing Kiwi, Lime and  
Chilli Salsa for lunch and  
Griddled Steak and Peppers  
with Herby-Jewelled  
Tabbouleh Rice for dinner,

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and still be healthy!

Whether you dip in and out  
of it, eat from the book  
Monday to Friday or use it  
faithfully every day for a  
month, it's totally up to  
you. In Everyday Super

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Food, Jamie's done all the  
hard work for you - all  
you need to do is choose a  
delicious recipe, cook it  
up and, most importantly,  
enjoy it. Every meal in  
this book is a good choice

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Morris Superfoods  
and will bring you a step  
closer to a healthier,  
happier you. 'Packed with  
vitamins, bursting with  
flavour: irresistible new  
recipes from Jamie Oliver'  
Sunday Times 'The healthy

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Nutrient Dense Recipes Julie  
Morris Superfoods  
recipes that helped Jamie  
lose two stone' Sunday  
Times 'Our failsafe foodie  
of choice' Sunday Times  
'Jamie Oliver is great -  
I'd put him in charge of  
the country' Guardian



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**THE INSTANT NATIONAL  
BESTSELLER • Brittany  
Williams lost more than  
125 pounds using her  
Instant Pot® and making  
all her meals from  
scratch. Now she shares**

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125 quick, easy, and tasty  
whole food recipes that  
can help you reach your  
weight loss goals, too!  
Brittany Williams had  
struggled with her weight  
all her life. She grew up

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eating the standard  
American staples—fast,  
frozen, fried, and  
processed—and hit a peak  
weight of 260 pounds. When  
her 4-year-old daughter's  
autoimmune disease was

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alleviated by a low-sugar,  
dairy-free, grain-free,  
whole-food-based diet,  
Brittany realized she owed  
her own body the same kind  
of healing. So on January  
1, 2017, she vowed to make

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Morris Superfoods  
every meal for a year from  
scratch, aided by her  
Instant Pot®. She  
discovered that the  
versatility, speed, and  
ease of the electric  
pressure cooker made

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creating wholesome, tasty,  
family-satisfying meals a  
breeze, usually taking  
under thirty minutes. Not  
only did the family thrive  
over the course of the  
year, Brittany lost an

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astonishing 125 pounds,  
all documented on her  
Instant Loss blog.

Illustrated with gorgeous  
photography, Instant Loss  
Cookbook shares 125  
recipes and the meal plan

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Morris Superfoods  
that Brittany used for her  
own weight loss, 75% of  
which are recipes for the  
Instant Pot® or other  
multicooker. These recipes  
are whole food-based with  
a spotlight on veggies,



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mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker

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that you'll find, Instant  
Loss Cookbook makes

healthy eating  
convenient—and that's the  
key to sustainable weight  
loss.

Lose up to a pound a day

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with more than 100

Morriss Superfoods  
mouthwatering recipes for  
sugar-free meals, drinks,  
snacks, and desserts,  
based on the cravings-  
busting, fat-melting  
science from Zero Sugar

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Diet. With Zero Sugar

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Diet, #1 New York Times  
bestselling author David  
Zinczenko continued his  
twenty-year mission to  
help Americans live their  
happiest and healthiest

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lives, uncovering  
Morris Superfoods  
revolutionary new research  
that explained why you  
can't lose weight—showing  
that it's not your fault!  
The true culprit is  
sugar—specifically added

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sugars—which food  
Morris Superfoods  
manufacturers sneak into  
almost everything we eat,  
from bread to cold cuts to  
yogurt, peanut butter,  
pizza, and even “health”  
foods. Now, with Zero

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Sugar Cookbook, Zinzchenko shows how you, too, can melt away belly fat, boost your energy levels and metabolism, improve your gut health, and take control of your health.

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Inside you'll discover:

Belly-Filling Breakfasts

Enjoy quick and delicious  
morning meals to

supercharge your day.

Skinny Soups and Salads

Slim down one taste at a



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time. Indulgent Pizza and  
Pasta Craft hearty Italian  
classics made healthier at  
home. All-American  
Classics Make your  
favorite go-to comfort  
foods—and watch the pounds

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melt away. 10-Minute Meals

Whip up the quickest,  
easiest, tastiest meals

for when you want  
something satisfying-fast.

And Delicious Desserts!

Cap your amazing meals

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with insanely decadent  
post-dinner delights.

“I’ve lost 15 pounds  
thanks to Zero Sugar, and  
my friends and family have  
all lost weight. Easy and  
delicious, these recipes

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really work!”—Barbara  
Skarf, Southfield,  
Michigan “I lost 10 pounds  
and have a flatter tummy!  
And the best part is, I  
don’t need sugar and I  
don’t crave

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desserts.”—Lisa Gardner,  
Elgin, South Carolina “I  
have type 2 diabetes, and  
Zero Sugar changed my  
life!”—David Menkhaus,  
Liberty Township, Ohio  
Warm your heart, nourish

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your body--the healing  
power of soup. Move over  
apples--it's a bowl of  
soup a day that can really  
keep the doctor away. The  
Healing Soup Cookbook is  
your complete guide to

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discovering the health  
(and flavor) benefits that  
a bowl of hearty,  
nourishing soup can bring  
to your life. Don't wait  
until you've got a cold to  
stir up some delicious

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chicken noodle soup. The more than 90 recipes in this soup cookbook run the gamut from traditional classics to more exotic fare. Not only do these soups make perfect meals



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all on their own, they are  
also packed with healthy  
ingredients that combat  
inflammation, boost your  
immune system, warm you  
up, and help keep away  
colds. The Healing Soup

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Cookbook includes: 90+  
soup recipes--From tomato  
soup to chili and Asian  
noodle bowls, the tasty  
one-pot dishes in this  
soup cookbook are sure to  
satisfy your cravings--as

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well as help you heal with  
anti-inflammatory  
ingredients. Broth and  
beyond--Whether you want  
to make your own or just  
pick some up at the  
grocery store, this soup

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cookbook has all the  
information you need to  
make sure you're using the  
right broth. Info at a  
glance--Pick the perfect  
soup for you with complete  
nutrition information and

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helpful labels that tell  
you whether a soup is  
vegetarian, gluten-free,  
freezer-friendly, and  
more. Serve up spoonfuls  
of better health--The  
Healing Soup Cookbook will

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show you how.

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- Lose weight safely and easily while spending less time in the kitchen with Dr. Kellyann's iconic bone broth diet plan, now

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revised and updated with  
new chapters and more

recipes. "Empowering, user-  
friendly information  
supported by the most  
forward-thinking  
scientific research

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available.”—David

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Perlmutter, MD, #1 New  
York Times bestselling  
author of Grain Brain As a  
naturopathic physician and  
weight-loss specialist,  
Dr. Kellyann Petrucci has



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helped thousands of  
patients achieve  
spectacular weight loss  
and more youthful-looking  
skin through her bone  
broth diet. Packed with  
fat-burning nutrients,

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skin-tightening collagen  
components, and gut-  
healing and anti-  
inflammatory properties,  
bone broth is the key to  
looking and feeling  
younger than ever before.

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In just twenty-one days,  
you, too, can unlock these  
miraculous results with  
Dr. Kellyann's delicious  
bone broth recipes and  
groundbreaking mini-  
fasting plan. In this

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updated edition, Dr.

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Kellyann shares new 80/20  
recipes for added post-  
diet flexibility,  
maintaining the diet  
template for 80% of your  
meals while allowing non-

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diet foods for the other  
20%. Along with new  
research on the benefits  
of a low-carb diet and  
fasting, she also shares  
her best tips for looking  
beautiful from the inside

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out and lifestyle advice  
for staying healthy and  
vibrant long after you  
have finished the diet.  
You'll learn the science  
of why bone broth works  
and how to lose weight

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safely and easily—cravings  
and hunger pains not  
included. The simple and  
tasty recipes for beef,  
turkey, chicken, and fish  
bone broths are loaded  
with flavor and nutrients.

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Unlike other diet plans  
that involve serious  
preparation and cooking,  
the bone broth diet allows  
you to spend less time in  
the kitchen and more time  
enjoying your newfound



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vibrancy. With easy  
fitness routines and  
mindful meditation  
exercises, Dr. Kellyann's  
Bone Broth Diet is your  
key to a healthier,  
happier, slimmer, and

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The Women's Health Big

Book of Smoothies & Soups

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Fuss Free Dinner Recipes  
That Are Easy on the

Budget

The Recipes and Meal Plans

I Used to Lose over 100

Pounds Pressure Cooker,

and More

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**The Superfood Alchemy  
Cookbook**

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

"Everyone loves smoothies. Everyone!  
With an infinite number of delicious,

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natural flavors, colors, and health benefits to mix and match, smoothies are the easiest way to embrace a healthy lifestyle on a daily basis. Now you can give your smoothie-blending routine a boost when you use the most antioxidant-, vitamin-, and

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mineral-packed foods in the world:  
superfoods. Superfood Smoothies  
offers 100 nutrient-dense recipes plus  
innovative culinary methods to get  
the most health benefits and pack in  
the maximum amount of nutrition  
into every incredible drop of these

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satisfying drinks. You'll discover which superfoods are the best for smoothies; find out which ingredients to avoid; and learn countless secrets to making your smoothies more nutritious (and more delicious) than anything you could buy in the store.

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From athletes to kids to fast-paced executives, and to anyone seeking a gentle cleanse, Superfood Smoothies will upgrade your nutrition, energize your day, and inspire you to power up your blender now!" --

The Kind Earth Cookbook is a plant-



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based journey of extraordinary  
culinary delight where you'll find  
energising breakfasts, delectable  
snacks, vibrant salads, nourishing  
dips, scrumptious vegan burgers,  
main meals that everyone will love,  
and desserts to delight your soul.

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Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. Let's talk about the four-letter word that's

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secretly destroying your health:

ACID. An acidic lifestyle --

consuming foods such as sugar,  
grains, dairy, excess animal proteins,  
processed food, artificial sweeteners,  
along with lack of exercise and proper  
hydration, and stress -- causes

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inflammation. And inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. But there's good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods,

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alkalize your body and balance your  
pH. With the Get Off Your Acid plan,  
you'll: Gain more energy Strengthen  
your immune system Diminish pain  
and reflux Improve digestion, focus,  
and sleep Lose excess weight and  
bloating, naturally With alkaline

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recipes for easy, delicious snacks and  
meals, Get Off Your Acid is a

powerful guide to transform your  
health and energy -- in seven days.

Unlock the health benefits of nature's  
most powerful foods with  
supercharged vegetarian recipes The

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Superfood Alchemy Cookbook shares a powerful approach to wellness. Chef and health coach Jennifer Iserloh shows how cooking like an alchemist provides a way to integrate healing practices into your everyday routine. Create dishes to:

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Boost immunity Reduce  
inflammation Restore and maintain  
gut health Encourage mental focus  
and mood balance Support gentle  
detox These recipes bring together  
nature's strongest ingredients -  
superfoods, adaptogens, essential oils,



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and healing herbs and spices - in delicious combinations that increase their healing properties. (For example, most of us know that cooking tomatoes boosts the fruits' heart-healing lycopene, but did you know that pairing turmeric with black

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pepper helps the body get the most  
from its anti-inflammatory

compounds?) Each chapter also  
shares simple home remedies, natural  
body treatments, and powerful rituals  
for wellness in body and soul.

Bringing fun, healthy Latin flair to

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busy American kitchens! Most people associate healthy cooking with boring taste and flavorless foods, but Leticia is on a mission to prove that healthy eating not only can be absolutely delicious, but also that food is medicine, and that by living a healthy

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lifestyle you can take control of your  
health and of your life. Through the

American Diabetes Campaign, Leticia  
sees first-hand the dietary problems  
that contribute to this and many other  
lifestyle diseases, particularly in the  
Hispanic community here in the US

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and in Latin countries globally. She quickly realized that once Latinos move to the US, their habits change for the worse, along with their health.

“ We no longer shop at a farmers market or cook homemade meals. Instead, we shop at big chain stores

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and buy pre-packed foods. The road from a healthy Latin culture to the North American table became a tough one somewhere along the way. ” Utilizing healthful, nutritious ingredients like nuts, grains, seeds, herbs, spices, beans, fruits, and

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vegetables, these tried and true favorites include classics like arroz con pollo and quesadillas (with a healthy twist), to lesser-known (but still traditional) dishes like grilled shrimp with Caipirinha vinaigrette and wild rice salad with mango and

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shrimp. The good news is that maintaining a healthy diet has never been easier, precisely because of the influence of the Latin culture in this country. Award-winning author Leticia Schwartz will introduce you to new and improved Latin recipes to



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enjoy without compromising on  
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7 Steps in 7 Days to Lose Weight,  
Fight Inflammation, and Reclaim  
Your Health and Energy  
Superfood Soups

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The Plant Paradox Cookbook  
Smart Plants

Latin Superfoods

The Healing Soup Cookbook

The Keto For One Cookbook

A collection of recipes  
for high-nutrition

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snacks and treats made with superfood ingredients explains how to adapt former "guilty pleasure" foods to render them both healthy and satisfying.

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Oat milk, as a vegan alternative to cow's milk, is gaining widespread popularity due to its delicious flavor and impressive nutrient profile--plus,

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it's free of lactose,  
making it ideal for  
anyone with dietary  
restrictions, allergies,  
or digestive problems.  
These 100 recipes will  
make oat milk an

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everyday ingredient in  
all the foods you  
crave--without  
compromising flavor!  
You'll find an array of  
mouthwatering, easy-to-  
make dishes, from

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entrées to desserts,  
snacks, and smoothies.

Discover the  
groundbreaking method to  
defeat diabetes without  
drugs using the step-by-  
step diet plans and

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recipes from #1 New York  
Times bestselling author  
Dr. Michael Mosley. The  
8-Week Blood Sugar Diet  
is a radical new  
approach to the biggest  
health epidemic



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threatening us today...

Our modern diet, high in  
low-quality  
carbohydrates, is  
damaging our  
bodies—producing a  
constant overload of

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sugar in our bloodstream  
that clogs up our  
arteries and piles  
hidden fat into our  
internal organs. The  
result has been a  
doubling in the number

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of type 2 diabetics, as well as a surge in those with a potentially hazardous condition—prediabetes. It is now known that even moderately elevated

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blood sugar levels can  
trigger heart disease,  
stroke, dementia, and  
cancer. But scientists  
have recently  
demonstrated that you  
can prevent and even

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reverse type 2 diabetes  
with a simple change in  
diet and lifestyle.

Drawing on the work of  
Dr. Roy Taylor—one of  
the UK's foremost  
diabetes experts—and his

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own experience as a one-time diabetic, Dr.

Michael Mosley presents a groundbreaking, science-based, 8-week plan for diabetics who want to reverse their

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condition (and then stay off medication). He also offers a more flexible regime for people interested in the extensive health benefits to be gained

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from lowering their  
blood sugar levels and  
shedding dangerous fat.  
As Dr. Mosley says, it  
is never too late to  
act.

\*\*Pre-order Ella Mills'



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new book, How to Go  
Plant-Based: A

Definitive Guide for You  
and Your Family - out in  
August!\*\* THE PERFECT  
GIFT FOR THE FOODIE IN  
YOUR LIFE! The Sunday

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Times number one  
bestselling cookbook and  
the fastest selling  
vegan cookbook of all  
time. 'She has become  
the biggest thing in  
healthy eating' - The

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Times 100 all-new plant-  
based recipes - by  
bestselling author  
Deliciously Ella. Ella's  
latest book features the  
most popular, tried and  
tested recipes from her

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supper clubs, pop-ups  
and deli to show how  
delicious and abundant  
plant-based cooking can  
be. The simple vegan  
recipes cover everything  
from colourful salads to

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veggie burgers and  
falafel, creamy dips and  
sides, hearty one-pot  
curries and stews,  
speedy breakfasts,  
weekend brunches,  
muffins, cakes and

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Morriess Superfoods  
brownies. They're the  
recipes that Ella's  
thousands of customers  
have been asking for  
since the deli first  
launched in 2015, and  
each recipe has a

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beautiful photograph to  
show you how it should  
look. In addition to  
over 100 brand new plant-  
based recipes, for the  
first time we are  
treated to a personal

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insight into Ella's  
journey - how she grew  
her blog, which she  
began writing to help  
get herself well while  
suffering from illness,  
into a wellbeing brand -



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and all that she has  
learnt along the way, as  
well as what drives the  
Deliciously Ella  
philosophy and her  
team's passion for  
creating delicious

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healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and over 100 tried-and-tested irresistible recipes for

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every day, using simple,  
nourishing ingredients,  
this vegan bible will be  
a must-have for fans and  
food-lovers alike, it's  
also perfect for anyone  
looking to experiment

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with vegan cooking for  
the first time.

Supercharged Food is a  
simple and inspiring  
guide to eating for  
optimum health. It  
features more than 90

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recipes that are gluten,  
wheat, dairy, yeast and  
sugar-free, each  
bursting with nutrient-  
rich or 'super' foods  
that will help nourish  
and heal your body.

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Whether you have coeliac  
disease, food allergies  
or you just want to  
improve your health,  
this is your one-stop  
shop for easy, vibrant  
and flavourful meals

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that will jump-start  
your immune system,  
boost your energy levels  
and maintain your long-  
term wellbeing.

Minimalist Baker's  
Everyday Cooking

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100 Delicious,  
Energizing & Plant-based  
Recipes  
80 Easy, Affordable  
Whole Food Stews, Chilis  
and Chowders for Good  
Health



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Restore Your Body for  
Sustained Weight  
Loss...in Just 5 Days  
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Dairy-free Vegan Recipes  
Real Science, Great

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Hacks, and Good Food  
The Easy Superfoods

Cookbook

Nutrient-Dense, Seasonal

Recipes to Jump-Start

Your Health

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Energizing & Plant-based Recipes  
Presents recipes ranging in  
difficulty with the science and  
technology-minded cook in mind,  
providing the science behind  
cooking, the physiology of taste,  
and the techniques of molecular

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gastronomy.

Are you craving junk foods? Feeling sluggish and tired all the time? Fueling yourself on caffeine and sugar? Then it's time to incorporate some Energizing Superfood Juices and Smoothiesâ?? into your day.

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Jump-start your body with  
superfoods in the form of juices,  
smoothies, and meals, with  
vegetables and fruits selected to  
coincide with fresh, delicious,  
seasonal produce. With over 40  
unique and delicious combinations

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of vegetables, fruits, herbs, and  
spices, you can make these yummy  
green juices and smoothies right in  
your own kitchen, anytime you  
want. And if you want to keep the  
green goodness going, there are  
more than 25 tasty vegetarian meal

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recipes included. Plus, the convenient, seasonal shopping lists will never have you overbuying produce that can go to waste. So, if you're ready to reset your body, lose weight, or just give yourself a much-needed energy boost,

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Energizing Superfood Juices and Smoothiesâ?? has exactly what you need. With a foreword by author and Emmy-nominated star of The Big Bang Theory Mayim Bialik.

100 Delicious, Energizing &



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## Nutrient-dense Recipes By Julie Morris

The celebrity chef and #1 New York Times–bestselling author “ offers 150 recipes to help you stay younger by choosing foods that fight the aging process ” (The Beet).

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Do you want to live to be 100? Do  
you want to look and feel amazing?

Do you want to chow down on  
insanely delicious food? In this new  
and inspiring cookbook, Joy Bauer,  
MS, RDN, NBC ' s Today show  
health expert, shows us exactly

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how to accomplish all three. After reviewing countless studies and analyzing the eating habits of people around the world living the longest, healthiest lives, Joy uses the most nutritious ingredients to whip up super creative, crave-

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worthy food. The 150 recipes in Joy Bauer ' s Superfood! include everything from Buffalo wings to deep-dish pan pizza to salted caramel milkshakes to loaded nachos . . . and so much more. Imagine enjoying all these

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indulgent, delectable foods while  
boosting immunity, easing anxiety  
and stress, increasing energy,  
promoting longevity, and greatly  
improving your overall health. This  
book is the ultimate celebration of  
deliciousness and nutrient-rich

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recipes for eternal youth and  
vitality.

Lose Up to 15 Pounds, 4 Inches-  
and Your Wrinkles!-in Just 21 Days,  
Revised and Updated  
Awesome Vegan Soups  
Superfood Slaw

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100 Delicious Recipes to Help You  
Lose Weight, Heal Your Gut, and  
Live Lectin-Free

Book One: 75+ Recipes of Quick  
and Easy Cooking, Low Fat  
Cooking, Gluten Free Cooking,  
Wheat Free Cooking, Low

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Cholesterol Cooking, Whole Foods  
Diet, Heart Healthy Cooking

Eaternity

Energizing Superfood Juices and  
Smoothies

Soup Club

Four busy moms share not only their



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Morriss Superfoods  
formula for starting a soup  
club--which gives you at least three  
meals every month when you don't  
have to worry about dinner--but also  
150 fantastic recipes for soups and  
sides and storing tips for stretching  
those meals across the week. The  
Soup Club began when four friends

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(who, between them, have four husbands and ten hungry kids and several jobs) realized that they didn't actually have to cook at home every night to take pleasure in a home-cooked meal. They simply had to join forces and share meals, even if they weren't actually eating them

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together. Caroline, Courtney, Julie, and Tina happen to be neighbors, but a soup club is for anyone: colleagues, a group of workout buddies, a book club. All you need are a few people who simply want to have more home-cooked food in their lives. In a soup club each person takes a turn making

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soup. Soup is forgiving, versatile, and perfect for sharing; it can be spiced to taste, topped elaborately or not at all, and dressed up or down. It travels well and reheats beautifully. The Soup Club Cookbook also has dozens of tips for cooking in quantity and for tailoring soup to individual tastes and

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needs. Here, too, are simple guidelines for starting your own soup club, anecdotes, and a few cautionary tales that will inspire anyone to share food and eat well. Recipes include quick and easies, classics, twist on favorites, and dozens of flavor-rich new crowd pleasers, including: • Carrot Coconut

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and Chicken Chili, • Senegalese

Peanut Soup • Faux Ramen • Red

Lentil Curry Soup • Potato Cheddar

Soup • Sun Dried Tomato Soup •

Jeweled Rice Salad • Cheddar

Cornbread, • Summer Corn Hash •

Soy Simmered Chicken Wings

From renowned cardiac surgeon and

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Morris Superfoods  
acclaimed author Dr. Steven R.  
Gundry, the companion cookbook to

New York Times bestselling The Plant  
Paradox, offering 100 easy-to-follow  
recipes and four-color photos. In the  
New York Times bestseller The Plant  
Paradox, Dr. Steven Gundry  
introduced readers to the hidden

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toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out



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the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant

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Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He ' ll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes.

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With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

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With Keto For One, get 100 delicious dishes for every meal of the day—perfectly proportioned and macro-balanced. Single-serve cooking is one of the biggest challenges when trying to adhere to an eating plan. Most recipes are portioned for 4–6 servings, which means you ’ ll be

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eating the same thing for a week or trying to adjust recipes and struggling to figure out proper cooking times and fractions of measurements. With keto, you also have the additional challenge of balancing your macronutrients—a few too many carbs or not enough fat and your

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recipe is no longer in the ketogenic zone. No more fussing with recipes. No more eating leftovers. No more wasted food (or money!). No more cobbling together snacks and calling it a meal. No more temptation to give into carb-laden, nutrient-void, single-serving convenience foods. Just

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delicious recipes from "low-carb  
queen" and best-selling author Dana

Carpender. Enjoy delicious keto  
burgers and smoothies, as well as  
quick skillet stir-fries and plenty of  
tasty meals that can be pulled  
together quickly or ahead of time.  
Prepare delicious wok dishes from

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China, Thailand, India and all across Asia with this easy-to-follow wok cookbook. Mention "wok cooking," and one immediately visualizes a huge wok being wielded above a mighty flame. One also thinks Asian "comfort food"—with accompanying images of wholesome and thoughtfully prepared



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meals, eaten together with family members in the comfort of the home. Wok stir-frying is one of the best and quickest cooking methods out there. Because of the intense heat required, the food is cooked rapidly, and its taste and nutritional value are preserved. Plus, it's single dish

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cooking at it's finest! In Wok Cooking  
Made Easy, you'll find nutritious and

easy-to-prepare Asian wok recipes  
compiled for a Western audience.

Favorite wok recipes include: Spinach  
with Garlic stir-fry Hot and Spicy  
Sichuan Tofu Sliced Fish with  
Mushrooms and Ginger Classic

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Sichuan Chicken with Dried Chilies  
Thai Fried Rice Five Spice Chicken. All  
of the recipes in this cookbook are  
light, healthy and tasty, nor do they  
require special skills to prepare. May  
this cookbook bring endless cooking  
pleasure as you venture into the world  
of Asian cuisine.

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Supercharge your diet with 75 easy superfoods recipes Welcome to the world of superfoods! Filled with antioxidants, essential vitamins, probiotics, and heart-healthy fats and fiber, these foods boast an unusually high concentration of nutrients. And contrary to popular belief, you won't

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have to empty your wallet on specialty ingredients to incorporate them into your diet. The Easy Superfoods Cookbook is filled with 75 recipes, from quick snacks to delicious entrées--all of which take advantage of the everyday superfoods available at your average grocery store. Each

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and every recipe in this book was  
conceived to make it easier than ever  
to eat healthy, delicious, and inventive  
superfood dishes like Orange and  
Sriracha Pork Tacos and Citrus-  
Strawberry Smoothies. The Easy  
Superfoods Cookbook includes: Super-  
accessible-- Every recipe with a hard-

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Morris Superfoods  
to-find or expensive ingredient--like  
Goji berries or spirulina--features a  
more approachable substitution.

Super-comprehensive--From super  
fruits, to super nut and seeds, to super  
seafood, you'll have an encyclopedic  
list of superfoods at your disposal.  
Super-prepared--You'll be prepped

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with a full list of pantry, fridge, and equipment essentials, so you'll always be ready to make an easy, nutrition-packed meal. See how easy it is to bring these nutrient-filled superfoods into your everyday menu.

Instant Loss Cookbook

Transform Nature's Most Powerful



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Ingredients into Nourishing Meals and  
Healing Remedies

Delicious Meals in Minutes

More Than 100 Nutrient-Dense,  
Completely Indulgent Desserts and  
Snacks

100 Recipes for Fresh Juices and  
Superfood Smoothies

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Vegetable Solutions for Busy People  
Superfood Smoothies

How to Beat Diabetes Fast (and Stay  
Off Medication)

Power Your Day with Nutritious,  
Convenient Meals For a  
wholesome, complete meal in

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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

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Morris Superfoods  
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

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Morris Superfoods  
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

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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

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Bowls and Baja Fish Taco

Bowls, there are endless ways to combine your favorite ingredients for a clever and tasty feast.

Written by New York Times bestselling author and natural-food chef Julie Morris, this

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groundbreaking book reveals the  
dietary secrets to better brain  
performance. Combining  
scientific research with the  
wisdom of ancient remedies,  
Smart Plants showcases an  
exciting array of cognition-



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enhancing plants--from everyday  
foods to natural nootropics.

Morris's 65 mouthwatering  
recipes include such palate-  
pleasing dishes as Berry-Almond  
Amaranth Porridge, Fig &  
Hazelnut Wild Rice Salad, and

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Garlicky Butter Bean Soup with  
Kale.

How Can You Go Wrong With  
Superfoods-Only Diet? FACT  
Way too many of us live in a  
state of poor health, lethargy and  
moderate obesity. We live with

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headaches, back pain,  
inflammation, arthritis, high blood  
pressure, high cholesterol,  
diabetes, skin problems,  
insomnia and cancer - they're all  
the byproducts of modern  
western diet, based on

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processed food. Superfoods are  
foods and the medicine and they  
can help with all these  
symptoms!! Superfoods  
Cookbook - Book One contains  
over 75 Superfoods recipes  
created with 100% Superfoods

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ingredients. This 350+ pages  
long book contains recipes for:

Appetizers Soups Condiments

Breakfast Grilled meats Side

dishes Crockpot recipes

Casseroles Stews Stir fries Most

of the meals can be prepared in

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just 10 minutes. Each recipe  
combines Superfoods

ingredients that deliver  
astonishing amounts of  
antioxidants, essential fatty acids  
(like omega-3), minerals,  
vitamins, and more. "Our Food

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Should Be Our Medicine And  
Our Medicine Should Be Our  
Food." - Hippocrates 460 - 370  
BC The best thing about  
Superfoods Diet is that it will  
keep your appetite and cravings  
under control and it will balance

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your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because it's return to the type of food your body naturally craves and was designed for. Whole foods



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Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids

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processed foods, hybridized  
foods, gluten foods and high  
glycemic foods. There is nothing  
super in any of the processed  
foods or today's hybridized  
wheat, corn, soy or potatoes.  
Processed food is the main

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reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. It features:  
Healthy Fats: Olive Oil, Nuts,

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Seeds, Coconut Oil, Avocado  
Proteins: Salmon, Beans,  
Organic Chicken, Grass-Fed  
Beef, Pork Tenderloin, Lentils  
Non-gluten Carbs: Fruits,  
Vegetables, Oats, Brown Rice,  
Quinoa, Buckwheat Simple non-

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processed Dairy: Greek Yogurt,  
Farmer's Cheese, Goat Cheese

Antioxidants: Garlic, Ginger,  
Turmeric, Cacao, Cinnamon,  
Berries Superfoods are basically  
nutrients packed foods especially  
beneficial for health and well-

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being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and

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stabilize your insulin level Detox  
your body from years of eating  
processed foods Lower your  
blood pressure and your  
cholesterol Fix your hormone  
imbalance and boost immunity  
Increase your stamina and libido

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Get rid of inflammations in your  
body Would You Like To Know  
More? Download and start  
getting healthier today. Scroll to  
the top of the page and select  
the buy button."

Delicious Superfood Salads for



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Better Health and Natural Weight  
Loss! It is amazing that we are  
actually surrounded by power  
foods with surprising qualities.  
Inexpensive, quick to cook,  
delicious, and easy to shop,  
common foods we love and eat

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regularly have fantastic immunity-boosting, age-defying super-powers. Superfoods in your backyard not only nourish your body on a very deep level but fight off a range of health disorders and, at the same time,

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help you stay fit and  
energetic. Superfood Salad

Recipes: A Clean Eating  
Cookbook for Easy Weight Loss  
and Detox contains more than 70  
salad recipes which are all  
prepared with superfood

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ingredients and are rich in  
nutrients that you should be  
eating every day. They are low in  
calories, fat and carbohydrates,  
as well as delicious and super  
healthy!

The highly anticipated cookbook

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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

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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

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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

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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



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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

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who loves delicious food that  
happens to be healthy too.

Deliciously Ella The Plant-Based  
Cookbook

The Kind Earth Cookbook

The fastest selling vegan  
cookbook of all time

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The Soup Club Cookbook

More than 100 Blended Recipes  
for Boosted Energy, Brighter  
Skin & Better Health

Feed Your Friends, Feed Your  
Family, Feed Yourself

The Oat Milk Cookbook

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The Juice Generation

*The origin story along with  
creative vegan soup and stew  
recipes from the Seattle-based  
community soup club run by  
cookbook author Caroline  
Wright. After a devastating*

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*brain cancer diagnosis, Caroline  
Wright told some new friends  
she was craving homemade  
soup, then found soup on her  
doorstep every day for months.  
She survived with a deep  
gratitude for soup and her*

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*community. In thanks and in their honor, she decided to start a weekly soup club delivering her own original healthful soup recipes to her friend's porches. Caroline's creative spirit and enthusiasm spread, along with*

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*the word of her club, and she soon was building a large community of soup enthusiasts inspired by her story. Soup Club is unlike any other soup book. Caroline's collection of recipes along with artwork,*

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*photography, and haiku from her members, tell a moving story of community, love, and health at its center. This unique cookbook proves that soup can be more than a filling meal, but also a mood and a feeling.*



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*Every soup can be made on the  
stove top and Instant Pot. The  
recipes are all vegan and gluten-  
free and include: Catalan  
Chickpea Stew with Spinach  
Jamaican Pumpkin and Red Pea  
Soup Split Pea Soup with*

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*Roasted Kale West African  
Vegetable Stew*

*Superfoods Superfast*

*A Beautiful Bowl of Soup*

*The 8-Week Blood Sugar Diet*

*80 Cozy Recipes for Creative*

*Plant-Based Soups and Stews to*

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in 20 Minutes or Less*

*Joy Bauer's Superfood!*

*Eat your way to health.*