

Elly Pear S Let S Eat Simple Delicious Food For Everyone Every Day

The 5:2, or fast diet, works by restricting calorie intake for two non-consecutive days a week, while allowing you to eat normally on the other five days. In *The Fast Days Cookbook*, food writer, Laura Herring shows you how you can avoid entering the hanger zone on your fast days with recipes that give you maximum satisfaction for the fewest calories. The focus is on planning what to eat and when, cleverly combining ingredients that provide huge flavours – fast days should not be a punishment! If you enjoy food, then you should also enjoy it on your fasting days, not resign yourself to sad-looking salads. With over 70 delicious, quick and easy recipes ranging from 50 calories to 350 calories, the meals in this book can actually be enjoyed any day – fast or feast! Taking you from Breakfast to Lunch and Dinner, you'll also find recipes for low-cal snacks, sweet treats and even toppings and dressings. You can mix and match the meals in the book to suit you and your lifestyle, and there are plenty of make-fresh and pack-up ideas to stash in your bag and take to work. Choose from Turkish-style baked eggs, burrito bowls, Nori wraps, Thai beef salad, pork and quinoa burgers and spicy dahls – there's even a banana and cardamom 'ice cream'. Fast days should make your food work hard to earn its place on your plate! And who says you have to dine alone on your fast days? Most of the dishes in this book can also be eaten as part of a family meal, with a few simple add-ons. Complete with menu plans, batch cooking ideas, store cupboard essentials and time-saving tips and tricks, this book shows you how the 5:2 diet can become a seamless part of your lifestyle.

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of *Isa Does It* "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The *Oh She Glows Cookbook* also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

With *Vegetarian Cookbook for Beginners*, discover the guilt-free way to get healthy. As awareness of the health and environmental benefits of vegetarianism grows, millions of people are now switching to a vegetarian diet. *Vegetarian Cookbook for Beginners* will show you how to start a vegetarian diet so you can live with a clearer conscience, lose weight naturally, lower your cholesterol, and decrease your risk of chronic disease. *Vegetarian Cookbook for Beginners* will teach you how to cut out meat, without cutting out flavor and satisfaction. With more than 150 hearty, comforting meals to please the whole family, *Vegetarian Cookbook for Beginners* makes it easy to start a vegetarian diet. *Vegetarian Cookbook for Beginners* will get you started on the path toward a healthy, meat-free lifestyle with:

- More than 150 simple and hearty *Vegetarian Cookbook* recipes
- 14-day *Vegetarian Cookbook* meal plan to get you started
- Overview of the lasting health benefits of going vegetarian
- Tips from *Vegetarian Cookbook* on transforming your kitchen to be vegetarian-friendly
- Detailed nutritional advice to make sure you get all your nutrients
- Practical tips for a successful transition to a vegetarian diet

Vegetarian Cookbook for Beginners is your guide to experiencing the delicious, lifelong benefits of going vegetarian.

All Tom's friends really are superheroes. There's the Ear, the Spooner, the Impossible Man. Tom even married a superhero, the Perfectionist. But at their wedding, the Perfectionist was hypnotized (by ex-boyfriend Hypno, of course) to believe that Tom is invisible. Nothing he does can make her see him. Six months later, she's sure that Tom has abandoned her. So she's moving to Vancouver. She'll use her superpower to make Vancouver perfect and leave all the heartbreak in Toronto. With no idea Tom's beside her, she boards an airplane in Toronto. Tom has until the wheels touch the ground in Vancouver to convince her he's visible, or he loses her forever.

Cyberpragmatics is an analysis of Internet-mediated communication from the perspective of cognitive pragmatics. It addresses a whole range of interactions that can be found on the Net: the web page, chat rooms, instant messaging, social networking sites, 3D virtual worlds, blogs, videoconference, e-mail, Twitter, etc. Of special interest is the role of intentions and the quality of interpretations when these Internet-mediated interactions take place, which is often affected by the textual properties of the medium. The book also analyses the pragmatic implications of transferring offline discourses (e.g. printed paper, advertisements) to the screen-framed space of the Net. And although the main framework is cognitive pragmatics, the book also draws from other theories and models in order to build up a better picture of what really happens when people communicate on the Net. This book will interest analysts doing research on computer-mediated communication, university students and researchers undergoing post-graduate courses or writing a PhD thesis. Now Open Access as part of the Knowledge Unlatched 2017 Backlist Collection.

WINNER OF THE 2019 JANE GRIGSON TRUST AWARD This beautiful book places botanical ingredients at the fore, emphasising the power of a few small ingredients to transform and enhance food the world over. The choice of botanicals can transform a recipe, adding a new twist to a classic or creating surprising and rewarding combinations, and in this 2019 Jane Grigson Trust Award-winning book, Elly McCausland guides readers through cooking with botanicals, looking at their culinary history and diverse uses over the years. Weaving through this compelling text will be 90 delicious recipes including relishes and tarts, salads and soups, noodle bowls and breads and everything in between, offering unique and insightful flavour pairings. From the common to the curious, Elly's debut book takes an in-depth look at our love affair with every part of the plant. Chapters include fruits (tropical, Mediterranean and orchard), leaves, flowers, seeds and berries, beautifully illustrated with photography by Polly Webster.

Elly and her sisters move from Brooklyn to Centre County, Pennsylvania, to spend a year on a farm. They learn a lot about country life, and by the time she has returned to Brooklyn, Elly has become a published writer.

The *Modern Cook's Year* offers more than 250 vegetarian recipes for a year's worth of delicious meals. Acclaimed English cookbook author Anna Jones puts vegetables at the center of the table, using simple yet inventive ingredients. Her recipes are influenced by her English roots

and by international flavors, spanning from the Mediterranean to Sri Lanka, Japan, and beyond. Attuned to the subtle transitions between seasons, Jones divides the year into six significant moments, suggesting elderflower-dressed fava beans with burrata for the dawn of spring, smoked eggplant flatbread for a warm summer evening, orzo with end-of-summer tomatoes and feta for the early fall, and velvety squash broth with miso and soba to warm you in the winter, among many others. The Modern Cook's Year shares Jones's uncanny knack for knowing exactly what you want to eat, at any particular moment.

In GREEN, bestselling cookery author Elly Pear shows you how to easily vary veggie and vegan dishes to suit your fancy, with ingenious options to make a meal speedy and simple or a bit more special. For those wanting to eat more plant-focused meals, GREEN offers over 100 easy recipes developed for either weekdays or weekends, so you're covered for all days and occasions. The weekday recipes target speed and ease, and the weekend recipes are for when you have a bit more time and fancy something a bit special. Weekday offerings include freezable food, no-fuss traybakes and one-pot dishes for when you can't face washing up or hands-on cooking. A meal prep section will have you sorted for the week ahead. Plus a whole load of meals you can make in 20 minutes for those nights you need great food fast. A whole host of weekend recipes offer sumptuous brunches and seasonal suppers for family and friends. Tuck into: Harissa chickpeas with za'atar, and baked feta OR with gremolata on toast Peanut spicy slaw wraps Stir fried kimchi grains with fried egg Whipped feta on toast with roasted tomatoes, basil and savoury granola Rarebit baked baby potatoes with watercress Vegan BLAT sandwich with umami mayo Jalapeño brine French toast crumpets Whether you are already vegetarian or vegan, or just want to eat a bit less meat, GREEN serves up tasty, flexible fare, all of which is meat-free, and half is vegan.

Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won't find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso pots. While a number of vegan and plant-based books focus on health, Rebel Recipes is unashamedly about taste; it's all about pleasure, vibrancy and flavour – food for the soul. Niki's delicious recipes are brought to life with photography from Kris Kirkham.

Since opening the hugely popular Pear Café nine years ago, Elly Pear has been on a quest for good food and new ideas. Having found real results sticking to the 5:2 way of eating, Elly shares some of her favourite, most exciting meat-free recipes for eating well and enjoying food on both fast days and feast days.

Elly Pear's Let's Eat: Simple, Delicious Food for Everyone, Every Day HarperCollins UK

The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspingly funny and wonderfully inappropriate."—O, The Oprah Magazine When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. Readers Guide Inside Before Cinderella's stepmother and stepsisters moved into Lancastyr Manor she was known as the beautiful Lady Rose de Lancaster. Then her stepmother forced her to become a kitchen maid and renamed her. At first the rats of the manor figure her for a lack-wit and take pity on her by bringing her food and a special family heirloom. But when Cinderella's stepmother finds a way to prevent her from attending the ball, the rats join forces to help her. The night of the ball is filled with magic and secrets-not least of all who Lady Rose will choose as her Prince Charming. A Margaret Ferguson Book

For those cooking for themselves for the first time, or for anyone who wants the weekly budget to go a bit further without sacrificing flavor, *The Savvy Cook* has all the answers. Although many of the recipes are gluten-free and/or vegan, this book is not about health fads, "antioxidants" or obscure ingredients; it's about honest, nourishing and delicious cooking that will make you glow both inside and out! Izy's delicious recipes include Berry Oat Smoothie Boxes, Butternut Squash Pilaf with Garlic-tahini Dressing, Sweet Potato and Salmon Cakes, and American Pancakes. With features that include menu plans, sneaky ways to cut down on meat and giving last-night's leftovers a make-over, this collection of nourishing and totally delicious recipes will be kind to your body, wallet and leisure time.

This is Michel's very personal view of pairing food and wine, experience honed over the last 25 years by an appreciation of the classic combinations and experimenting with new and different ones. The right combinations, he explains, will make both taste better. Michel advises on how to store wine at home, at which temperatures it should be served, when to decant, which glasses to use, and how to pick a corked wine. *MATCHING FOOD AND WINE* covers pre-dinner drinks, starters, the main course, cheese and dessert. With each recipe Michel recommends three or four accompanying wines or drinks and explains why he has chosen them. His recipes will appeal to the modern cook - simple, elegant and delicious. He mentions the foods which react badly to wine, and the drinks which do no favours to food. The wines chosen come from around the world with the emphasis on styles of wine and predominant grape varieties. Occasionally he selects a grand chateau or vintage. Michel also selects 15 great wines and creates the ideal meal around them. *MATCHING FOOD AND WINE* will introduce you to a whole new dimension of enjoying yourself at the table.

It's not just coloring within the lines! Make a Yellow Dot the Sun encourages kids to think creatively, draw freely, and create their own brand of imaginative art. "Some painters transform the sun into a yellow spot; others transform a yellow spot into the sun." -Pablo Picasso Based on a quote from Pablo Picasso, this follow-up to *A Line Is a Dot that Went for a Walk* continues to engage young artists' imaginations. Taking an unconventional approach, it contains quirky prompts that inspire children to express themselves with originality and artfulness. Loosely drawn illustrations and partially done doodles start kids off on a creative journey--and provide hours of fun.

Do you ever wish you had a deli in your own home?

Sunday Times bestselling author Elly Pear shares over 90 of her new pescatarian recipes all centring around vegetables, grains, pulses and dairy.

Getting older is inevitable. However, feeling and looking older doesn't have to be as much a part of that equation as they are now. Once they hit 50, many women give up, they resign themselves to middle-aged weight gain and looking and feeling their age. It leaves them feeling unhappy with themselves and pining for their younger years when they felt good and full of vitality. What they don't realise is that it doesn't have to be that way. You can feel younger, healthier, and shed unwanted pounds that seemed to creep up on you with age to reach and maintain a healthy weight. The secret is intermittent fasting. This lifestyle choice is an understated tool for a woman over 50 to jumpstart her health. In this book you will discover: The very top recommendations for maintaining a healthy weight All the don't of Intermittent Fasting 7 intermittent fasting plans and the best one for women over 50 A detailed plan on what to eat in the non-fasting days And so much more! There is no better time than right now to improve your health and your life. Intermittent fasting is a sustainable lifestyle that can help you become healthier and younger. You are worth the investment, all you need is the knowledge to achieve what you want.

REESE'S BOOK CLUB PICK An instant New York Times bestseller! “An eerie, atmospheric novel that had me completely on the edge of my seat.” —Reese Witherspoon You won't want to leave. . . until you can't. Half-hidden by forest and overshadowed by threatening peaks, Le Sommet has always been a sinister place. Long plagued by troubling rumors, the former abandoned sanatorium has since been renovated into a five-star minimalist hotel. An imposing, isolated getaway spot high up in the Swiss Alps is the last place Elin Warner wants to be. But Elin's taken time off from her job as a detective, so when her estranged brother, Isaac, and his fiancée, Laure, invite her to celebrate their engagement at the hotel, Elin really has no reason not to accept. Arriving in the midst of a threatening storm, Elin immediately feels on edge--there's something about the hotel that makes her nervous. And when they wake the following morning to discover Laure is missing, Elin must trust her instincts if they hope to find her. With the storm closing off all access to the hotel, the longer Laure stays missing, the more the remaining guests start to panic. Elin is under pressure to find Laure, but no one has realized yet that another woman has gone missing. And she's the only one who could have warned them just how much danger they are all in. . .

'A gift for anyone who is learning to cook' Diana Henry, Sunday Telegraph How can I make deliciously squidgy chocolate brownies? Is there a fool-proof way to poach an egg? Does washing mushrooms really spoil them? What's the secret of perfect pastry? Could a glass of milk turn a good bolognese into a great one? Felicity Cloake has rigorously tried and tested recipes from all the greats - from Nigella Lawson and Delia Smith to Nigel Slater and Heston Blumenthal - to create the perfect version of hundreds of classic dishes. Completely Perfect pulls together the best of those essential recipes, from the perfect beef wellington to the perfect poached egg. Never again will you have to rifle through countless different books to find your perfect roast chicken recipe, mayonnaise method or that incredible tomato sauce - it's all here in this book, based on Felicity's popular Guardian columns, along with dozens of invaluable prepping and cooking tips that no discerning cook should live without. 'Completely Perfect is aptly named!' Nigella Lawson 'A classic. Long may Felicity Cloake test 12 versions of one recipe so we can have one good one' Rachel Roddy 'The nation's taster-in-chief title belongs unequivocally to Felicity Cloake' Daily Mail

“A fabulous interweaving of fantasy, politics, and sisterhood—this unusual, tense tale will have you on the edge of your seat!”—#1 New York Times bestselling author Tamora Pierce Red Queen meets House of Salt and Sorrow in Mara Rutherford's debut YA fantasy Crown of Coral and Pearl, which follows a young woman from a village on the sea who must impersonate her twin on land to save everyone she loves from a tyrannical prince. For generations, the crown princes of Ilara have married the most beautiful maidens from the ocean village of Varenia. Nor once dreamed of seeing the mysterious mountain kingdom for herself, but after a childhood accident left her with a scar, she knew her twin sister, Zadie, would likely be chosen to marry the crown prince. Then Zadie is injured, and Nor is sent to Ilara in her place. She soon discovers her future husband, Prince Ceren, is as forbidding and cold as his home. And as she grows closer to Ceren's brother, Prince Talin, Nor learns of a failing royal bloodline, a murdered queen...and a plot to destroy her village. To save her people, Nor must learn to negotiate the treacherous protocols of a court where lies reign and obsession rules...but discovering her own formidable strength may cost her everything she loves. Books in the Crown of Coral and Pearl duology: Crown of Coral and Pearl Kingdom of Sea and Stone

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