

## Elite Rice Cooker Manual

This Book Has Consistently Been Used By Students Studying The First Course In Food Science And Nutrition. In Several Universities, Diet Therapy Topics Have Been Added In The Curricula Of This Course. Therefore, Diet Therapy Has Been Added In This Revision, With A Hope Of Meeting The Changing Needs Of The Readers In This Area. The Revised Edition Incorporates Various Other Subjects, Which Are More Or Less Related To The Useful Subjects, Like Nursing, Education, Art, Social Sciences, Home Science, Medical And Paramedical Sciences, Agriculture, Community Health, Environmental Health And Pediatrics Etc. The Book Is Intended To Be An Ideal Textbook Encompassing The Following Aspects: \* Introduction To The Study Of Nutrition \* Nutrients And Energy \* Foods \* Meal Planning And Management \* Diet Therapy Various Modifications Have Been Done Along With Clear Illustrations, Charts and Tables For A Visualised Practical Knowledge. Every Chapter Is Presented In A Beautiful Style With An Understandable Approach. Abbreviations Of All Terms Are Given. Glossary Is Also Available At The End For Clear Understanding. Appendices, Food Exchange Lists, Recommended Dietary Allowances For Indians And Food Composition Tables Have Also Been Included. So Many Other Useful Informations Are Given, Regarding The Food And Dietary Habits According To The Age And Height Of Males/Females. We Hope This Textbook Would Fulfil The Goal Of Serving The Cause In An Appropriate Manner Nutrition For A Disease-Free Society.

A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto

Through an inventive and original engagement with Don Quixote and other Golden Age literature, Carolyn A. Nadeau explores the shifts in Spain's cultural and gastronomic history.

NATIONAL BESTSELLER The easiest-to-follow Instant Pot cookbook ever: 100 delicious recipes with more than 750 photographs guiding you every step of the way Jeffrey Eisner's popular Pressure Luck Cooking website and YouTube channel have shown millions of home cooks how to make magic in their Instant Pots. Now Eisner takes the patient, fun, step-by-step approach that made him an online phenomenon and delivers a cookbook of 100 essential dishes that will demystify pressure cooking for Instant Pot users of all abilities--and put an astounding dinner on the table in a flash. Every flavor-filled recipe in this book is illustrated with clear photographs showing exactly what to do in each step. There are no surprises: no hard-to-find ingredients, no fussy extra techniques, and nothing even the most reluctant cooks can't master in moments. What you see is truly what you get, in delicious and simple dishes such as: Mac & Cheese Quick Quinoa Salad French Onion Chicken Eisner's popular Best-Ever Pot Roast Ratatouille Stew And even desserts such as Bananas Foster and Crème Brûlée.

Vegetables and Desserts

Plastic-Free

The Book of Ninja

Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half: A Cookbook

GizmoCooks Microwave Cooking Indian Style - Easy Mithai Cookbook for Whirlpool model 25C Elite

Fresh and Foolproof Recipes for Your Electric Pressure Cooker

*NEW YORK TIMES BESTSELLER Create easy and delicious meals for two with Slow Cooking for Two. If you're short on time, few in numbers, and craving the comfort of a home-cooked meal, Slow Cooking for Two is here to save the day. Slow Cooking for Two offers 101 easy recipes meant for just two people, including soups, stews, casseroles, desserts, and more. Slow Cooking for Two will save you time and money with simple and delicious meals that are flavorful without requiring hours of preparation. Slow Cooking for Two will give you all the tools you need to start enjoying slow cooking for two people, with: 101 easy slow cooker recipes specifically designed for 1½ and 2-quart slow cookers Comforting Slow Cooking for Two recipes, including Minestrone Soup, Beef Bourguignon, Chicken Pot Pie, Mac and Cheese, and Turtle Brownies Easy one-pot meals, including Short Ribs with Polenta and Meat Loaf with Potatoes Practical techniques for slow cooking for two, including shopping lists, and food preparation and storage tips Slow Cooking for Two will make it easy for you (and one more!) to enjoy delicious and hassle-free meals. Turn your rice cooker into a one-pot-meal wonder with the techniques in this book, including cooking grains on the bottom and steaming protein on top. For those who think a rice cooker is a one-hit wonder, it's time to think again. Lemon Chicken Soup with Orzo? Mixed Mushroom and Bulgur Risotto? Sausage and Broccoli Rabe with Farro? Yes, all can be made in a rice cooker! This practical cookbook details methods for preparing basic grains and collects 85 soups, stews, salads, side dishes, and complete meals, including lots of options for vegetarians and pescatarians. And the information on how to use a rice cooker to its fullest advantage—from basic, no-frills models to high-tech fuzzy-logic machines—makes it easy to put satisfying, delicious meals on the weeknight dinner table with minimal effort and maximum speed.*

*The Type 1 Diabetes Self-Care Manual: A Complete Guide to Type 1 Diabetes Across the Lifespan for People with Diabetes, Parents, and Caregivers offers practical, evidence-based and common sense help for people with type 1 diabetes and their caregivers. For the close to 1.5 million people with type 1 diabetes in the United States alone and their family and friends, this book will help them understand the effects of type 1 diabetes, not just when diagnosed, but throughout their lifespan. Dr. Jamie Wood and Dr. Anne Peters, two of the most respected and sought-after endocrinologists, provide an easy-to-follow narrative on all aspects of the disease. The Type 1 Diabetes Self-Care Manual will be the go-to reference for everyone touched by type 1 diabetes.*

*How would you like to make meals that taste like you spent hours in the kitchen, but are ready in a matter of minutes? Thanks to the efficiency of a Presto® pressure cooker, you can! Presto® Pressure Cooker Recipes features more than 75 recipes for delicious dishes, including Savory Brisket (pressure cooking time: 33 minutes), Bacon and Stout Short Ribs (pressure cooking time: 30 minutes), and Chile Verde Chicken Stew (pressure cooking time: 8 minutes). From soups and stews to ribs and roasts, you'll be able to get dinner on the table more quickly than you*

ever imagined. Once you start cooking in your Presto® pressure cooker, you'll wonder how you ever got along without it!

*The Ultimate Sniper*

*Manual for Social Surveys on Food Habits and Consumption in Developing Countries*

*The Ultimate Rice Cooker Cookbook*

*Family Background and Life Chances in Urban China, 1950-1996*

*The New York Times Manual of Style and Usage*

*The Essential Instant Pot Cookbook*

*The Guerrilla and how to Fight Him*

"The official style guide used by the writers and editors of the world's most authoritative news organization."

Rice cookers are perfect for how we cook today - versatile and convenient, they have one-button technology, don't take up much counter space, and are a breeze to clean. And they can do so much more than produce foolproof rice, beans, and grains. The Ultimate Rice Cooker Cookbook shows you how to make everything from Thai Curried Rice to Chocolate Pots de Creme with Poached Fresh Cherries, from Breakfast Barley to Turkey Chili with Baby White Beans. This edition is in two volumes. The first volume ISBN is 9781458769480.

The debut cookbook from the Saveur blog award-winning Internet expert on making eating cheap dependably delicious As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you 're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you 're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

Through revised text, new photos, specialised illustrations, updated charts and additional information sidebars, The Ultimate Sniper once again thoroughly details the three great skill areas of sniping; marksmanship, fieldcraft and tactics.

Budget Bytes

Fundamentals Of Foods, Nutrition And Diet Therapy

The Step-by-Step Instant Pot Cookbook

140 Fast, Fresh, and Easy Recipes

The Veggie Queen Pressure Cooks Whole Food Meals in Less Than 30 Minutes

The New Fast Food

The U.S. Navy SEAL Survival Handbook

*Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have.*

*This manual describes a new methodology to measure a decent but basic standard of living in different countries and how much workers need to earn to afford this, making it possible for researchers to estimate comparable living wages around the world and determine gaps between living wages and prevailing wages, even in countries with limited secondary data.*

*More than two hundred clear and easy-to-follow recipes for nutritionally adapted versions of classic vegetable and dessert dishes are accompanied by detailed nutritional information*

*The first complete translation of the ultimate Ninja manual—a comprehensive guide to the arts of the ninja, including espionage, warfare, assassination, and more In 1676, a ninja named Fujibayashi collected and combined information from the ninja clans of Iga—regarded to be the homeland of the ninja—and compiled it into an authoritative book. Known as The Bansenhukai, Fujibayashi's book has now been translated into English by the Historical Ninjutsu Research Team and is widely considered to be the 'bible' of ninjutsu, the arts of the ninja. The Book of Ninja begins with an in-depth introduction to the history of Fujibayashi's scripture. The teachings themselves, appealingly rendered in this translation, then take us into the secrets of guerrilla warfare and espionage. We learn how to become the ultimate spy, whether through a network of spies or by hiding in plain sight. Through the stealth and concealment tactics of night-time infiltration, through weapon and tool building skills, and through mission planning, we can learn much both about warfare and about adopting the right mindset for tackling our own inner and outer enemies. Adding to the mix for the spycraft lover, there are sections on capturing criminals, performing night raids, making secret codes and signs, and even techniques for predicting the weather, and using an esoteric Buddhist system of divination. An exciting and engaging tome of lost knowledge, The Book of Ninja is the final say in the world of the ninja and the ultimate classic for samurai and ninja enthusiasts alike.*

*Alonso Quijano's Diet and the Discourse of Food in Early Modern Spain*

*The Type 1 Diabetes Self-Care Manual*

*Pressure Cooker Perfection*

*Soups, Sides, Grains, Mains, and More*

*How to Do What You Love, Better and for Longer*

*Lean Mean Fat Reducing Grilling Machine ; 50 Great George Foreman Recipes : Lean Mean Contact Roasting Machine*

*Doubled Haploid Production in Crop Plants*

The New Fast Food The Veggie Queen Pressure Cooks Whole Food Meals in Less Than 30 Minutes Veggie Queen

600 Easy Air Fryer Recipes for Quick Hassle-Free Frying! I bet you crave for simple, no-fuss air fryer recipes! That's why I decided to create the best air fryer cookbook with 600 delicious & easy meals, that you'll ever need to cook in your air fryer! This air fryer cookbook for beginners has plenty of content in the following categories: Lots of Poultry, Beef, and Pork air fryer recipes Quick Snacks and Side Dishes Vegetables and Vegetarian air fryer recipes Great variety of Breakfast & Lunch recipes The Most-Wanted healthy air fryer recipes for Sweets & Desserts This complete Air Fryer recipes cookbook will take care of your scarce cooking time and will show you the easiest tastiest way towards a whole new life with your ninja air fryer. Get it now and do yourself a big favor! Get the best air fryer recipes and you will love it!

Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious! Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea—preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In Weelicious, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore—from the most persnickety infants to the pickiest grade-schoolers.

The production of doubled haploids has become a necessary tool in advanced plant breeding institutes and commercial companies for breeding many crop species. However, the development of new, more efficient and cheaper large scale production protocols has meant that doubled haploids are also recently being applied in less advanced breeding programmes. This Manual was prepared to stimulate the wider use of this technology for speeding and opening up new breeding possibilities for many crops including some woody tree species. Since the construction of genetic maps using molecular markers requires the development of segregating doubled haploid populations in numerous crop species, we hope that this Manual will also help molecular biologists in establishing such mapping populations. For many years, both the Food and Agriculture Organization of the United Nations (FAO) and the International Atomic Energy Agency (IAEA) have supported and coordinated research that focuses on development of more efficient doubled haploid production methods and their applications in breeding of new varieties and basic research through their Plant Breeding and Genetics Section of the Joint FAO/IAEA Division of Nuclear Techniques in Food and Agriculture. The first FAO/IAEA scientific network (Coordinated Research Programme - CRP) dealing with doubled haploids was initiated by the Plant Breeding and Genetics Section in 1986.

Living Wages Around the World

Cook It Fast or Cook It Slow-You Decide

The Official Style Guide Used by the Writers and Editors of the World's Most Authoritative News Organization

Gizmocooks Microwave Cooking Indian Style - Easy Mithai Cookbook for Whirlpool model 20C Elite

How I Kicked the Plastic Habit and How You Can Too

Historical Painting Techniques, Materials, and Studio Practice

Manual on Genetic Conservation of Rice Germ Plasm for Evaluation and Utilization

**Bridging the fields of conservation, art history, and museum curating, this volume contains the principal papers from an international symposium titled "Historical Painting Techniques, Materials, and Studio Practice" at the University of Leiden in Amsterdam, Netherlands, from June 26 to 29, 1995. The symposium—designed for art historians, conservators, conservation scientists, and museum curators worldwide—was organized by the Department of Art History at the University of Leiden and the Art History Department of the Central Research Laboratory for Objects of Art and Science in Amsterdam. Twenty-five contributors representing museums and conservation institutions throughout the world provide recent research on historical painting techniques, including wall painting and polychrome sculpture. Topics cover the latest art historical research and scientific analyses of original techniques and materials, as well as historical sources, such as medieval treatises and descriptions of painting techniques in historical literature. Chapters include the painting methods of Rembrandt and Vermeer, Dutch 17th-century landscape painting, wall paintings in English churches, Chinese paintings on paper and canvas, and Tibetan thangkas. Color plates and black-and-white photographs illustrate works from the Middle Ages to the 20th century.**

**"Tells a story that could inspire everyday behavior change for all of us. Small steps, leading to one big milestone: a planet free of plastic pollution." —Daniella Dimitrova Russo, CEO and founder of Think Beyond Plastic™ Like many people, Beth Terry didn't think an individual could have much impact on the environment. But while laid up after surgery, she read an article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her plastic habit. In Plastic-Free, she shows you how you can too, providing personal anecdotes, stats about the environmental and health problems related to plastic, and individual solutions and tips on how to limit your plastic footprint. Presenting both beginner and advanced steps, Terry includes handy checklists and tables for easy reference, ways to get involved in larger community actions, and profiles of individuals—Plastic-Free Heroes—who have gone beyond personal solutions to create change on a larger scale. Fully updated, Plastic-Free also includes sections on letting go of eco-guilt, strategies for coping with overwhelming**

problems, and ways to relate to other people who aren't as far along on the plastic-free path. Both a practical guide and the story of a personal journey from helplessness to empowerment, *Plastic-Free* is a must-read for those concerned about the ongoing health and happiness of themselves, their children, and the planet. "This is the tool that we've all been waiting for to ease the transition to going plastic-free. Time to wake up. Peace." —Rosanna Arquette, actor, Plastic Pollution Coalition member "Practical and hopeful, with a kind of cheerleading charm." —The Washington Post

100 foolproof pressure-cooker recipes that will change the way you cook. In *Pressure Cooker Perfection*, the first volume in our new test kitchen handbook series, the editors at America's Test Kitchen demystify an appliance that to many home cooks remains intimidating -- but shouldn't. Modern pressure cookers are safer, quieter, more reliable, and more user-friendly than old-fashioned jiggle-top models. And they can prepare a wide range of foods -- everything from barbecue to risotto -- in record time. Cooking under pressure results in better-tasting dishes because every drop of flavor is trapped in the sealed pot. This fact, combined with the shorter cooking time, means that your dishes will be supercharged with flavor. And cooking under pressure is versatile. While they're ideal for roasts and stews, pressure cookers can also turn out perfectly tender beans, grains, and legumes in short order. If ever there was a cooking method that could benefit from the obsessive trial and error that our test kitchen is known for, this is it. When cooking time is compressed, every minute matters, and when flavors are amplified, even a small change becomes significant. We ran hundreds of tests in fifteen pressure cookers to find out what works and what doesn't, and we deliver the foolproof, guaranteed-successful recipes in *Pressure Cooker Perfection*. With this foolproof guide to cooking under pressure, every home cook will be guaranteed success.

**Did you Know...** Every microwave oven is unique in terms of its cavity, size, rated power output, accessories, features & settings? Recipes therefore need to be "customized" to a "specific" model for accurate cooking results!! Gizmocooks presents "customized eBooks" with recipe meticulously tested to suit YOUR model of microwave oven!! Surprise your loved ones this festive season with some home cooked microwave mithai.... Make laddoos, burfis, halwas, kheers in YOUR microwave oven with *Easy Mithai Cookbook*!! What's more.... Each recipe has been meticulously tested and adapted to suit a specific model of a specific brand. Do check your model number (given on the reverse of your microwave oven on the serial number plate) before downloading. This will ensure that you get accurate results EVERYTIME!! Our recipes are easy to understand and use off the shelf ingredients usually available in most Indian kitchens. Separate sections have been added to guide you through setting of the control panel for each function in your microwave oven. Also included is a section that details the features of your microwave oven and their uses in everyday cooking. Features of our eBooks: To help you understand your microwave ovens better our eBooks have been divided into various sections: v Microwave Oven Basics: v An insight into microwave technology v Microwave ovens and safety v Factors affecting microwave cookery v Microwave cooking techniques v Microwave cookware selection v Reheating and defrosting food in a microwave oven v Cleaning & maintenance v Tried and tested Recipes with customized cooking times that are suitable for YOUR microwave oven v English to Hindi Glossary The Recipes and Meal Plans I Used to Lose over 100 Pounds Pressure Cooker, and More Weelicious

A Manual

A Complete Guide to Type 1 Diabetes Across the Lifespan

50 Great George Foreman Recipes!

Multicooker Perfection

**Gizmocooks Microwave Cooking Indian Style - Easy Mithai Cookbook for Whirlpool model 30C Elite**  
*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 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 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 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 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 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 astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan 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, 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 that you'll find, Instant Loss Cookbook makes healthy eating convenient—and that's the key to sustainable weight loss.*

Over 100 Quick and Easy Recipes Wondering how get the most out of your Instant Pot or your favorite

*multi-cooker? This one-of-a-kind guide will walk you through what you need to know to start cooking with your Instant Pot today. It covers what you can cook to setting functions to keeping your pot looking (and smelling!) like new, plus what will happen step-by-step through the cooking process. You will also get over 100 tasty, family-friendly recipes for making delicious mains, appetizers, sides, breakfasts, and desserts—in a flash. Inside, you'll get the lowdown on getting to know your pot and all its features. Discover all that you and your Instant Pot can achieve, from cooking fluffy rice, beans from scratch, and creating roasts, soups, vegetarian, Mediterranean, Keto, and Indian dishes, to making homemade yogurt, baby food, and decadent desserts. Prep, set it, and go*

*Compatible with Instant Pot models and brands like Ninja All-in-One Multi-Cooker*

*Get hours back in your day*

*Save time without losing flavor*

*Baby-friendly recipes*

*Includes recipes to suit the entire family, including baby-friendly, keto, gluten free and vegan options created by two dietitians! Now you can serve up home-cooked meals in a fraction of the time of a slow cooker—without feeling guilty about not spending a lot of time in your kitchen.*

*The ultimate survival guide from the New York Times–bestselling authors of the acclaimed Seal Team Six thriller series. As the elite of the military elite, U.S. Navy SEALs know that they can be deployed anywhere in the world at a moment's notice. Whether in a temperate, tropical, arctic, or subarctic region, they might find themselves alone in a remote area with little or no personal gear. In The U.S. Navy SEAL Survival Handbook, decorated Navy SEAL Team Six member Don Mann provides a definitive survival resource. From basic camp craft and navigation to fear management and strategies for coping with any type of disaster, it is an essential resource for all outdoorspeople. Complete with 150 color photographs, this comprehensive guide includes life-saving information on making weapons and tools, finding water, foraging for food, making shelters, signaling, sea survival, and much more. "The U.S. Navy SEAL Survival Handbook is all about developing the SEAL survival mindset, and arming yourself with the appropriate survival techniques for numerous potentially fatal scenarios." —The Huffington Post*

*Praised by Wired.com and featured by Chicago Tribune, Booklist, Epicurious, Booklist, and Eat This, Not That! Multicookers such as the GoWISE USA and Instant Pot Duo are hugely popular; however, most recipes are unreliable or are designed to work in only one model of multicooker—and most often, they use only the pressure-cook setting. Enter Multicooker Perfection, a collection of foolproof recipes tested and developed to work in any multicooker and conform to your schedule. Make each recipe "fast" using the pressure-cook setting or let dinner cook while you're out by preparing it "slow" on the slow-cook setting. These crowd-pleasing recipes are perfectly suited for cooking at the touch of a button, from soups and stews like Easy Beef and Barley Soup and Chipotle Pork and Hominy Stew; to weeknight-friendly meals like Braised Chicken Breasts with Tomatoes and Capers, Ziti with Sausage Ragu, and Thai Braised Eggplant; to company-worthy dishes like Tamarind Braised Beef Short Ribs and Osso Buco with Sweet and Spicy Peperonata. Plus, you'll find a chapter of unexpected recipes like Boston Brown Bread, Buffalo Chicken Wings, and even a perfectly creamy Cheesecake. Make cooking easier and better with this must-have cookbook for any multicooker owner.*

*600 Effortless Air Fryer Recipes for Beginners and Advanced Users*

*An Advanced Training Manual for Military and Police Snipers*

*Instructor's Manual to Accompany Irwin Unger's These United States , the Questions of Our Past*

*The Bansenshukai - Japan's Premier Ninja Manual*

*Manual for Measurement*

*Learn the Survival Techniques and Strategies of America's Elite Warriors*

*Instant Loss Cookbook*

*The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical "athlete's bible" that reveals Brady's revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady's own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one's own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.*

*Prepare your favorite comfort foods the healthy way*

*Chocolate chip muffins? Crispy bacon? Steak tacos? But . . . should you? Of course you should—especially when your air fryer makes it possible to put deliciously crispy food on your plate with a minimum of fuss, mess, and up to 80% fewer calories! Whether you're looking to eat healthier, lose weight, or impress your friends, Air Fryer*

Cookbook For Dummies fills you in on everything you need to make air frying a regular part of your routine. In addition to 150 mouth-watering recipes from popular nutrition and diet experts Wendy Jo Peterson and Elizabeth Shaw, you'll find a thorough exploration of the benefits of air frying, the most suitable foods, and how to cook for a specialized diet—from Keto to vegan. And to top things off, our authors share the secrets of the perfect seasoning or sauce to accompany any dish. Know how your air fryer actually works Cook safely and efficiently Prep your dishes for perfectly air fried results Plan your meals From breakfast to supper—with a few sweet treats and party snacks on the side—Air Fryer Cookbook For Dummies shows you how to turn hot air into those mouth-watering “fried” foods you love the most.

In the thirteenth century, Zen master Dogen—perhaps the most significant of all Japanese philosophers, and the founder of the Japanese Soto Zen sect—wrote a practical manual of Instructions for the Zen Cook. In drawing parallels between preparing meals for the Zen monastery and spiritual training, he reveals far more than simply the rules and manners of the Zen kitchen; he teaches us how to "cook," or refine our lives. In this volume Kosho Uchiyama Roshi undertakes the task of elucidating Dogen's text for the benefit of modern-day readers of Zen. Taken together, his translation and commentary truly constitute a "cookbook for life," one that shows us how to live with an unbiased mind in the midst of our workaday world.

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.

Shape21: The Complete 21 Day Lean Body Manual

How to Cook Your Life

100 Simple Recipes for Spectacular Results -- with Photographs of Every Step

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

Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People

Minimalist Baker's Everyday Cooking

Food Matters