

Weelicious 140 Fast Fresh And Easy Recipes

Presents ideas for parents on getting children to enjoy good food and be willing to try new dishes, with a collection of recipes and advice on food shopping and on involving kids in the preparation of their meals.

“It is impossible to look at the rainbow of options in Smoothie Project without seeing health on every page. I am, as in all things WEELICIOUS, sold.”—Jennifer Garner Trusted family food expert and Weelicious founder serves up almost 100 transformative recipes for nourishing and delicious smoothies Weelicious founder Catherine McCord is an expert recipe developer who helps families eat healthfully and deliciously. When her son started suffering from chronic nausea and her family doctors couldn’t help, McCord turned to her experience with nutrition for an answer, researching until she discovered a surprisingly simple solution—smoothies. She shared her family’s story and some of her favorite smoothie recipes on social media, and the Smoothie Project, a daily online source of inspiration, was born. People began to use her recipes and share how smoothies had become a force of change in their lives, too. Years of witnessing the positive effects that smoothies can offer inspired McCord to create a smoothie bible packed with almost 100 of her favorite, tried-and-tested recipes. With guidance from top nutritionists, McCord also explains how to eat based on your age and details the health benefits of key smoothie ingredients, so you can: • Reduce stress and anxiety • Lose weight • Control ADHD symptoms • Boost your immune system • Improve digestion • Increase your energy • Eat to support pregnancy or breastfeeding • Have beautiful, strong skin, hair, and nails • Encourage kids to eat nutritious foods • And more... McCord offers a way to change your life in just twenty-eight days, using only your blender. All you have to do is commit to having one of her smoothies each morning for a month, and every glass will bring you one step closer to achieving your goals.

***Create epic feasts for game days at home with this full-color cookbook from former NFL star and celebrity chef Eddie Jackson that includes 100 fresh and inventive recipes for tailgating at home. There’s nothing like day full of football and great food. While many fans tailgate on game days—gathering in the stadium parking lot to grill and eat with family and friends—the real fun of the weekend for former pro-football star and celebrity chef Eddie Jackson is “homegating”:** throwing a party in your own living room or den. With homegating, the party doesn’t have to stop once the game starts. Game-Day Eats combines Eddie’s two greatest passions—cooking and football—in one hearty cook’s playbook. Eddie gives you 100 recipes centered around eating, drinking, and spending time with friends while enjoying the game in your own space. The key to a great homegate is food that can be cooked while spending time with your guests. Because you’re cooking in your own kitchen, you can go way beyond brats, chili, and cheeseburgers. With Game-Day Eats you can enjoy mouthwatering Roasted Herb Wings and Chipotle Rib Nachos as well as fun surprises like Jalapeño Honey Chicken Biscuit Sliders and Citrus Beer Floats. Eddie shows how anyone at any culinary skill level can create festive feasts any day of the week. Each inventive and hearty recipe includes steps that can be done ahead of time or prepped very quickly so that you never have to miss a play—whether you’re gathering for a traditional Sunday afternoon or for a weeknight game. With influences from Eddie’s international culinary escapades and pro days traveling the country, and illustrated with 150 mouthwatering full-color photos, the food in Game-Day Eats is sure to win over your favorite crowd.*

The enhanced e-book edition of The Pioneer Woman Cooks: Food from My Frontier gives you behind-the-scenes access to Ree at home on her ranch. In it you'll find videos of Ree cooking a bunch of her favorite recipes, six recipes not found in the book, and Ree’s list of her favorite movies and songs to cook to. I'm Pioneer Woman. And I love to cook. Once upon a time, I fell in love with a cowboy. A strapping, rugged, chaps-wearing cowboy. Then I married him, moved to his ranch, had his babies . . . and wound up loving it. Except the manure. Living in the country for more than fifteen years has taught me a handful of eternal truths: every new day is a blessing, every drop of rain is a gift . . . and nothing tastes more delicious than food you cook yourself. The Pioneer Woman Cooks: Food from My Frontier is a mouthwatering collection of the simple-but-scrumptious recipes that rotate through my kitchen on a regular basis, including Cowgirl Quiche, Sloppy Joes, Italian Meatball Soup, White Chicken Enchiladas, and a spicy Carnitas Pizza that’ll win you over for life. There are also some elegant offerings for more special occasions at your house: Osso Buco, Honey-Plum-Soy Chicken, and Rib-Eye Steak with an irresistible Onion-Blue Cheese Sauce. And the decadent assortment of desserts, including Blackberry Chip Ice Cream, Apple Dumplings, and Coffee Cream Cake, will make your heart go pitter-pat in the most wonderful way. In addition to detailed step-by-step photographs, all the recipes in this book have one other important quality in common: They’re guaranteed to make your kids, sweetheart, dinner guests, in-laws, friends, cousins, or resident cowboys smile, sigh, and beg for seconds. (And hug you and kiss you and be devoted to you for life.) I hope you enjoy, devour, and love this book. I sure did love making it for you.

101 Asian Recipes Simple Enough for Tonight’s Dinner

Eva’s Kitchen

The Happy Cook

Katie Chin’s Global Family Cookbook

Nourishing Whole Food Recipes for Every Day

Delectable Paleo Recipes to Eat Well & Feel Great

What to Feed Your Baby

What a Good Eater! is a baby and toddler cookbook filled with wholesome, family-friendly recipes designed to promote a well-rounded eater right from the get-go. It is written by two moms who believe that introducing flavorful foods using herbs and spices and exposing children to a variety of colors, flavors, and textures while they are young encourages openness, minimizes picky-eating habits, and sets the stage--and table--for positive future family meal experiences.

***NATIONAL BESTSELLER** TV star Misha Collins and his wife, journalist and historian Vicki Collins, show families how to be mealtime adventurers so that kids might have a lifelong relationship with real food Chicken nuggets. Hot dogs. Macaroni and cheese. These are just some of the greatest hits we offer kids at mealtime. Misha and Vicki Collins totally get it. When their son West was a toddler, he began refusing anything that wasn’t bland and beige. At first, they succumbed, anything to end the mealtime battles. But with sinking hearts they realized fruit snacks and buttered noodles weren’t just void of nutrition, they were setting him up for a lifetime with a limited palate and a reliance on convenience foods. So, as a family, they decided to lean into what they love best—adventure—and invited their kids to be playful and exploratory in the kitchen. Now, in The Adventurous Eaters Club, Misha and Vicki share how they created a home where mealtime doesn’t involve coercion or trickery, and where salad, veggies, fresh soups, and fruit are the main course. Combining personal anecdotes and practical tips with over 100 creative, delicious, whimsical recipes little hands can help prepare The Adventurous Eaters Club offers readers all the support, encouragement, and practical advice they need to make lifelong adventurous eaters out of their kids.*

Presents a compilation of the author’s 30 best recipes for "kid-friendly" meals, including meatball and macaroni soup, chicken and dumplings, devilish chili-cheese dogs, and meatloaf patties with smashed potatoes.

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.

Two Home Cooks Share Their Tried-and-True Weeknight Recipes and the Secrets to Happiness in the Kitchen: A Cookbook

How to cook your favourite fast-food at home

Keepers

125 Healthy Meals for Everybody and Every Baby

Pillsbury Fast & Healthy Meals For Kids

Recipes from the Street

Rise and Shine

The Takeaway Secret is a book which will enable readers to cook their own tasty takeaway food at home. After over 5 years of research and investigation, the secret ingredients and cooking techniques used by takeaway and fast food restaurants can now finally be revealed. In today’s increasingly health conscious and now financially cautious world, there’s never been a better time to learn the secrets of cooking your own takeaway food at home. From now on, the takeaway menu will become an inspiration to cook, not an expensive option for dinner. Some of the recipes which can now be faithfully recreated at home include Lamb Donner and Chicken Kebabs, Chicken and Vegetable Pakora, Szechuan Chicken, Sweet and Sour Chicken, Chicken Wings, Spare Ribs, Triple-Decker Burgers, Chicken Burgers, Spiced Onions, Kebab Sauces, Sub Rolls, Wraps and many more. Many recipe books call for an extensive and expensive list of ingredients, often interesting to read but impractical for everyday cooking. The Takeaway Secret will stand out as the modern cookbook, ideal for a generation of people who desire delicious food, delivered quickly without the need to slave over a hot stove for hours on end. The recipes included make it possible for home cooks, both novice and professional, to recreate their favourite takeaway and fast food restaurant dishes in their own kitchen.

Presents one hundred barbecue recipes for appetizers, meats, vegetables, and desserts, including recipes for chuck steak tacos, grilled French fries, Moroccan chicken wings, and honeyed figs.

The bestselling author and Emmy Award-winning cohost of ABC’s The Chew takes the intimidation out of cooking and shows you how to savor life fully every day with this gorgeous cookbook featuring more than 125 easy, healthy, and delicious timesaving recipes. For many people, especially those who aren’t quite at home in the kitchen, the idea of cooking a homemade meal can be terrifying, uninspiring, or just feel like a chore. In The Happy Cook, Daphne Oz makes cooking fun and relaxing, and shows anyone—newbie or seasoned expert—how to celebrate every day with delicious meals that are as easy to create as they are to enjoy. Like cooking with a good friend and a glass of wine, The Happy Cook is filled with friendly advice, expert tips, inspiring ideas, and best of all, 125 simple yet fabulous recipes, all using just a handful of ingredients, that will transform the most nervous or reluctant novice into a happy, confident home cook. Here are recipes for the whole day and the whole week, from Saturday dinner parties to quick-and-easy weeknight leftovers. With The Happy Cook, eating well is a breeze with delights such as: Breakfast—Crispy-Crunchy Honey-Thyme Granola, Chocolate Almond Breakfast Bars, and Coconut-Mango Pancakes Lunch—Kale and Plum Salad with Miso Vinaigrette, Warm Spring Pea Soup, Seared Garlic-Lime Shrimp Banh Mi and Philly Cheesesteak Quesadillas Dinner—Truffle Salt Roast Chicken with Lentils and Squash, Cashew Soba Noodles with Fried Shallots, Sea Bass Roasted Over Citrus, and Apricot-Rosemary Glazed Lamb Chops Dessert—“Outlaw” Carrot Cake with Brown Sugar Buttercream, Better Brownies, Sour Apple Juice Pops, and Nutty Banana “Ice Cream” The Happy Cook is all about real-life application—and real-life success. Celebrate every occasion and every meal with mouthwatering, vibrant, easy food. It’s not about perfection, as Daphne makes clear. It’s about the confidence to get into the kitchen, have fun, and become a happy cook!

Whether they’re parents, married without kids, or single, most people want to do better at mealtime—they want to put good, nutritious food on the table, they’re looking for a more diverse repertoire of dishes to prepare, and they’d like to enjoy the process more. The problem is they don’t believe they have the time or ability to do it night after night. But it can be done, and Keepers will show them how. Drawing from two decades of trial-and-error in their own kitchens, as well as working alongside savvy chefs and talented home cooks, Campion and Brennan offer 120 appealing, satisfying recipes ideal for weeknight meals. There’s an array of master recipes for classic dishes with options for substitutions, updated old favorites, one-pot meals, “international” dishes, super-fast ones, and others that reheat well or can be cooked in individual portions. Along with timeless recipes, Keepers is filled with invaluable tips on meal planning and preparation, all presented in an entertaining, encouraging, and empathetic style. Keepers gives cooks all of the tools they need to become more efficient, confident, and creative in the kitchen. It will help them survive the Monday-to-Friday dinner rush with their sanity and kitchens intact, and also have some fun along the way.

Weelicious (Enhanced Edition)

Meal Prep Magic

Kid Food

Against All Grain

125 Recipes for Eating Every Day Like It’s the Weekend

The Takeaway Secret

Three Bedrooms, Two Baths, One Very Dead Corpse

This Weelicious enhanced ebook follows Catherine McCord into her kitchen! Five fun videos show Catherine and her kids making delicious, family-friendly recipes like Spinach Gnocchi and Stuffed French Toast. Our kids can be great eaters! After her son was born in 2007, Catherine McCord sought out resources to teach her how to prepare fresh, healthy, appealing culinary school under her belt and a hungry baby to feed, Catherine started Weelicious.com, a website that has since grown into a comprehensive offering of kid-friendly family meals. Complete with beautiful color photos, tips and tools, lists of pantry staples, feeding plans, and more than seventy new recipes never before seen on Weelicious .com, Weelicious makes Catherine teaches parents how to turn their kids into great eaters who appreciate food and are open to exciting new flavors. With Weelicious you will: Stop being a short-order cook—whip up unique, delicious, and healthy recipes that everyone in your family, no matter what their age, will love. Inspire your kids to eat healthfully without resorting to sneaking or trickery by paying attention to how their food is prepared and presented. Get kids in the kitchen from day one—introduce kids to a variety of foods and include them in the cooking process to set them up for years of positive eating habits. Shop effectively (and make it fun)—bring your kids to the farmers’ market or grocery store for a hands-on learning experience when it comes to fresh ingredients. Get your kids involved in the kitchen. Get your kids to help you. Get your kids to help them to have more input and control over what goes into their bodies so they can “own” their choices. From first-food favorites such as Sweet Potato-Coconut Puree and The Teething Cookie to family-friendly Veggie Nuggets, Rice Cooker Mac and Cheese, Chicken on a Stick, Shrimp Tacos, and Cheesy Chicken Tacos to treats like Banana Bread Cake, Raspberry-Cheese Cupcakes, these recipes are perfect for little taste buds and sophisticated adult palates alike—and best of all, every single recipe has been created with health and wholesomeness in mind. More than just a cookbook, Weelicious is the ultimate cooking bible for families—a resource that will stand the test of time as the family grows! Please note that due to the large number of recipes, it may take a little longer to download than a standard e-book.

Location, location, location. After a divorce from her husband and business partner, Alex, Amanda Thorne is determined to make it on her own in real estate--despite scorpions, 100-degree heat, and an encounter with a cactus en route to her first big listing. But when she finally arrives at the Mid-century modern manse, a lifeless body in the living room really spoils the party. Detective Ken Becker, Amanda sets out to unravel the truth. But after a fellow real estate agent is murdered, some pissed-off Black Widow spiders infest her car, and a body is found floating in her pool, it’s clear someone wants Amanda’s inquiring mind off the market--permanently. "James’s sparkling debut introduces an appealing new sleuth. . .Witty, accident-prone sleuth."--Publishers Weekly David James has not written any screenplays, has never received a Pulitzer, and is not a regular contributor to National Public Radio. He is currently working on his next Amanda Thorne mystery.

From bouillabaisse to goulash to sashimi and pavlova, over 130 recipes are arranged by continent in this luscious book. Each recipe represents the best of its originating country, even though it can easily be found in kitchens of other countries.

Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition for every meal of the day. The Perfect Blend functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse Tess Masters lays out a dozen healthy goals for readers, including reducing inflammation, detoxing the body, and probiotic power. Then Masters offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help you reach these goals and get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, The Perfect Blend will help you feel energized and revitalized.

The Steamy Kitchen Cookbook

A Pediatrician’s Guide to the Eleven Essential Foods to Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids

Weelicious

The Only Cookbook a Man Will Ever Need

100 Recipes for a Healthy, Happy Child

The 28-Day Plan to Feel Happy and Healthy No Matter Your Age

Say It Louder!

Introduce your kids to cooking... with help from the Sesame Street gang! Find more than 50 simple, tasty recipes for healthy breakfasts, lunches, dinners, sweets and treats,and more. Elmo, Cookie Monster, Grover, Ernie and Bert,Oscar the Grouch, Abby Cadabby, and more of your favorite friends from Sesame Street introduce the recipes and share food facts, letter and number activities, and other cooking fun. All recipes include one or more "kids!" steps to get children involved in the kitchen.

Garlic, cinnamon, cardamom, sage, basil—you’ll be amazed by what your baby will eat! Here are 125 healthy, delicious, kitchen-tested, and pediatric dietician-approved baby food recipes that will nurture your child’s adventurous palate and guarantee smiles from everyone at the dinner table. Growing Up Gourmet is a total guide to your baby and toddler’s diet. Jennifer Carlson built her business, Baby Gourmet, into one of the top-selling organic baby food brands in North America—and she’ll show you how to make nutritious, delicious, home-cooked meals that will complement your child’s development schedule and make everyone else in the family happy too. Her mouth-watering recipes reduce picky eating and introduce your baby to the wide world of textures and tastes, from veggies such as kale and fennel, to grains such as amaranth and spelt, to herbs and spices such as turmeric and ginger that will help you avoid added sugar, salt, colorings, and preservatives. As a busy mother of two, Jen understands that it’s easy to feel overwhelmed by feeding struggles and the sheer mass of parenting information, not to mention the challenges of finding time to make wholesome, flavorful meals from scratch. In this essential guide, she clearly lays out everything you need to know about feeding your baby: when to wean; how to get the right nutrients at every stage; how to deal with finicky eating habits; which foods will treat gassiness, colic, constipation, low iron, or poor sleep; and how to adapt your special dietary considerations for your child. As daunting as it may seem, there are shortcuts and techniques to make it all manageable, whether you’re cooking for a single little one or a family of five and counting.

Eva Longoria may be most recognized for her role as Desperate Housewives’ saucy Gabrielle Solis, but on her own time, there are few places she would rather be than in the kitchen, cooking the food she loves for her family and friends. The recipes in Eva’s Kitchen trace her life story, taking readers on her culinary journey—from the food she was brought up on to the recipes inspired by her travels abroad to the dishes she serves during casual nights at home. Eva believes that good cooking relies on local, fresh, easy-to-find ingredients. Offering 100 of her favorite dishes—many of which are family recipes collected over the years—all fused with her passion for cooking, Eva teaches readers essential cooking skills and she sprinkles in the histories and traditions behind her favorite dishes, including personal stories

and anecdotes that capture the warmth, humor, and joy of her most memorable meals. Inspired by her heritage, Eva highlights the essentials of great Mexican cooking, Texas style—with her family’s recipes and techniques for making the world’s best tamales, homemade tortillas, Spanish rice, and Pan de Polvo (Mexican pastry), to name a few. She also offers dishes from a variety of international cuisines, from Latin American to Italian and French, inspired by her globe-trotting travels. A taste of Lemon Dover Sole whisks Eva to a tiny hotel-restaurant she once visited on a trip to Normandy; the recipe for Cannellini Beans with Crushed Red Pepper was a souvenir from a trip to Florence; kimchi adds a kick to her Spicy Roasted Brussels Sprouts, a Thanksgiving staple; and Yellow Squash Soup with Lemon brings her full circle, back to her family’s vegetable garden in Corpus Christi. With full-color food photographs, intimate portraits of her family and friends, and a glimpse into Eva’s home and her lesser-known domestic side (family first, acting second, she says), Eva’s debut cookbook will entice her loyal fans and inspire home cooks to broaden their culinary horizons and create memorable meals for the people they love. Fill your home with the freshly baked scent of luscious apple pie, the sizzle of peachy grilled chicken or the beckoning aroma of juicy roast lamb, all brought to life in this charming collection of recipes. New York Times bestselling author Sherry! Woods invites you into the world of Serenity, South Carolina, where good food and good friends await. Based on her beloved Sweet Magnolias series, this gorgeous cookbook is full of Southern classics and heartwarming stories of friendship and fun. Join Dana Sue Sullivan, a popular character and Southern cook herself, as she shares her favorite down-home recipes as well as secrets, stories and small-town gossip from the world of the Sweet Magnolias! Whether you’re making flaky, buttery, too-good-to-be-true biscuits, or spicy seafood gumbo, the 150 recipes found in these pages will bring your family and friends together to celebrate the comforts of home. From legendary margarita nights to indulgent Sunday brunches to heartening holiday meals, every recipe in this book is sure to infuse your life and your kitchen with the warmth of the South and the comfort of good food.

Mastering the Art of Family Mealtime

20-Ingredient Meal Plans for Health and Happiness 5 Nights a Week

Top 100 Finger Foods

The Pioneer Woman Cooks—Food from My Frontier (Enhanced)

The Fresh 20

Cooking with Love for Family and Friends: A Cookbook

Better Breakfasts for Busy Mornings

Following up on her hit bestseller Top 100 Baby Purees, British media star and Today show favorite Annabel Karmel presents Top 100 Finger Foods, a scrumptious guide to creating tasty tidbits that young children can really sink their teeth (or gums!) into. By the age of nine months, many babies are ready and eager to start feeding themselves. Although they might not be able to handle a spoon, children of this age can master the art of eating on their own—as long as the food they’re served is right-sized! Finger foods are the perfect solution. Featuring quick and easy recipes that are just as nutritious as they are delicious, Top 100 Finger Foods gives busy parents the tools they need to create snacks and meals that will keep kids from going into hungry meltdown mode—and that even give their bossy toddlers an all-important sense of power and control. The recipes in this collection include sweet corn pancakes; sticky soy drumsticks; Teriyaki Salmon; muffins made of natural, healthy choices like pineapple, carrot, and coconut; fresh fruit ice pops; and much, much more. Loaded with simple instructions and luscious four-color photography, Top 100 Finger Foods is the ideal source for making mealtime fun and productive, creating healthy, happy, and contented children.

Mornings can be hectic, but registered dietitian, cook, and mom Katie Morford has the key to a saner, healthier way to start the day. With 75 recipes—quick and easy for weekdays, slow and luxurious for relaxed weekends—you can turn your morning into an exercise in good nutrition and great taste. You’ll find breakfasts that can be eaten at the table (Egg-in-a-Nest Pesto Pizzas), at the bus stop (Strawberries and Cream Spoon Smoothies), or on the run (Milk and Cereal Bars), all healthy alternatives to cold cereal and prepackaged bars that even picky eaters will love. Rise & Shine is tailor made for busy families who want to do mornings just a little bit better. It’s a toolkit of ideas and inspiration to make a nourishing breakfast not only doable, but delicious.

More than ninety easy recipes for fresh, delicious foods designed to help children between three months and three years grow up healthy, happy, and strong. Making homemade meals for babies and toddlers is the best way to ensure they’re getting the nutrition they need for a great start in life. Packed with more than ninety recipes and loads of nutritional information, The Baby & Toddler Cookbook makes cooking healthy meals easy—even for busy parents. With Karen Ansel’s meal planning tips, you can make and store an array of nutritious foods to keep baby happy and fed. Each chapter begins with detailed information about the child’s nutritional needs. Organized by age, the recipes show how to introduce new, appropriate foods at every development stage—from starting solid foods and introducing new ingredients, to easing into toddlerhood with plenty of ideas for fun meals, snacks, and desserts. Selected recipes include: -Sweet Potato Puree -Creamy Pumpkin Risotto -Apple-Cinnamon Oatmeal -Tofu, Rice & Avocado -Almond Butter & Banana Bites -Chicken & Veggie Pockets

You will absolutely love the 101 Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do—all in time for tonight's supper! The recipes will appeal to Americans' growing interest in Asian cuisines and a taste for foods that range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you're hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger (steamykitchen.com) Jaden Hair will walk you through the steps of creating fresh, delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp with Garlic Korean BBQ-style Burgers Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes

Pamela Salzman's Quicker Than Quick

The Adventurous Eaters Club

Comfort Food Fix

Fresh, Homemade Foods for a Healthy Start

Growing Up Gourmet

Sesame Street C is for Cooking

Game-Day Eats

Fuel your workouts with quick, nutritious recipes Forget about bland protein shakes. Start powering your workouts with freshly cooked meals straight from your kitchen. Whether you’re cutting, bulking, or maintaining, the Bodybuilding 30-Minute Cookbook shows you how to quickly prepare the nutrient-packed dishes your body needs--and your taste buds will love. All the recipes are easy to make and improve your culinary skills. This bodybuilding cookbook includes: Fast recipes--Fill up with dishes that can be prepared in 30 minutes or less. Goal-oriented labels--Handy recipe labels tell you whether they are best for bulking, cutting, or maintaining. Mealtime guidance--Learn to calculate your needs and ensure you’re getting the most out of your bodybuilding efforts thanks to comprehensive

recipe--including macro percentages. Seven-day starter plans--Get started with ready-made meal plans for each phase of bodybuilding that include breakfasts, lunches, dinners, and both pre- and post-workout snacks. Boost the effectiveness of your strength training with the Bodybuilding 30-Minute Cookbook.

Katie Chin's Global Family Cookbook lets you travel the world from your kitchen! Professional chef, TV personality and working mom of three kids, Katie Chin shows you how easy it is to prepare new and exciting meals from many cultures. Discover comfort food from around the world, and add some international flair to your dinner table. In addition to providing simple recipes for every meal and explaining how her recipes can be adapted for vegetarians, vegans and those with food allergies—and how to add fresh new flavors to kids' lunches. From "meatless Mondays" to "taco Tuesdays," the recipes in this book include something for everyone! Bring the unforgettable flavors of the world to your table through 170 recipes including: Seven Global Go-To Sauces Mexican Chimichurri Chicken Cuban Fish Tacos with Citrus Mango Slaw Easy Pad Thai Noodles Chicken Tikka Masala Pizza Crispy Korean Chicken Sliders And so much more! This cookbook also provides great ideas for celebrating cultures through food: Chinese New Year's Dinner—featuring TV personality Jeannie Mai (The Real) and with recipes provided by her mom, Mama Mai Greek Easter Dinner—with recipes provided by her daughter, expert Debbie Matenopoulos (The Home & Family Show) Cinco de Mayo Celebrations—with recipes provided by cookbook author and celebrity chef Jeffrey Saad Hanukkah Dinner—with recipes provided by Faye Levy, a prolific cookbook author and lead cooking columnist for the Jerusalem Post Katie learned to cook alongside her mother, and it’s now an experience she loves to share with her daughter and families to have fun in the kitchen together with these recipes everyone will love!

Comfort food made healthy, from the New York Times bestselling author of Whole in One. In Comfort Food Fix, Ellie Krieger presents a healthier take on classic American comfort food—without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without all the calories and saturated fat. Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, Comfort Food Fix is the perfect cookbook for healthy eaters with healthy appetites. · Ellie Krieger is the host of the Cooking Channel, and the author of the New York Times bestsellers So Easy and The Food You Crave · The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how great they taste · 50 lavish full-color photographs beautifully illustrate finished dishes When it comes to healthy cooking, Ellie Krieger is the chef you can trust to help you get the guilt out of guilty pleasures. "This accessible, health-minded cookbook is a welcome resource in a burger and bacon-obsessed moment... Krieger's simple, time-conscious recipes with easy-to-find ingredients will satisfy sophisticated eaters and down-home palates alike."—Publishers Weekly

As a pediatrician, spokesperson for the American Academy of Pediatrics, and mother of three boys, Dr. Tanya Altmann knows that good nutrition is essential for healthy kids. In What to Feed Your Baby, Dr. Tanya provides the latest nutritional recommendations and best practices for feeding babies and young children. The simple, fool-proof program focuses on serving eleven foundation foods: eggs, yogurt/cheese/milk, nuts, chicken/beans, fruit, green veggies, whole grains, and water. What to Feed Your Baby helps parents set their children up for a lifetime of healthy choices—and say goodbye to picky eating forever!

The Secrets to Healthy, Stress-Free Cooking

Signature Dishes from Around the World

Black Voters, White Narratives, and Saving Our Democracy

The Simple Bites Kitchen

What a Good Eater!

140 Crave-Worthy Recipes for Healthy Comfort Foods in 30 Minutes or Less

The Baby & Toddler Cookbook

Offers recipes for a paleo diet, including Spanish frittata with chorizo, Korean beef noodle bowls, and lemon vanilla bean macaroons.

Fearless optimist Anna sets off on an epic journey—teaming up with rugged mountain man Kristoff and his loyal reindeer Sven—to find her sister Elsa, whose icy powers have trapped the kingdom of Arendelle in eternal winter. Encountering Everest-like conditions, mystical trolls and a hilarious snowman named Olaf, Anna and Kristoff battle the elements in a race to save the kingdom. Children ages 4-6 will love this Step 1 Step into Reading leveled reader based on Disney Frozen.

National Winner for Gourmand World Cookbook Awards 2017 - Family Books Winner of the 2018 Taste Canada Awards - General Cookbooks, Silver Delicious, wholesome family-friendly recipes from the creator of the award-winning Simple Bites blog Toasty warm in the winter and cool in the summer, Aimée’s comfortable kitchen is a place where the family gathers, cooks together, and celebrates everyday life. In The Simple Bites Kitchen, she brings her love of whole foods to the table and shares heart-warming kitchen stories and recipes that are nutritious, fairly simple to make, and utterly delicious. Aimée knows the challenges that come with feeding a family and tackles them head on by providing lunchbox inspiration, supper solutions and healthy snack options. Aimée’s collection of 100 wholesome recipes draws on her experience as a mom and a seasoned cook and is brimming with fresh ingredients and simple instructions so that you can cook with confidence knowing you’re providing your family with healthy and great-tasting meals. You and your family will enjoy recipes from Overnight Spiced Stollen Swirl Buns and Maple-Roasted Pears with Granola for breakfast, Tequila-Lime Barbecue Chicken and Strawberry Rhubarb Pie for a fresh air feast, garden-inspired recipes like Harvest Corn Chowder and Lentil Cottage Pie with Rutabaga Mash, and family dinner favourites like Roast Chicken with Bay Leaf and Barley and Cranberry-Glazed Turkey Meatloaf with Baked Sweet Potatoes. Filled with beautiful photography, The Simple Bites Kitchen also includes recipes to keep your preserves pantry well-stocked all year, tips, simple tutorials and inspiration and ideas for homespun hospitality.

You'll be amazed at what your blender can do for you! Blenders are the "it" accessory, mostly because smoothies are healthy and quick. Sure, but did you know you can also whiz up a mean burger—salmon, veggie, turkey, even beef—in a blender? Your blender is that good! Brownies, pancakes, slaws . . . there are so many things you can make easily and quickly. Not only that, but blending offers the perfect opportunity to sneak in some extra nutrition: Black beans in your chocolate cake? Carrots in your tomato sauce? Or a quick pulse of cauliflower that can stand in for cream in sauces and soups? A handy chart suggests ways to boost nutrition in recipes that you and your family will embrace. If a high-performance blender is already on your counter, this book is its obvious companion. Save money, eat healthier, and get dinner on the table in a jiffy with The Ultimate Blender Cookbook.

The Zuni Cafe Cookbook: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant

The Perfect Blend

Bodybuilding 30-Minute Cookbook

Feel-Good Favorites Made Healthy

Big Snowman, Little Snowman (Disney Frozen)

Internationally-Inspired Recipes Your Friends and Family Will Love!

Smoothie Project

A breakout media and political analyst delivers a sweeping snapshot of American Democracy and the role that African Americans have played in its shaping while offering concrete information to help harness the electoral power of the country’s rising majority and exposing political forces aligned to subvert and suppress Black voters. Black voters were critical to the Democrats' 2018 blue wave. In fact, 90 percent of Black voters supported Democratic House candidates, compared to just 53 percent of all voters. Despite media narratives, this was not a fluke. Throughout U.S. history, Black people have played a crucial role in the shaping of the American experiment. Yet still, this powerful voting bloc is often dismissed as some “amorphous” deviation, argues Tiffany Cross. Say It Louder! is her explosive examination of how America’s composition was designed to exclude Black voters, but paradoxically would likely cease to exist without them. With multiple tentacles stretching into the cable news echo chamber, campaign leadership, and Black voter data, Cross creates a wrinkle in time with a reflective look at the timeless efforts endlessly attempting to deny people of color the right to vote—a basic tenet of American democracy. And yet as the demographics of the country are changing, so too is the electoral power construct—by evolution and by force, Cross declares. Grounded in the most-up-to-date research, Say It Louder! is a vital tool for a wide swath of constituencies.

A photo-filled collection of kid-friendly recipes that are delicious, nutritious, and ready in 30 minutes or less Between soccer practice, music lessons, school and work, it's tough to get tasty, healthy meals on the table. But help has arrived! Pillsbury Fast & Healthy Kids Meals provides over 100 delicious recipes that even finicky kids will love, like Berry-Topped Oatmeal Pancakes, Mac 'n Cheese with Broccoli, and Canadian Bacon and Pineapple Pizza. Following the General Mills guidelines for healthy eating, these recipes are low in fat and calories but high in both fiber and flavor. Features 110 healthy recipes for every meal of the day, including snacks and desserts Special features in each chapter reveal handy information like how to pack a healthy lunchbox and making a salad bar at home, while the introduction covers the basics of childhood nutrition Tips throughout the book provide additional information about the recipes, and the Doughboy shows how kids can help out in the kitchen Includes 60 full-page color photos in an easy-to-use lay-flat format With Pillsbury Fast & Healthy Kids Meals, parents will finally have an easy way to show kids that eating healthy can be fun and delicious.

Become a faster, healthier cook with secrets from Weelicious founder and meal prep genius Catherine McCord With celebrated cookbook author and Weelicious founder Catherine McCord's step-by-step process, your kitchen will be beautifully organized and fast, healthy family meals will be at your fingertips--starting with 100 of her favorite recipes. McCord believes that success in the kitchen comes down to two things--organization and meal prep--and she'll show you how to master both in Meal Prep Magic. One step beyond the ideological approach of Marie Kondo and The Home Edit, McCord brings you a practical guide to organizing the most important space in your home and using it. If you've ever lost leftovers to the back of the fridge, failed to find a spice that you know you bought, or faced a cabinet full of mismatched Tupperware, her advice will forever change your relationship to your kitchen. After showing how to maximize your space for efficiency, McCord offers up her favorite family recipes. Including tried-and-tested secrets for saving time, these recipes are easy to prep ahead, make entirely ahead, contain basic ingredients that are always in your pantry, and/or strategically employ your freezer, air-fryer, Instant Pot, slow cooker, and more. Think grab-and-go breakfasts like Raspberry Creamy Chia Puddings, creative packed lunches including easy-to-assemble Salad Jars, healthy snacks like air-fryer crispy artichokes, and irresistible dinners that are even better leftover, such as mushroom and pinto bean enchiladas. By following McCord's simple strategies for meal prepping, you'll always have food on-hand to enjoy throughout your busy week, limiting your trips to the grocery store and time spent in the kitchen. Eat healthy meals you love, while saving time, money, and your sanity. Never again stress out about what to make for dinner! Meal Prep Magic is a lifesaver for any and all home cooks, busy parents, and fans of Weelicious and McCord's popular book Smoothie Project.

Trusted family food expert and Weelicious founder serves up more than 100 transformative recipes for nourishing and delicious smoothies Catherine McCord, the founder of Weelicious and family food brand One Potato, offers a way to change your life using only your blender. Whether you are looking to improve your overall health, to combat a chronic condition, or to help your children eat better, this tried-and-tested collection of more than 100 delectable recipes help you and your family achieve your goals, in a way that is practical and affordable. Complete with shopping lists, illustrated charts, testimonials, and advice from top nutritionists, the book simply outlines the benefits of particular ingredients and how they work in the body. Filled with smoothies that are as delicious as they are wholesome, Smoothie Project is about real food, real people, and real change.

The Sweet Magnolias Cookbook

A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant

Fast and Easy Recipes to Fuel Your Workouts

More Than 150 Favorite Southern Recipes

Baby and Toddler Recipes with Healthy Herbs and Spices to Add Flavor and Broaden Your Baby's Palate

Eat Like a Man

100 Blender Recipes to Energize and Revitalize

Popular cooking instructor and author of Kitchen Matters shares her easy, healthy recipes and kitchen hacks that make home cooking a breeze -- without compromising flavor or nutrition. Pamela Salzman, beloved Los Angeles-based cooking instructor and author of Kitchen Matters, is back with a collection of quick, delicious meals that don't compromise on flavor or nutrition. In Quicker Than Quick, Pamela shares an arsenal of cooking class-tested, family-approved, easy, healthful recipes that will have you covered through breakfast, lunch, and dinner. These inventive sheet pan dinners, stovetop skillet meals, Instant Pot recipes, and quick versions of time-consuming comfort foods require minimal hands-on time and don't use

exotic, hard-to-find ingredients. Equally useful are the techniques and tricks that teach you great ways to hack your meals, without sacrificing quality. With recipes customizable for a range of diets (vegan, vegetarian, gluten-free, dairy-free, grain-free, Paleo, and nut-free), as well as suggestions for how to repurpose almost every recipe in the book and general ideas for using up leftovers, Quicker Than Quick will make your cooking like a snap -- and your local fast food delivery obsolete.

For twenty-four years, in an odd and intimate warren of rooms, San Franciscans of every variety have come to the Zuni Caf é with high expectations and have rarely left disappointed. In The Zuni Caf é Cookbook, a book customers have been anticipating for years, chef and owner Judy Rodgers provides recipes for Zuni's most well-known dishes, ranging from the Zuni Roast Chicken to the Espresso Granita. But Zuni's appeal goes beyond recipes. Harold McGee concludes, "What makes The Zuni Caf é Cookbook a real treasure is the voice of Zuni's Judy Rodgers," whose book "repeatedly sheds a fresh and revealing light on ingredients and dishes, and even on the nature of cooking itself." Deborah Madison (Vegetarian Cooking for Everyone) says the introduction alone "should be required reading for every person who might cook something someday."

The Fresh 20, the popular budget-friendly meal-planning service founded by working mother Melissa Lanz, is now a cookbook, offering families an all-natural and easy approach to mealtimes. Using just 20 organic, non-processed ingredients per week, home cooks can create 5 wholesome, delicious meals in just minutes. A busy home cook herself, Lanz understands the "What's for dinner?" conundrum and has developed a program that gives parents healthy cooking options. Inspiring and educational, The Fresh 20 is filled with gorgeous color photos, shopping lists that take advantage of seasonal fruits and vegetables, prep tips, and, of course, easy and delicious recipes — including vegetarian, vegan, and gluten-free options.

So long, dude food. Most men who love food have a roasting pan and a decent spice rack, but they're still looking for that one book that has all the real food they love to eat and wish they could cook. Esquire food editor Ryan D'Agostino is here to change that with his unapologetically male-centric Eat Like a Mana choice collection of 75 recipes and food writing for men who like to eat, cook, and read about great food. It's the Esquire man's repertoire of perfect recipes, essays on how food figures into the moments that define a man's life, and all the useful kitchen points every man needs to know. Satisfying, sexy, definitive, and doable, these are recipes for slow Sunday mornings with family, end-of-the-week wind-down dinners with a lady, Saturday night show-off entertaining, poker night feeds, and game-day couch camping. Or, for when a man is just hungry.

Rachael Ray's Top 30 30-Minutes Meals

100 Grilling Recipes You Can't Live Without

140 Fast, Fresh, and Easy Recipes

100 Recipes for Homegating Like a Pro

The Ultimate Blender Cookbook: Fast, Healthy Recipes for Every Meal