

## The No Time To Cook Book

*If you love tasty, well-prepared food but don't have time to slave over a hot stove, Donna Hay's sumptuous book is the answer to your prayers. This is the only cookbook you will need when you're time poor and after flavoursome food - it's food for every cook, every food-lover and every occasion.*

*"This collection of brilliantly conceived, seasonally driven recipes has quickly become one of my favorites. Easy to prepare and incredibly satisfying, this is inventive comfort food at its best. A must for any passionate home cook."*  
*-Gwyneth Paltrow, author of My Father's Daughter "Fig Snacking Cake Stupendous Hummus Whatever Greens You've Got Salad I want all of it! Melissa's smart, welcoming style and love of food infuse this wonderful cookbook. It's an extremely personal collection of recipes, each with its own subtle twists and original flavors, and on every page you hear Melissa's voice reassuringly guiding you around the kitchen."*  
*-Amanda Hesser, author of The Essential New York Times Cookbook and co-founder of food52.com*  
*Melissa Clark, New York Times Dining Section columnist, offers a calendar year's worth of brand-new recipes for cooking with fresh, local ingredients-replete with lively and entertaining stories of feeding her own family and friends. Many people want to eat well, organically and locally, but don't know where or even when to begin, since the offerings at their local farmers' market change with the season. In Cook This Now, Melissa Clark shares all her market savvy, including what she decides to cook after a chilly visit to the produce section in the dead of winter; what to bring to a potluck dinner that's guaranteed to be a hit; and how she feeds her marathon-running husband and finicky toddler. In addition, she regales us with personal stories about good times with family and friends, and cooking adventures such as her obsessive cherry pie experimentation and the day she threw out her husband's last preserved Meyer lemon. In her welcoming, friendly voice, Melissa takes you inside her life while providing the dishes that will become your go-to meals for your own busy days. Recipes include Crisp Roasted Chicken with Chickpeas, Lemons, and Carrots with Parsley Gremolata; Baked Apples with Fig and Cardamom Crumble; Honey-Roasted Carrot Salad with Arugula and Almonds; Quick-Braised Pork Chops with Spring Greens and Anchovies; Coconut Fudge Brownies-and much more. Melissa delivers easy, delicious meals featuring organic, fresh ingredients that can be uniquely obtained during each particular month. It can be a real challenge to feed families these days, but Melissa's recipes and inviting writing encourage home cooks to venture outside of the familiar, yet please everyone at the table.*

*Bring the taste of the Mediterranean to your everyday cooking with more than 90 fresh and flavoursome recipes for all occasions. Create fantastic Mediterranean dishes with fresh fish, healthy fats, lean meats, nutritious vegetables*

*and more. Recipes range from classic Italian favourites and colourful Spanish tapas to Greek sharing dishes and rich Middle Eastern flavours, suited to a variety of diet types including vegetarian, pescatarian, and gluten-free. Australian Women's Weekly is one of the most popular and reliable sources of recipes for its vast readership in Australia, New Zealand, and beyond - this recipe series taps into Australia's healthy and vibrant food culture, centred on simplicity, great produce, and multicultural living.*

*If you can't stand the heat, get into the kitchen! This cookbook helps children learn about making food by themselves--a skill that will last them a lifetime. The recipes in this "no-cook" cookbook will help children to gain independence in the kitchen and understand how to make healthy, yet very tasty meals with simple ingredients and no heat. The No-Cook Cookbook is a photographic cookbook with recipes that kids can make all by themselves. No cooking means that kids can use this recipe ebook to learn the basic skills needed to be successful in the kitchen by themselves. This ebook teaches children how to use tools such as a grater, peeler, and zester safely, and will explain kitchen safety rules. Kids will also find out how to grow their own herbs and vegetables at home, and then use these to prepare delicious meals. Helping young food lovers turn into budding chefs!*

*Cook This, Not That!*

*Nap-Friendly Recipes, One-Handed Meals, and Time-Saving Kitchen Tricks for New Parents*

*No Time to Cook*

*Good and Cheap*

*Campbell's No Time to Cook Recipes*

*100 Easy Recipes Ready in under 30 Minutes*

*Jeanne Jones' Healthy Cooking*

*Quick, healthy meals are the goal of this cookbook, which features two hundred low-fat recipes for appetizers, soups, main courses, and even dessert. 15,000 first printing.*

*It's hard to get excited about making food that is one of the five recipes you've been making over and over for the past ten years, so it's time to expand your recipe library. That's probably been hard to do though, especially if you're looking for easy recipes that are simple to prepare, cook, and taste delicious. Have no fear, this book is here. Moms On The Go cookbook series is aimed at busy moms with minimal time, cooking experience and/or patience to prepare elaborate meals for their families all the time.*

*Cook Once, Eat All Week is a revolutionary way to get a delicious, healthy, and affordable dinner on the table FAST. Author Cassy Joy Garcia will walk you through this tried-and-true method and show you how batch-cooking a few basic components can give you an entire week's worth of dinners with minimal time and effort. Have you ever tried a meal prep plan before and gotten*

*so excited about having your cooking for the week done ahead of time, only to find yourself totally exhausted after a full day in the kitchen, shocked by your grocery bill, and tired of the same leftovers by Tuesday? Cassy Joy Garcia had been there, too. As a mom, business owner, and Nutrition Consultant, she needed to get a healthy, affordable, and tasty dinner on the table fast every night, and she knew there had to be a better way to do it. She finally cracked the code when she discovered that by batch-cooking a protein, starch, and vegetable each week she could easily assemble three fresh, diverse meals in minimal time. After years of her readers asking her for better meal prep strategies and easy recipes, she released 4 weeks of recipes on her blog, Fed and Fit. Since then, tens of thousands of people have made and raved about the series and begged for more! In this book you'll find 26 weeks of affordable, healthy, delicious meals that your family will love eating, and a chapter full of bonus 20-minute meals. Optional Instant Pot and slow cooker instructions are included to get you even more time back in your week. With a Real Food foundation, the weeks in this book aim to support dietary approaches that range from: gluten-free, dairy-free, Paleo, low carb, egg-free, kid-friendly and more. Three simple ingredients like shredded pork, potatoes, and cabbage are turned into these three easy to assemble meals: Honey Mustard Pork Sheet Pan Dinner Enchiladas Verde Casserole Sloppy Joe Stuffed Potatoes This book is a must-have for anyone looking for a REAL solution to help them eat healthfully while also saving time and money and loving what they are eating.*

*The American Cookbook is a fresh, foodie approach to classic recipes from across America - think comfort food with a sophisticated twist. The traditional apple pie morphs into Peanut Butter and Green Apple pie; Classic truck-stop burger and fries becomes Chargrilled Burger on Hot Sourdough with Sweet Potato Fries. This book shows how to cook American comfort food to a high standard, exploring the Latin, Italian, Asian, and African influences on classic American food. Key features: -Features over 150 classic American recipes, with a contemporary gourmet twist. -Fresh, gourmet cooking made simple, with step-by-step sequences for key techniques such as sauces and marinades. -Draws recipes together to create one-stop gourmet menus or feasts. -Provides inspiration to try new ingredients in traditional recipes. Contents Foreword Snacketizers and Sandwiches Wraps and Rolls On the Grill Meat Feasts Fresh Fish and Shellfish Super-Fried and Crispy Big Salads Breads and Sides Sweet Pies Cheesecakes Menus Index and Acknowledgments*

*The Nude Nutritionist*

*Ready, Set, Cook*

*100 Easy Recipes Ready in Under 30 Minutes*

*No Time to Cook: Easy Recipes in 30 Minutes or Less*

*Stop obsessing about food and never diet again*

*100 Tasty, Healthy, Low-Prep Recipes for When You Just Don't Want to Cook*

### *For People Who Don't Have Time To Cook*

From the host of the beloved Netflix series *Time to Eat* and winner of *The Great British Baking Show* come over 100 time-smart recipes to tackle family mealtime. Nadiya Hussain knows that feeding a family and juggling a full work load can be challenging. *Time to Eat* solves mealtime on weeknights and busy days with quick and easy recipes that the whole family will love. Nadiya shares all her tips and tricks for making meal prep as simple as possible, including ideas for repurposing leftovers and components of dishes into new recipes, creating second meals to keep in the freezer, and using shortcuts--like frozen foods--to cut your prep time significantly. In *Time to Eat*, Nadiya teaches you to make recipes from her hit Netflix show, including Peanut Butter & Jelly Traybake, Instant Noodles, Egg Rolls, and zesty Marmalade Haddock. Each recipe also notes exactly how long it will take to prepare and cook, making planning easy. Helpful icons identify which recipes can be made ahead, which ones are freezer-friendly, and which ones can be easily doubled.

NEW YORK TIMES BESTSELLER • Beloved food writer and social media star Andy Baraghani helps you define and develop your personal cooking style--and become the cook you want to be--in more than 100 recipes. "This book is full of things I want to make and cook."--Yotam Ottolenghi ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022--*Time*, *Delish*, *Food52* Andy Baraghani peeled hundreds of onions at *Chez Panisse* as a teenage intern, honed his perfectly balanced salad-making skills at *Estela* in New York, and developed recipes in the test kitchens of *Saveur*, *Tasting Table*, and *Bon Appétit*. It took him all those years to figure out the cook he wanted to be: a cook who is true to his Persian heritage, a fresh-vegetable lover, a citrus superfan, and an always-hungry world traveler. In *The Cook You Want to Be*, Baraghani shows home cooks on how to hone their own cooking styles by teaching the techniques and unexpected flavor combinations that maximize flavor in minimal time. At *Bon Appétit*, Baraghani created a bevy of viral recipes--from *Tahini Ranch* to *Fall-Apart Caramelized Cabbage*--that became household staples. Here, he follows up with more umami-rich dishes, beautiful and restaurant-worthy meals (that take half the time), and well-known dishes recast in utterly delicious ways. Among his debut cookbook's 100 recipes, new surefire hits include *Caramelized Sweet Potatoes with Browned Butter Harissa*; *Sticky, Spicy Basil Shrimp*; and *Tangy Pomegranate-Chicken*. Cooks will find inspiration to riff on, quick meals for hurried weeknights, condiments galore, and memorable meals to impress dinner guests. In essays throughout the book, Baraghani shares convictions (why everyone must make his beloved

Persian egg dish, kuku sabzi) and lessons to live by (the importance of salting fish before cooking it). The Cook You Want to Be is a trove of go-to recipes and knowledge, stunning photographs, and delicious, simple home cooking for modern times. 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 gastronomy.

**NEW YORK TIMES BESTSELLER** Enjoy family-friendly recipes that are ready in no time, when you've got no time, from New York Times bestselling author, online phenomenon, and TV star Ayesha Curry. Ayesha Curry knows what it's like to have so much on your plate you can barely think about dinner. But she also knows that finding balance between work and family life starts with gathering around the table to enjoy a home-cooked meal. The Full Plate brings the best of Ayesha's home kitchen straight to you, with 100 recipes that are flexible and flavorful and come together in less than an hour. You'll find sheet pan dinners and crowd-pleaser pastas, hearty salads and healthy updates to takeout favorites, and fresh spins on classic dishes—plus kid-friendly meals, desserts, and sides (and a few beverages just for the adults). Recipes include: Mushroom Tacos with Avocado Crema Hot Honey Chicken Sandwiches Crab Bucatini Sheet Pan Pork Chops Guava Ginger Ice Cream Spicy Margaritas, and more

[A Cookbook]

Everyday Recipes to Impress [A Cookbook]

The DIRTY, LAZY, KETO Cookbook

The American Cookbook: A Fresh Take on Classic Recipes

Getting Started: How I Lost 140 Pounds

Australian Women's Weekly Mediterranean

Campbell's No-time-to-cook Recipes

*Stephanie spent most of her adult life in the Morbidly Obese Class III BMI category. Hovering close to 300 pounds, she avoided booths at restaurants and feared not fitting into amusement park rides. Through trial and error, Stephanie learned how eating a low carb, moderate protein, higher fat diet could finally nudge her weight in the right direction. Stephanie has kept her weight off for six years! She left behind a giant dent on the couch to run twelve marathons, two of which earned her a first-place marathon medal. As part of the chosen "Clean Start Team", Stephanie ran the New York City Marathon in 2017 as a sponsored athlete from PowerBar. Her hope*

*is that the reader will leave inspired and armed with enough information to get started on their own journey of personalized weight loss success.*

*No time? No excuses! The No Time to Cook Book contains over 100 quick and easy recipes you can cook in 20 minutes or less, from DIY sushi and stir-fry's in no time to Vietnamese feasts. There's no longer such a thing as having 'no time to cook' as DK comes to the rescue with this innovative recipe book. Recipes are broken down into simple visuals making them as easy to understand as possible. Smart infographics, colourful pie charts and at-a-glance flow diagrams make every step clear. With over 100 recipes you'll learn to mix the perfect salsa dips, throw together five-minute fajitas or make a curry in a hurry. Leave the takeaway menus in the drawer and take control of your meals again with these simple recipes which you can whip up in no time.*

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

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*infographics, colorful pie charts, and at-a-glance flow diagrams make every step clear. With over 100 recipes, you'll learn to mix the perfect salsa dips, throw together five-minute fajitas, or make a curry in a hurry.*

*Licence to Cook: Recipes Inspired by Ian Fleming's James Bond*

*Cooked*

*Easy and Wholesome Meals to Cook, Prep, Grab, and Go*

*Arlene Francis*

*Bend the Rules to Lose the Weight!*

*Parents Need to Eat Too*

*Hundreds of quick & healthy meals that can save you 10, 20, 30 pounds--or more!*

It is an undeniable truth: Parents Need to Eat Too! Food and parenting writer Debbie Koenig addresses the dilemma faced by so many parents coping with the demands of a new baby by offering simple, healthy, and delicious recipes for moms and dads who are too sleep-deprived, too frazzled, or simply too busy to cook nutritious meals for themselves. From dinners that can be eaten with one hand (while you hold baby in the other) to slow cooker culinary masterpieces and full courses to prepare while baby naps, Parents Need to Eat Too is filled with tasty, easy-to-make recipes, helpful kitchen tips, and real solutions to the problems faced by hungry parents. Parents Need to Eat Too has been named one of the Best Cookbooks of 2012 by Leite's Culinaria, whose Editor-in-Chief Renee Schettler Rossi called it the "What to Expect After You're Expecting" and said that the book "savvily and sassily helps you extend the efficiency of any time spent in the kitchen." A must-read for new parents!

"This book takes you from just thinking about eating healthy to actually doing it! Filled with helpful tips, meal plans, shopping lists, storage solutions, and recipes, Toby shows you the way to eat well no matter how busy life gets!"?Ellie Krieger, MS, RDN, award-winning author and host of Ellie's Real Good Food It's easy to reach for frozen and microwavable meals when you're short on time, but being too busy shouldn't mean that you can't have balanced and delicious meals. Learning how to meal prep properly will not only save you time and energy, but it will also help to make sure that you and your family eat homemade and nutritious meals. Providing practical and simple solutions with easy to follow instructions, The Healthy Meal Prep Cookbook shows you how simple it is to enjoy fresh and flavorful meals on even the most hectic days. The Healthy Meal Prep Cookbook features: 3 flexible 2-week meal plans for ready-to-go healthy meals without the hassle of prep More than 100

simple, wholesome recipes for breakfast, lunch, and dinner, complete with nutritional breakdowns and portion control to keep calories in check Practical weekly shopping lists with easy to find ingredients to prepare your pantry for the week Convenient illustrated guidelines on how to freeze, thaw, and reheat your meals to keep food fresh, safe, and tasty As a working mom and nutritionist, Toby Amidor knows how difficult it can be to carve out the time for healthy home cooking. Applying her 15 years of experience as a nutritionist, blogger, and recipe developer here in The Healthy Meal Prep Cookbook, Toby shares her tricks and tips to efficient and enjoyable meal prep. Master the art of meal prep and serve up nutritious, ready-to-go meals every day of the week. There's a time in life when you wake up and realize you're on your own: if you don't feed yourself, it's buttered noodles for the rest of your days. HOW TO FEED YOURSELF gives you exactly what you need to take control of your tiny kitchen and feed yourself depending on what's in your fridge, what you're craving, and what's happening in your life. The goal isn't to be perfect, but to finally cook like a real adult. No special equipment or skills or ingredients or magic required. These recipes are based on the foods you probably have lying around—eggs, chicken, pasta, fish, potatoes, toast, grains, greens, and bananas. Once you've got those basics down, you'll learn how to make them anything but basic with dishes like Really Legit Breakfast Tacos, Leftover Vodka Pasta Sauce, and Empty Peanut Butter Jar Noodles. Next, you'll discover new flavor variations, including cinnamon toast three ways, how to make chicken not bland, and a complete theory of the seven best ways to stir fry. The real world of feeding yourself is actually pretty great. Welcome. Go forth and cook like a real person. You know what James Bond drinks, but do you know what he eats? What is his favourite food? What is his favourite meal of the day? How does he like his steak? How does he take his coffee? This cookbook is full of exciting recipes inspired by the food described in Ian Fleming's novels. The recipes, devised by the author, are modern, but have a period twist. The cookbook is intended for anyone who wishes to recreate the flavour of James Bond's gastronomy. If you're preparing a romantic meal for two or planning a Bond-themed party, or if you're simply curious about the sorts of food Bond eats, this cookbook is for you. Eat like Bond throughout the day, breakfast, lunch and dinner.

Love Has No Time To Knock

The New York Times Cooking No-Recipe Recipes

Cook Once, Eat All Week

A Natural History of Transformation

The Cook You Want to Be

## Dirty, Lazy, Keto

### A Fresh Take on Classic Recipes

**USA TODAY BESTSELLER** As seen on the Today show After losing 140 pounds, bestselling author Stephanie Laska shares her unconventional weight loss secrets and 100 easy, accessible recipes so you too can experience the fun behind the keto lifestyle with lots of humor and zero judgement. You don't have to be perfect to be successful at weight loss—now you can bend the rules and still lose the weight. If your version of the keto diet includes a Diet Coke, low-carb beer, or the occasional chocolate-covered protein bar, **The DIRTY, LAZY, KETO Cookbook** is your roadmap for results. Bestselling author Stephanie Laska explains her flexible, honest, and real-world approach to losing weight with the keto diet and inspires you to cook your way to weight loss, maintenance, and beyond whether you're a beginner or experienced keto veteran. Including 100 recipes that are under 10 net carbs per serving, **The DIRTY, LAZY, KETO Cookbook** presents affordable, traditional, and most importantly recognizable recipes to guide you on your weight loss journey. All of the ingredients can be found at discount grocery stores—nothing fancy here! Within these relatable and unique recipes there are meals for picky eaters, fancier meals for guests, and some that are vegetarian “ish” (don't contain meat, but may contain dairy or eggs). And with simple, stress-free instructions that require no cooking experience, there's no excuse not to cook. **The DIRTY, LAZY, KETO Cookbook** empowers you to keto your own way. The recipes in this judgement-free cookbook support you on your unique path to realistic and sustainable weight loss, not perfection.

Welcome to the Crock Pot Cooking World! Are you a busy or a lazy man? Are you not familiar with cooking? Do you often have no time to cook foods? Have you already been fed up with cooking everyday? Do you want to have delicious and nutritional foods just using a multi-functional cooking appliance? If your answer is yes for any one of these questions, then this book is for you! Just keep reading! Cooking with a crock-pot is a speedy, simple and healthy way of cooking at home. In contrary to the normal cooking methods, you do not need to master a wide range of cooking skills, learn a variety of techniques and spend a lot of time drenching over a hot oven or stove, as the case is always different when using the crock-pot to cook. In using the crock-pot, everything is often simplified because, you don't need to have a knowledge of how to do anything else than measure and chop your foods for the vast majority of these recipes. And then, for most of them, you won't need anything other than a chopping board, knife, some measuring tools, and your crock-pot. Also in using this appliance, you no need to worry about what you can or can't have in a student flat or a hotel room, as your crock-pot will do all the work for you. You also no need worry about putting too much time into it, as you can insert your ingredients together in minutes, leave the house, and come back home in a few hours time to a fully prepared breakfast, lunch, or dinner, I mean life couldn't be more easier. And so in this book, you will learn on how to pick a crock-pot that is right for you, how to use your crock-pot, how to adapt to a new healthy lifestyle and what to cook on different occasions. All the recipes in this book are detailed with the cooking processes, preparation time, allergy warnings, and their suitable diets, making it needless of worrying about being rational at calculating calories in ingredients, every time you want to make dinner. In addition to that, it comes with an astute lucid sample meal plan, based on the recipes in this book, with meals that are healthy, wholesome, suitable for a wide range of diets and most importantly, abrupt and apparent. We believe you will get all the benefits from this book! Welcome to the Crock Pot Cooking World!

Too many women eat on the run. We don't have time to cook; we don't have time to bring a healthy lunch from home; we don't even have time to read a menu. That's no way to eat -- and no way to live. "Eat Right When Time is Tight" includes the latest health and nutrition research and is packed with practical "no time/no brainer" meals and snacks to grab on the run. Ten master strategies empower readers to make smart choices,

**gain energy, and lose weight -- without suffering.**

**Summer clear, in the city that pervades a orchid, such a person meets tyranny, the cold night of the belly will rub out what kind of spark? Leng Yanhao, Wu Muze, the playful and disrespectful young master, when encountering the fresh and refined summer weather, what would happen? What kind of love story could the four with their complicated relationships create?**

**Cook This Now**

**The No-Cook Cookbook**

**Cooking for Geeks**

**The DIRTY, LAZY, KETO No Time to Cook Cookbook**

**Fresh, Healthy Everyday Recipes**

**No Time to Cook Book**

**Flavor-Filled, Easy Recipes for Families with No Time and a Lot to Do**

Millions of Americans have lost tens of millions of unwanted pounds with the simple restaurant and supermarket sw... Eat This, Not That! Now, the team behind the bestselling series turns its nutritional savvy to the best place in the w... you to strip away extra pounds, take control of your health, and put money back in your own pocket: your own kitc... you know the average dinner from a chain restaurant costs nearly \$35 a person and contains more than 1,200 calo... That's hard on your wallet and your waistline, and few people understand this better than David Zinczenko and Matt... Goulding. Their response: Learn to cook all your favorite restaurant food at home—and watch the pounds disappear!... no mistake—this is no rice-and-tofu cookbook. The genius of Cook This, Not That! is that it teaches you how to save... hundreds—sometimes thousands—of calories by recreating America's most popular restaurant dishes, including Outb... Steakhouse's Roasted Filet with Port Wine Sauce, Uno Chicago Grill's Individual Deep Dish Pizza, and Chili's Fire Grilled... Chicken Fajita. Other priceless advice includes: • The 37 Ways to Cook a Chicken Breast, A Dozen 10-Minute Pasta S... The Ultimate Sandwich Matrix, and other on-the-go cooking tips • Scorecards that allow you to easily compare the... nutritional quality of the carbohydrates, fats, and proteins in every meal you eat • The truth about how seemingly h... foods, such as wheat bread, salmon, and low-fat snacks, may be secretly sabotaging your health

Get away with the bare minimum while still getting food on the table with these 100 quick and easy recipes that re... minimal prep, little-to-no planning, and zero extra trips to the grocery store. Don't feel like cooking? Or maybe you d... know what you want to eat. Deciding a meal can be a tough decision at the best of times...but on those days you s... feel like cooking, making a nutritious and tasty meal can be a daunting task. Whether you're feeling tired after a long... are sick of meal planning and endless trips to the grocery store or just can't bring yourself to turn on the oven The... Want to Cook" Book is here to help! Featuring 100 delicious recipes, this cookbook is your guide to the quickest and

meals that don't sacrifice flavor. Each recipe requires no more than fifteen minutes of meal prep to keep your time in the kitchen at an all-time low. You'll learn tips and tricks to make speedy meals, like making sure you're using your kitchen tools to the fullest and finding ways to incorporate ingredients you already have at home, as well as minimizing any cleanup after the meal. Recipes include: -Fried Egg and Greens Breakfast Sandwich -Dill Pickle Tuna Melts on Rye Bread -Shrimp and Andouille Sausage Boil with Corn and Red Potatoes -Maple Vanilla Microwave Mug Cake For those times when you don't feel like cooking, The "I Don't Want to Cook" Book is your guide to quick, easy, and flavorful meals.

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

Is obsessing about food making you miserable and anxious? Are you an emotional eater? A binge eater? Do you have a mental list of 'bad' foods? Have you been on a diet for as long as you can remember? When you lose weight, do you put it back on? Do you go to bed feeling guilty, promising 'tomorrow will be different'? Are you in control of every part of your life, except food? In just seven chapters of straight-talking, friendly advice, Lyndi Cohen shares the tools to heal your relationship with food and release you from fixating on your size, even if you've been dieting for years. Learn how to control your hunger and calm your mind. Lyndi is one of Australia's most popular dietitians, known as The Nude Nutritionist on Channel 9's TODAY show. She started dieting as a young teenager, unhappy with her growing body, and gave up in frustration, having steadily gained weight for more than a decade. Almost by accident she became a mindful and intuitive eater, and along the way she gently lost 20kg. With over 50 deliciously realistic recipes (no 'superfoods' required) you'll also be

to eat well to boost your mood and balance your hormones. Change starts today.

The Full Plate

Eat Right When Time Is Tight: 150 Slim-Down Strategies and No-Cook Food Fixes

Eat Well on \$4/Day

A Complete Guide of Slow Cooker for the Busy and Lazy Man with 70+ Delicious and Time-Saving Recipes( Free Bonus 4-Week Healthy Meal Plan)

How To Make Good Food with What's On Hand (No Fancy Skills, Fancy Equipment, Or Fancy Budget Required)

Campbell's No Time to Cook

Real Science, Great Hacks, and Good Food

Michael Pollan, the bestselling author of *The Omnivore's Dilemma*, *Food Rules*, and *How to Change Your Mind*, explores the previously uncharted territory of his own kitchen in *Cooked*. "Having described what's wrong with American food in his best-selling *The Omnivore's Dilemma* (2006), New York Times contributor Pollan delivers a more optimistic but equally fascinating account of how to do it right. . . . A delightful chronicle of the education of a cook who steps back frequently to extol the scientific and philosophical basis of this deeply satisfying human activity." —Kirkus (starred review) *Cooked* is now a Netflix docuseries based on the book that focuses on the four kinds of "transformations" that occur in cooking. Directed by Oscar-winning filmmaker Alex Gibney and starring Michael Pollan, *Cooked* teases out the links between science, culture and the flavors we love. In *Cooked*, Pollan discovers the enduring power of the four classical elements—fire, water, air, and earth—to transform the stuff of nature into delicious things to eat and drink. Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer. Each section of *Cooked* tracks Pollan's effort to master a single classic recipe using one of the four elements. A North Carolina barbecue pit master tutors him in the primal magic of fire; a Chez Panisse-trained cook schools him in the art of braising; a celebrated baker teaches him how air transforms grain and water into a fragrant loaf of bread; and finally, several mad-genius "fermentos" (a tribe that includes brewers, cheese makers, and all kinds of picklers) reveal how fungi and bacteria can perform the most amazing alchemies of all. The reader learns alongside Pollan, but the lessons move beyond the practical to become an investigation of how cooking involves us in a web of social and ecological relationships. Cooking, above all, connects us. The effects of not cooking are similarly far reaching. Relying upon corporations to process our food means we

consume large quantities of fat, sugar, and salt; disrupt an essential link to the natural world; and weaken our relationships with family and friends. In fact, Cooked argues, taking back control of cooking may be the single most important step anyone can take to help make the American food system healthier and more sustainable. Reclaiming cooking as an act of enjoyment and self-reliance, learning to perform the magic of these everyday transformations, opens the door to a more nourishing life.

Create delicious meals in no time with more than 125 recipes the whole family will love from the former food director of Real Simple Dawn Perry. Former food director of Real Simple Dawn Perry used to wake up at the crack of dawn to hit the farmers market and scour specialty food stores for peak-season vegetables and lesser-known spices. But as she started to have a family, she became less interested in spending her mornings and weekends food shopping and meal prepping than building couch forts and making play-doh spaghetti. If you're time-crunched for any reason—early meeting at the office or late night on the town—this book will help. Here, Dawn offers her very own playbook for getting good food on the table fast so you can spend more time doing what you love with your free time and energy. In *Ready, Set, Cook* Dawn shares her secrets for creating delicious meals in no time. It starts with a well-stocked pantry. Dawn shows you what simple staples—some store-bought, others homemade—to keep in your cupboard, refrigerator, and freezer. She also provides more than 125 fool-proof recipes, ideas, and tricks for creating good food with what you have on hand. A can of tomatoes transforms into Dawn's 15-Minute Marinara, which then can be used as the base for her cheesy, creamy Freestyle Baked Pasta or as the beginning of her Cheater's Tomato Soup (and a Special Grilled Cheese) or spooned onto her Crispy Chicken Cutlets and topped with a slice of mozzarella. Whether you're new to cooking and don't know where to start or you're a seasoned cook in need of a streamlined approach, this book is for you. No need to plan and shop ahead or dig through recipe boxes (virtual or otherwise), now you'll have great meals in minutes without breaking a sweat.

The debut cookbook from the popular New York Times website and mobile app *NYT Cooking*, featuring 100 vividly photographed no-recipe recipes to make weeknight cooking more inspired and delicious. You don't need a recipe. Really, you don't. Sam Sifton, founding editor of *New York Times Cooking*, makes improvisational cooking easier than you think. In this handy book of ideas, Sifton delivers more than one hundred no-recipe recipes—each gloriously photographed—to make with the ingredients you have on hand or could pick up on a quick trip to the store. You'll see how to make these meals as big or as small

as you like, substituting ingredients as you go. Fried Egg Quesadillas. Pizza without a Crust. Weeknight Fried Rice. Pasta with Garbanzos. Roasted Shrimp Tacos. Chicken with Caramelized Onions and Croutons. Oven S'Mores. Welcome home to freestyle, relaxed cooking that is absolutely yours.

Great-tasting meals in minutes. Dozens of delicious recipes that can be made from start to finish in 45 minutes or less. A recipe book made for people on the go.

The "I Don't Want to Cook" Book

What's for Dinner?

Time to Eat

The No Time to Cook Book

Fresh & Easy Recipes for a Fast Forward World

The Healthy Meal Prep Cookbook

26 Weeks of Gluten-Free, Affordable Meal Prep to Preserve Your Time & Sanity