

High Protein Vegan: Hearty Whole Food Meals, Raw Desserts And More

As a vegan, where do you get your protein? Nuts, grains, vegetables, fruits, and seeds all provide healthy fuel for the body, and in combination they make complete protein powerhouses that easily deliver this essential nutrient. Whether it is Multi-Layered Avocado Toast for breakfast, Acadian Black Beans and Rice for dinner, or No-Bake Chocolate Peanut Butter Cookies to satisfy a sweet tooth, blogger and recipe developer Ginny Kay McMeans has a protein-packed option for everyone. The High-Protein Vegan Cookbook highlights the ins- and- outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more than 125 protein-rich, plant-based recipes, McMeans proves that vegans don't have to skimp on this important nutrient. Recipes include: Southwest Scramble Breakfast Burritos

Artichoke Quinoa Dip Slow Cooker Seitan Bourguignon Chocolate Cake Munch Cookies

Plant proteins that deliver all the meaty satisfaction of your favorite comfort foods

A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter–Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink)

Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe: gluten-free and soy-free options throughout

Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as: - Quinoa Breakfast Pilaf - Apple and Oats French Toast - Sausage Smash Potato Hash - Spelt and Bean Burritos - Tempeh Buckwheat Bowl - Teff and Pea Fritters - Cracked Wheat Koftas - Roasted Corn and Barley Chowder - Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as: - Apricot Oats - Polenta Topped Mexi-Beans - Chickpea Millet Curry - Harissa Veggies and Rice Skillet - Spinach and Basil Quinoa - Sesame Purple Rice

Salads That Inspire: A Cookbook of Creative Salads

100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food

Vibrant Plant-Based Recipes to Eat Well Through the Seasons

Plant-Based Meats: Hearty, High-Protein Recipes for Vegans, Flexitarians, and Curious Carnivores

Vegetarian Times Plant-Powered Protein Cookbook

The 80/10/10 Diet

Epic Anytime Recipes with a World of Flavor

No Meat Athlete

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright’s simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family’s local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada’s original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright’s signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

High Protein Meals... Naturally From the author of Triumph of the Lentil: Soy-Free Vegan Wholefoods for all Appetites comes another collection of hearty recipes - from easy everyday meals to gourmet feasts, all with clear directions and accurate timing. Hilda brings her signature style of creating flavoursome and satisfying food in the simplest way possible to this book with its focus on high protein meals. High Protein Vegan focuses on nutritious, tasty and filling legume-based main meals, as well as decadent-but-healthy raw desserts. With over 100 recipes accompanied by 90 colour photographs, this book will motivate you to create delicious high protein vegan whole food meals and desserts. High Protein Vegan is... •Full of unique and tasty recipes, from new twists on old favourites through to innovative ways to serve vegetables and legumes. •Allergy-friendly, with soy-free options for all recipes and many options for other diets and allergies including gluten-free, nut-free, nightshade-free and allium-free. •Packed full of do-able recipes that can fit into busy lives. With High Protein Vegan you can learn to... •Create hearty and savoury meals with an awareness of umami flavour. •Modify your existing recipes to add extra protein from whole foods. •Make nutritious meals from scratch with a minimum of kitchen time. •Understand protein needs and other essential information on vegan nutrition. •Replace shop-bought vegan sausages with healthy homemade ones, with recipes in a variety of styles from the Australian-style pumpkin seed, lentil and herb sausages through to bratwurst and kaeskrainer. •Pasta alla Carbonara •Caesar Salad with Crispy Chickpea and Cauliflower Fritters •Bean and Mushroom Stroganoff, Sunchoke Crisps on Cannellini Bean and Sunchoke Puree with Arugula Pesto •Thai Green Curry •Spicy Carrot and Chickpea Tagine •Grain-Free Pad Thai •Swedish Not-Meatballs with Mashed Potatoes and Gravy •Bean and Sunflower Seed Rissoles •Chickpea Schnitzel Patties •Baked Chard Dolmaches Stuffed with Quinoa, Beans and Herbs •Cauliflower Parmigiana Bake •Pea and Cauliflower Samosa Pot Pies •Lentil Loaf •Lancashire Hot Pot •Spinach and 'Ricotta' Calzones •Pumpkin Seed, Lentil and Herb Sausages •Bratwurst •Lemon Cheezecake •Chocolate Ice Cream •Caramel Slice •Chocolate Mousse Cake •Halva •Muesli Bars and more...

Build Muscle & Improve Your Physique This science-fueled cookbook is a complete guide to prepping 90+ plant-based, high-protein recipes optimized for athletes and sports(wo)men.

Veganism has been steadily moving toward the mainstream as more and more people become aware of its many benefits. Even burger-loving omnivores are realizing that adding more plant-based foods to their diet is good for their health and the environment. Big Vegan satisfies both the casual meat eater and the dedicated herbivore with more than 350 delicious, easy-to-prepare vegan recipes covering breakfast, lunch, and dinner. Highlighting the plentiful flavors that abound in natural foods, this comprehensive cookbook includes the fundamentals for adopting a meat-free, dairy-free lifestyle, plus a resource guide and glossary that readers can refer to time and again. Eat your veggies and go vegan!

Sweet Potato Soul

Love Real Food

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

The First Mess Cookbook

The Great Vegan Protein Book

The No Meat Athlete Cookbook

More Than 200 Quick and Simple Recipes

Fast, Healthy Recipes You'll Want to Eat

An acclaimed surgeon specializing in weight loss delivers a paradigm-shifting examination of the diet and health industry’s focus on protein, explaining why it is detrimental to our health, and can prevent us from losing weight. Whether you are seeing a doctor, nutritionist, or a trainer, all of them advise to eat more protein. Foods, drinks, and supplements are loaded with extra protein. Many people use protein for weight control, to gain or lose pounds, while others believe it gives them more energy and is essential for a longer, healthier life. Now, Dr. Garth Davis, an expert in weight loss asks, “Is all this protein making us healthier?” The answer, he emphatically argues, is NO. Too much protein is actually making us sick, fat, and tired, according to Dr. Davis. If you are getting adequate calories in your diet, there is no such thing as protein deficiency. The healthiest countries in the world eat far less protein than we do and yet we have an entire nation on a protein binge getting sicker by the day. As a surgeon treating obese patients, Dr. Davis was frustrated by the ever-increasing number of sick and overweight patients, but it wasn't until his own health scare that he realized he could do something about it. Combining cutting-edge research, with his hands-on patient experience and his years dedicated to analyzing studies of the world’s longest-lived populations, this explosive, groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity.

The Easy Way to Make Standout Protein-Packed Meals The secret to creating memorable vegan meals that are better for your body, budget and busy schedules? Beans! With 20-Minute Italian author Andrea Soranidis’s easy, cost-effective and filling recipes, you’ll learn to transform the humble bean from a pantry staple to the key to hearty, flavorful meals. Pump up the protein with lunches like the Next-Level Mushroom Bean Burger, Spring-Perfect Socca Pizza and Smoky and Spicy Chili Sin Carne, which will keep you full and energized all day. Get dinner on the table in minutes with Creamy Edamame Pesto Pasta or Asian-Style Mixed Bean Lettuce Wraps. Indulge in comfort foods like Classic Family Meat(less)loaf, a Sunday Skillet Chickpea Lasagna with Butternut Squash Sauce or Creamy Cannellini Fettuccine Alfredo. Best of all, you won’t taste beans—only deliciousness—in healthier desserts like Banana Bread with a Pulse Twist, Black Bean Chocolate Pudding and PB & Chickpea Chocolate Chip Cookies. Incredibly accessible, budget-friendly and satisfying, these vegan recipes will change the way you cook with and think about beans in a healthy plant-based lifestyle!

Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don’t have to gain weight as you age. That’s the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn’t use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald’s to Starbucks to Olive Garden. And best of all: It works!

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

Protein Ninja

Meatless Favorites. Made with Plants. [A Plant-Based Cookbook]

Nutrition Guide With 90+ Delicious Recipes (Including 30-Day Meal Plan)

51 Plant-Based High-Protein Recipes: For Athletic Performance and Muscle Growth

The Hungry Student Vegetarian Cookbook

How Our Obsession with Meat Is Killing Us and What We Can Do About It

More Than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! - Includes Soy-Free and Gluten-Free Recipes!

The Whole Body Reset

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other—and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes.

While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks l Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a “vegetarian cookbook for non-vegetarians”, it’s a beautiful book that’s food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Think it's impossible to crave salads? Think again. It's easy to fall into the rut of making the same salads over and over, but the excuses end now. Salads That Inspire is a cookbook of the most creative, delicious salads you've yet to eat, featuring original combinations of fresh fruits, vegetables, nuts, spices, proteins, grains, cheeses, and dressings. Healthy eating never tasted so good. Get your salad fix on today with:
• 45 healthy, homemade dressing recipes
• Mason jar layering instructions for over 60 prep-to-go salads
• Tips for toasting spices and nuts, infusing dressings, and making recipes more (or less) gourmet
• A guide to pairing greens and dressings to help you and invent your own salads
From Arugula Salad with Grilled Watermelon, Pistachios, and Honey-Lime Vinaigrette to Moroccan Chicken Salad with Herbed Quinoa and Spicy Yogurt Dressing, the recipes showcase endless varieties of fresh and flavorful ingredients that will forever change the way you think about and enjoy salad.

Discover the Way of the Salad Award-winning chef and Veganomicon coauthor Terry Hope Romero knows her veggies. In Salad Samurai, she's back to teach you the way of the veggie warrior, rescuing salads from their bland, boring reputation and "side" status with more than 100 vibrant, filling entrees. This is your guide to real salad bushido: a hearty base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organized by season for a full year of memorable meals (yes, salad can rock even the coldest days of winter). Dig in to: Spring Herb Salad with Maple Orange Tempeh Deviled Kale Caesar Salad Seared Garlic Chickpeas, Spinach, and Farro Seitan Steak Salad with Green Peppercorn Dressing Herbed Pea Ricotta, Tomatoes, and Basil Mushroom, Barley, and Brussels Harvest Bowl Tempeh Rubenesque Salad Pomegranate Quinoa Holiday Tabouli Seitan Bacon Wedge Salad and many more! With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, Salad Samurai shows you the way of the salad: killer dishes that are satisfying, healthy, and scrumptious. Praise for Terry Hope Romero "This is exceptionally good food for vegans, vegetarians, and the rest of us who are trying to eat a more sustainable, healthy, plant-based diet." - Christian Science Monitor on Vegan Eats World "Exuberant and unapologetic...Moskowitz and Romero's recipes don't skimp on fat or flavor, and the eclectic collection of dishes is testament to the authors' sincere love of cooking and culinary exploration." - Saveur on Veganomicon

In her second book, Richa Hingle applies her culinary skills to international comfort foods. She delivers a wealth of flavor-packed "awesome sauces" and mix-and-match ideas to inspire you to create stunning meal combinations. These unique recipes have amazing depths of flavor, are easy to make, and have allergy-friendly options. Enjoy Richa's wov factor in sensational curries, comforting casseroles, and the next-generation of plant-based burgers, and more. Recipes include: One-Pot Peanut Butter Noodles Green Curry Fried Rice Crispy Kung Pao Cauliflower Chickpea Jackfruit Burgers Alfredo Spinach Pizza Tiramisu Fudge Bars Here are chapters devoted to flavor-packed sauces, soups, sandwiches, breakfasts,sweets, and more. You will also find helpful techniques and mix-and-match ideas that will inspire creativity and provide stunning meal combinations. You will find this book to be indispensable in your kitchen, and the recipes will appeal to both vegans and non-vegans alike.

100+ Meal Prep Recipes for Men and Women—Always #HealthyAF, Never Boring

Vegan Yack Attack's Plant-Based Meal Prep

The Great Vegan Grains Book

Power through Your Day with 100 Hearty Plant-Based Recipes that Pack a Protein Punch

Whole Food, Plant-Based Recipes to Fuel Your Workouts—and the Rest of Your Life

The Vegan 8

Vegan, Gluten-Free, Oil-Free Recipes for Lifelong Health

Comfort classics with a lighter spin, from the creator of the healthy-eating blog Well Plated by Erin. Known for her incredibly approachable, slimmed-down, and outrageously delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, Well Plated by Erin. Clarke’s site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can’t find in a regular supermarket or that isn’t essential to a dish’s success, and she hacks her recipes for maximum nutrition by using the "stealthy healthy" ingredient swaps she’s mastered so that you don’t lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practically top-of-mind. She’s eliminated odd leftover "orphan" ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she’s even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won’t detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they LOVED this!" This is your homey guide to a healthier kitchen.

100+ hearty, succulent, people-pleasing meals featuring vegan meat, from comfort food classics and speedy weeknight dinners to global flavors and showstoppers, plus recipes for DIY vegan meats and cheeses. “When vegan cheese queen Miyoko Schinner pens a new cookbook, you don’t walk to your nearest bookstore. You run. . . . Get ready for your weeknight dinners to never be the same.”—VegNews From the Impossible Burger and Beyond Meat to MorningStar Farms, Boca Burgers, and more, plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don’t want to give up the meaty flavors they love. In The Vegan Meat Cookbook, bestselling author Miyoko Schinner guides you through the maze of products available on store shelves and offers straightforward guidance on how to best use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon to Hominy and Carne Asada Enchiladas with Creamy Green Sauce. Dig in to a satisfying vegan meal of Weeknight Shepherd’s Pie with Bratwurst and Buttery Potatoes or Meaty, Smoky Chili. Wow your guests with Coq au Vin, Linguine with Lemon-Garlic Scallops and Herbs, or Lettuce Wraps with Spicy Garlic Prawns. For those interested in making their own vegan meats and cheese from scratch, there are recipes for Juicy Chicken, King Trumpet Mushroom Bacon, Easy Buffalo Mozzarella, Miyoko’s famous Unturkey, and many more that you’ll never find in stores. Whether you’re cutting back on meat for your health, the environment, animal welfare, or affordability, The Vegan Meat Cookbook will satisfy the cravings of flexitarians, vegans, vegetarians, and even carnivores.

Plant proteins that deliver all the meaty satisfaction of your favorite comfort foods Mock meats have progressed way beyond basic seitan, and reducing your meat consumption is easier than ever before with these realistic alternatives. With a handy guide to ingredients, cooking methods, and the basic flavor profiles behind what makes “meat” so tasty, this book is for meat lovers who still want an option that mimics the real thing, and vegetarians who don’t want all the additives you get with processed, store- bought mock meats. From meat loaf to sausages, from pâté to jerky, Robin Asbell has a plant- based answer for midweek suppers, weekend brunches, and holiday showstoppers. Recipes include: • Thai Meatballs in Red Curry • Smoky King Trumpet Mushroom Bacon • Cauliflower Buffalo Wings • Jackfruit Pulled Pork and Barbecue Sauce • Turkey Roll with Stuffing

Healthy, Delicious Recipes with Plant Powered Protein Protein is the macronutrient that’s on the tip of everyone’s tongue these days, but a protein-rich diet doesn’t have to mean chowing down on giant bowls of beans or plates of egg whites—nor does it have to include meat, fish, or poultry. In this book, the Vegetarian Times editors set the protein story straight, showing you how to meet all your protein needs with delicious, satisfying, easy-to-prepare recipes that fit seamlessly into any lifestyle.

Fill Up the Healthy Way with More Than 100 Delicious Protein-Based Vegan Recipes - Includes - Beans & Lentils - Plants - Tofu & Tempeh - Nuts - Quinoa

The High-Protein Vegetarian Cookbook

Whole Protein Vegetarian: Delicious Plant-Based Recipes with Essential Amino Acids for Health and Well-Being

The Plant-Based Cookbook

The High-Protein Vegan Cookbook: 125+ Hearty Plant-Based Recipes

The Vegan Bean Cookbook

High-Protein, Plant-Based Meals That Are Better for Your Body, Schedule and Budget

Vegan Richa’s Everyday Kitchen

51 Delicious Plant-Based Protein Recipes! Recipes in this book are also included in the 'Vegan Meal Prep' series by Jules Neumann. Fire up the stove and prepare 51 tasty high-protein dishes to power you. Recover faster, perform better and get in shape! Make your plant-based diet effortless with these 51 delightful high-protein recipes. Incorporate whole foods in your diet and get inspired by culinary arts from around the world. Many recipes are combined with appetizing photographs. All include macro values, number of ingredients used and storage info for the fridge and freezer. Fuel your body with these exclusive recipes: 10 protein-rich breakfast recipes 5 nutrient-packed protein salads 25 high-protein staple foods 11 energizing snacks And 8 essential recipes (bonus) (The book includes gluten-free, soy-free and nut-free recipes). Prepare 51 satisfying meals that support your healthy lifestyle, are easy to prepare and 100% vegan! Become the best you can be. Grab this cookbook today! We print your book(s) using the ^{most} revolutionary technology available, effectively reducing waste and CO2 emissions.

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

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family—even the non-vegans—will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

The Great Vegan Protein Book showcases where and how vegans can find and prepare protein-rich foods, including over one hundred tasty and filling recipes.

Hearty Whole Food Meals, Raw Desserts and More

The Plant-Powered Diet

Delicious Vegan Recipes for Under \$30 a Week, in Less Than 30 Minutes a Meal

Plant-Based on a Budget

100 Simple, Delicious Recipes Made with 8 Ingredients Or Less

100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul : A Cookbook

Minimalist Baker's Everyday Cooking

High Protein Vegan

Congratulation For Making The Difficult Choice Of Becoming A Vegan To help you with your journey there is a bonus book inside! Where the TASTY Recipes can be made at a low cost! It is a common believe that people think vegans have a low level of protein intake and that vegans' lives are tasteless. Well if you're looking at this book right now that can only mean "Your about to prove them WRONG!" And the answer is "Yes, you can!" Within this book you will not only find many simple, yet unique protein rich recipes from breakfast, lunch, dinner, soups, snacks, and smoothies to suit your Vegan lifestyle, but also each of these delicious recipes are aimed to provide your body with a balance level of protein intake. We give you everything you need to know about the recipe such as: serving, prep time, and most importantly Nutrition values. So we can help you to keep track of your healthy vegan lifestyle. Here is what you going to get in this book Information on Vegan diet Protein Rich Breakfast recipes Protein Rich Lunch Recipes Protein Rich Dinner Recipes Protein Rich Snack and Soup Recipes Protein Rich Smoothy Recipes Bonus \$3 Max Recipes Bonus \$5 Max Recipes Buy NOW and Enjoy!

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

An essential resource for your health?if we are what we eat, let's make every (delicious) bite count! This cookbook will no doubt transform your kitchen, bringing new plant-based, whole food ideas to the table and offering easy yet healthy recipe solutions for everything from celebratory meals to rushed weeknight dinners. Ashley Madden is a pharmacist turned plant-based chef, certified holistic nutritional consultant, and devoted health foodie. A diagnosis of multiple sclerosis changed her whole life and approach to food, eventually shaping a new food philosophy and inspiring this book. The Plant-Based Cookbook is especially helpful for those with dietary requirements or food allergies as all recipes are vegan, dairy-free, gluten-free, and oil-free without compromising on taste or relying on packaged and processed ingredients. All-natural recipes include: One-pot creamy pasta Vibrant nourish bowls Decadent no-bake cinnamon rolls A show-stopping cheese ball Life-changing carrot cake And so much more! Whether you consider yourself an amateur home cook or a Michelin Star chef, this collection of recipes will inspire you to turn whole foods into magical, mouthwatering meals and give you confidence to prepare plants in creative and health-supportive ways.

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

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

A Couple Cooks - Pretty Simple Cooking

Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time

The High-Protein Plant-Based Instant Pot Cookbook: Wholesome, Oil-Free One Pot Meals with 8-Ingredients

Fit Men Cook

The Well Plated Cookbook

Salad Samurai

100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love

100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In Sweet Potato Soul, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smoky collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • *5-Ingredient Peanut Butter Bites* • *Banana Zucchini Pancakes* • *Sick Day Soup* • *Lentils and Sweet Potato Bowl* • *PB Ramen Stir Fry* • *Tofu Veggie Gravy Bowl* • *Jackfruit Carnita Tacos* • *Depression Era Cupcakes* • *Real Deal Chocolate Chip Cookies* With a foreword by Michael Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

Wholesome, protein-packed dishes... Cooked automatically! Preparing healthy, delicious plant-based meals at home can be a challenge when you're busy or simply don't like to cook... This Instant Pot cookbook with 71 delicious recipes will help you put your cooking on autopilot as these meals only take a few minutes of your time. With amazing combinations of just 8 ingredients, here are exciting oatmeals, hearty risottos, satisfying soups & delicious curries -- with about 25 % of the calories from protein & 100% oil-free. These flavorful dishes complement an active lifestyle and are all about great flavor & minimal hassle. Each recipe includes detailed nutrition facts, recommended storage times, mouth-watering photos & both U.S. and metric measurements for every ingredient. With the Instant Pot High-Protein Cookbook, you'll have a go-to source of delicious, protein-packed meals that can be cooked with the press of a button, every day of the week!

A vegetarian blogger offers high-protein vegetarian recipes that are hearty and filling enough for her carnivorous boyfriend, including Fresh Veggie Quinoa Salad With Lemon Tahini Dressing, Mushroom and Wild Rice Burgers and Dark Chocolate Black Bean Brownies.

Hearty, High-Protein Recipes for Vegetarians, Flexitarians, and Curious Carnivores

Over 200 Healthy & Delicious Whole-Food Dishes

Proteinaholic

The Great Vegan Bean Book

The Vegan Meat Cookbook

Big Vegan

Hearty Dishes That Even Carnivores Will Love

Plant-Based Meats

If you've always loved the idea of meal prepping, but never felt ready to begin, you've come to the right place. Vegan Yack Attack's Plant-Based Meal Prep takes the guesswork out of meal planning and sets you up with simple, make-ahead recipes that keep your fridge full and your schedule free. If you're a vegan and frequently on the go, it can be hard to find plant-based options that you not only can eat, but also want to eat. In many cases, preplanning your own meals is both the healthier, and more delicious, option. But it's not always easy to figure out what to make and how to prepare it all. With this cookbook, veteran author Jackie Sobon does all the "figuring" for you, giving you meal plans you can start on Sunday or whatever day works for you and use throughout the week. Whether you're cooking for one or for the whole family, you'll find recipes to match all of your needs, from big-batch sauces and soups to simple sheet-pan, Instant Pot, and freezer meals. You'll also find ideas for great car breakfasts and work lunches, along with all the tips and tools you'll need to plan ahead and make your life easier. Recipes include soon-to-be favorites such as: Breakfast Burritos Grain-Free Granola Fajita Pita Pockets Corn Fritter Salad Nacho Potato Bake Farro Brussels Spring Salad Creamy Avocado Tahini Zoodles Snacky Seed Clusters Cinnamon Toast Popcorn Chocolate Peanut Butter Rice Bars With more than 100 recipes and 13 weekly plans (plus Jackie's signature stunning photography), meal prep success is in the bag!

"One of the rock stars of the vegan cooking world" (Portland Oregonian), author of Salad Samurai and bestselling coauthor of Veganomicon, Terry Hope Romero is back with 100 recipes devoted to the nutrient that still bedevils vegans: protein.

A cookbook that takes the guesswork out of combining protein sources, to provide delicious, complete protein meals Are you afraid you won't get enough protein or the right kind from a plant-based diet? Many grains, beans, leafy greens, and nuts contain fewer than all nine of the essential amino acids that comprise a complete, or [whole] protein, unlike animal-based proteins, which are more likely to be complete. This is an easy fix: Include a wide variety of plant-based foods over the course of a day and you'll get the complementary proteins you need. These delicious recipes will get you started on the road to a healthy, plant-based diet.

A student cookbook with a difference, The Hungry Student Vegetarian not only gives more than 200 quick and cheap meat-free recipes that are so tasty, even hardened carnivores will keep turning up for dinner. There are also indispensable tips on budgeting, lunchbox ideas, healthy eating and how to get creative with leftovers. With chapters dedicated to Bring on Brekky, Comfort Food, Roasted and Baked, Made in a Flash and All the Carbs, there are opportunities for impromptu parties, end of the month budget creations and comfort foods for one. All the recipes in this book are balanced for a healthy vegetarian diet, and they each have an affordability stamp to help with budgeting as well as detailed instructions to make them accessible to even the most novice cook. Forget the textbooks, this is the only book you'll ever need to get through your first year!

Run on Plants and Discover Your Fittest, Fastest, Happiest Self

The Complete Vegetarian Cookbook

Weekly Meal Plans and Recipes to Streamline Your Vegan Lifestyle

Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes

Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond

A Fresh Guide to Eating Well With 700 Foolproof Recipes

The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today

Celebrate Whole Grains with More Than 100 Delicious Plant-Based Recipes * Includes Soy-Free and Gluten-Free Recipes!

Harness the power of whole-plant foods to lead a long and vibrant life—whether you're vegan, vegetarian or omnivorous. Eat more whole plants. This simple recommendation is at the heart of a building consensus: The healthiest diet is a plant-based diet. Plants have spent millions of years evolving their defenses against disease. Now, studies indicate that by eating whole, minimally processed plant foods, humans too can gain protection—against everyday illness, diabetes, obesity, depression, mental decline, heart disease, and even cancer. In The Plant-Powered Diet, registered dietitian Sharon Palmer marshals the most up-to-date findings in nutrition to explain both why you should fill more of your plate with whole-plant foods and how to do so, whether you're a longtime vegan or a committed omnivore. Here is: • *Essential information on the healthiest plant foods—whole grains, vegetables, fruits, nuts, legumes, and even herbs, spices, chocolate, coffee, tea, and wine* • *Advice for navigating the supermarket, kitchen, restaurant menus, on-the-go meals, exercise, and more* • *A 14-day meal plan, plus daily action alerts to get you started* • *And 75 original plant-based recipes for every meal—all with complete nutritional data. The Plant-Powered Diet is not a diet you'll go “on” today and “off” tomorrow. It is a simple, satisfying, and thoroughly delicious way of eating that can not only last your lifetime—but lengthen it.*

Features over one hundred vegan recipes starring beans, from soups and spreads to cakes and cookies, and provides information on soaking and cooking times as well as preparation methods.

Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

The fitness influencer and creator of the #1 bestselling Food & Drink app, FitMenCook, shares 100 easy, quick meal prep recipes that will save you time, money, and inches on your waistline—helping you to get healthy on your own terms. We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat and how it's going to affect our bodies, we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve wellness goals without breaking the bank. In Fit Men Cook, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day—from grocery lists to common dieting pitfalls to his ten commandments of meal prep—as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement. This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With Fit Men Cook, you can create exciting, satisfying meals and be on your way to losing weight for good. After all, bodies may be sculpted at the gym, but they are built in the kitchen.

Plant-Based High-Protein Cookbook