

I Quit Sugar Simplicious

Created by clinical nutritionist Sarah Di Lorenzo, The 10:10 Diet is a 10-week meal and exercise plan aimed at helping you lose 10 kilos and keep the weight off in the healthiest way possible. The 10:10 Diet not only outlines an easy-to-follow 10-week program to lose 10 kilos, but it goes behind the program to explain the science and logic that were used to create it. Devised by clinical nutritionist Sarah Di Lorenzo, The 10:10 Diet outlines the factors that contribute to weight gain and how to eliminate or respond more effectively to them. The roles played by stress, lack of sleep, unhealthy food options, mental and societal roadblocks and other factors are explained in layperson's terms, and Sarah draws from both her own experience as a single mother of three and those of her clients to demonstrate methods to overcome obstacles standing in the way of weight loss. Rejecting the notion of fad diets, Sarah has crafted a manageable, achievable program aimed at people with busy lifestyles who will feel the benefit of a new commitment to their health by the conclusion of the 10-week program, and have the knowledge and understanding to maintain their new habits in the future. Praise for Sarah Di Lorenzo 'I want you to know that with Sarah's help, you WILL reach your goal weight. But more than that – you WILL keep it off. Plus, your mind WILL be clear, and you WILL have energy in abundance. Put simply, you WILL feel amazing.' Monique Wright, journalist and TV presenter 'Sarah showed me how to do something I hadn't been able to do in years... lose those last, stubborn few kilos that annoyed and frustrated me. She gave me a healthy plan to stick to, with no tiresome calories counting, just good food. And the best thing was, it could be changed here and there as my days suddenly got busy. It was like having a little friend in my phone, with the perfect eating plan and then the back-ups in case life got in the way. I can't recommend her highly enough.' Natalie Barr, journalist and TV presenter. 'Sarah admits I am her most needy, intractable and ravenous client. To succeed, she needed more than science; it was a medley of psychology, stealth-health, tofu-trauma therapy and round-the-clock chocolate intervention. I bombarded her with memes of starving walruses and thought our friendship was beyond repair when she informed me my Cadburys smorgasbord would be replaced with HALF a protein bar (I can still feel part of my soul dying as I sliced it in two). I did it gracelessly and grudgingly and yet Sarah stripped off 16 kilos in 8 weeks. Stop reading and urgently buy her book.' Matt Doran, journalist and TV presenter 'Over the years I've bought every health-kick book there is – macrobiotic, vegan, 'eating right for my blood type' – some I barely made past the first day, others the first... page! Now, thanks to Sarah, I've finally found what works for me! Her detox approach is a celebration of food and feeling your best. No punishment, restriction or radical plans. Instead, a clear roadmap to restoring your best health, based on actual science (thanks to the countless medical studies Sarah loves to read). The most surprising result – I'm still following its principles long after my 10 weeks are done. The other books are binned; Sarah's plan has become a way of life.' Sally Bowrey, journalist and TV presenter

With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer. The first completely revised edition of this juicing classic, The Complete Book of Juicing is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.

Sarah Wilson, bestselling author of I Quit Sugar, taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable, whole food practices. Now with I Quit Sugar: Simplicious she strips back to the essentials, simply and deliciously. She shows us:* How to shop, cook and eat without sugar and other processed foods* How to buy in bulk, freeze and preserve, with ease and without waste* How to use leftovers with

flairAll three hundred and six recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their life and are ready to embrace the life-affirming, health-giving, planet saving simpliciousness of real food.

In *Eat Better Forever*, Hugh Fearnley-Whittingstall gives you all the tools to improve your eating habits, and therefore your life - permanently. And to help it all happen, he's added his 100 healthiest recipes yet. In this ground-breaking book, instead of promising a gimmicky single-fix solution to the challenge of healthy eating, Hugh extracts the knowledge, advice and healthy habits, from cutting edge research into the obesity crisis, to produce 7 simple strategies that will transform your diet and your health. Starting with the blissfully simple message that we all need to Go Whole, he leads us away from the industrial junk and processed foods that are doing so many of us so much harm and returns us to the real foods that nurture us and keep us well. Everything that follows is clear, believable and achievable. From sorting the good carbs from the bad, learning not to fear fat, and looking after our gut, to renegotiating the foods we call 'drinks' and being mindful of when to eat...and when to take a pause... Hugh guides us to a better way of eating that will last us our whole lives. It's all offered up with reassuring tips and switches that help us act on the vital knowledge he imparts. And the 100 recipes that come with it, and their endless variations, make for a lifetime of healthy eating.

'I have nothing against gluten, but this book is just full of recipes I long to make' Nigella Lawson
The only gluten-free baking book you'll ever need, with delicious recipes that work perfectly every single time. From proper crusty bread, pillowy soft cinnamon rolls and glorious layered cakes to fudgy brownies, incredibly flaky rough puff pastry and delicate patisserie – everything that once seemed impossible to make gluten-free can now be baked by you. Baked to Perfection begins with a thorough look at the gluten-free baking basics: how different gluten-free flours behave, which store-bought blends work best, and how to mix your own to suit your needs. Covering cakes, brownies, cookies, pastry and bread in turn, Katarina shares the best techniques for the recipes in that chapter, and each recipe is accompanied by expert tips, useful scientific explanations and occasional step-by-step photography to help you achieve gluten-free perfection. Recipes include classic bakes like super-moist chocolate cake, caramel apple pie and chocolate chip cookies, the softest, chewiest bread, including crusty artisan loaves, baguettes, brioche burger buns and soda bread, and mouth-watering showstoppers like toasted marshmallow brownies, coffee cream puffs and strawberries + cream tart.

The practical three-step guide to filling your fridge with healthy ready-to-eat meals so you can have delicious food even on your busiest days! The fuel you put in your body is the first step towards achieving the healthy lifestyle you've been craving. Cooking at home, or better yet, healthy meal prepping, not only saves time but is a key factor to overall wellness. With *The Fit Foodie Meal Prep Plan*, you will master the three steps to successfully fill your fridge with flavorful options for every meal of the day. Whether you are on the go or are looking for a quick meal in, these steps take the stress of cooking out of your day. The three steps include: –Step 1 is basic prep mastery—think quick baked salmon, herby roast chicken, spiralized veggie noodles, or an assortment of basic dressings. –Step 2 shows you how to pack your freezer and pantry with batch-cooked healthy staples, such as fruit crumble, a simple curry base, and sweet potato muffins. –Step 3 is where it all comes together. Assemble utterly decadent and completely healthy meals, such as chia pudding with berries, salted cinnamon granola, boiled eggs with paleo bread, and more! This essential guide is designed to help you make the most of your days so you can spend less time in the kitchen cooking while still staying on track with your health goals!

"Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of *The Subtle Art of Not Giving a F*ck* Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of IQuitSugar.com, whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of *Cosmopolitan*, she was the host of the first series of *MasterChef Australia* and is the author of the international bestsellers *first, we make the beast beautiful*, *I Quit Sugar: Simplicious*, *I Quit Sugar* and *I Quit Sugar For Life*. Her latest book is *I Quit Sugar: Simplicious Flow*. She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In *first, we make the beast beautiful*, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom ..." Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of *The Noonday Demon: An Anatomy of Depression* Sarah Wilson encourages us to be the change we want. She liberated us from the health costs of processed food by helping us to quit sugar. She inspired us to reframe anxiety as an opportunity for personal transformation rather than as a frailty. Now she emboldens us to adopt 'zero-waste' cooking as the path to good health, creativity and an altogether more elegant life. Inside this book you will find the most instructive, practical and useful kitchen advice that you are ever likely to encounter. Sarah reacquaints us with Flow, an intricately crafted kitchen process that shows us how to cook gut-healing, nutritionally dense, delicious food in less time, for less money and with virtually no waste. *I Quit Sugar: Simplicious Flow* is more than its 348 recipes, stunning food photography and intensely useful instruction. It is a manifesto for change, a challenge to us all to take charge of our kitchen, our expenditure, our time, our own health and the health of the planet.

NEW YORK TIMES BESTSELLER As Featured on PBS How to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan. As a family physician for over 30 years and #1 New York Times bestselling author Joel Fuhrman, M.D. will tell you that doctors and medications cannot grant you excellent health or protection from disease and suffering. The most effective health-care is proper self-care and that starts with changing the way we eat. *Eat for Life* delivers a science-backed nutrition-based program that prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up. The truth is: you simply do not have to be sick. Most Americans are deficient in the vitamins, minerals and

phytonutrients found in plants (micronutrients), and consume too many fats, proteins, carbohydrates (macronutrients). The results of this standard diet is that we are not only shortening our lives but damaging our energy, vitality, and daily health by eating packaged and processed foods, excessive meat and dairy, and unsustainable amounts of salt and sugar. What we need is to consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds. These delicious and abundant foods contain the largest assortment of micronutrients and when consumed in adequate quantities they prevent and reverse diabetes and heart-disease, lower cholesterol and blood pressure, and reduce hunger and food cravings. Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, Eat for Life offers everything you need to change the course of your health and put this life-changing program to work for you.

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior that as much as you would want to, you simply cannot stop can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up. . . . This book is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 30 lessons that can be done separately or in conjunction with any other serious spiritual path. These 30 lessons are completely separate from anything related to diet or exercise they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you've been waiting for: help to heal your addiction once and for all!

"I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

NEW YORK TIMES BESTSELLER • A week-by-week guide to quitting sugar to

lose weight, boost energy, and improve your mood and overall health, with 108 sugarfree recipes. “Life without sugar is much sweeter than I ever imagined it would be.”—Shauna Ahern, *Gluten-Free Girl* Sarah Wilson thought of herself as a relatively healthy eater. She didn’t realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar—both the obvious and the hidden kinds—soon became a way of life, and now Sarah shows you how you can quit sugar too:

- Follow a flexible and very doable 8-week plan.
- Overcome cravings.
- Make food you’re excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (*The Fat Chance Cookbook*), Sarma Melngailis (*Raw Food/Real World*), Joe “the Juicer” Cross, and Angela Liddon (*Oh She Glows*).

I Quit Sugar makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won’t miss the sugar for an instant.

Sarah Wilson taught the world how to quit sugar in 8 weeks, then how to quit sugar for life, incorporating mindful, sustainable practices across all the pillars of real, whole wellness. Now she strips things back to the essentials, simply and deliciously. She shows us how to shop, cook and eat like we used to in the days before sugar-laced processed food hit our shelves - with ease and without waste, while honouring that deep sense of pleasure that comes from nourishing ourselves and each other. Sarah gives us the 'simplicious flow', a modern manifesto that sets out how to buy in bulk, freeze and preserve, and use leftovers with flair. She unashamedly makes scraps sexy again and elevates leftovers to the main attraction. All 306 recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our visceral need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their lives and are ready to embrace the life-affirming, health-giving, planet-saving simpliciousness of real food.

About this book: In a world full of processed, sugar-laden cereals, it’s easy to consume your entire day’s quota of sugar before 8am. So we decided to change the way breakfast is done and give you clever, fun and tasty brekkie solutions for every day. Our *Healthy Breakfast Cookbook* is jam-packed with 45 quick and tasty sugar-free recipes that will keep you going past lunch. And to make sure it doesn’t include a single added sweetener, we’ve turned breakfast into a savoury affair. Yep, not only is it possible to eat veggies for breakfast, but it’s completely delicious too! Dig into:

- 45 recipes created and developed by a qualified nutritionist.
- 25+ inspiring foodie photos.
- Step-by-step recipe instructions.
- Handy substitution and allergy guides.

"Healthy" doesn't have to

mean boring. With fun and quirky recipes like French Toast in a Mug, Chickpea Pancake Pizza and Bittersweet Savoury Yoghurt, this is a book of breakfast inspiration, education and motivation that will leave your friends and family begging for more! Chapters include: 1. Breakfast in 2 Minutes 2. Toasties and Toast Toppers 3. Breakfast Using Dinner's Leftovers 4. Fun Savoury Things 5. Cafe Favourites 6. Sunday Cook-ups

Amanda Brocket is a passionate advocate of eating raw--fresh natural food that has not been heated over 44°C (or 111°F). After a five-year health battle, she discovered raw food and quickly lost weight, stopped craving sugar, regained her energy and cured herself of her health condition. In this book Amanda explains how to start incorporating more raw food into your diet to experience its life-changing benefits. There are more than 80 delicious, nourishing recipes to get you started, as well as expert advice on ingredients, preparation, techniques and equipment. Includes dual measures.

From the founder of the wildly popular food blog Deliciously Ella, 120 plant-based, dairy-free, and gluten-free recipes with gorgeous, full-color photographs that capture the amazing things we can do with natural ingredients. In 2011, nineteen-year-old Ella Woodward was diagnosed with a rare illness that left her bed-ridden, in chronic pain, and plagued by heart palpitations and headaches. When conventional medicine failed her, Ella decided to change her diet. She gave up meat, gluten, dairy, sugar, and anything processed—and the effects were immediate: her symptoms disappeared, her energy returned, and she was able to go off all her medication. A self-confessed sweet tooth, Ella taught herself how to make delicious, plant-based meals that delight the palette and improve overall well-being. Deliciously Ella is an essential, how-to guide to clean, plant-based eating, taking you through the best ingredients and methods for preparing easy, exciting meals. This is not a diet—it's about creating a new mindset that embraces fantastic food. From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and twenty classics in her signature, elegant style. Packed with vivid photos and simple, foolproof instructions, Deliciously Ella provides a foundation for a pure, unprocessed, unrefined diet, so you can look and feel better while enjoying great food.

Health and convenience don't have to be mutually exclusive when cooking for the family. Feed your family quickly and nutritiously, whether you're cooking up a storm on a Sunday or enjoying some easy mid-week meals. Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to show how to feed your family on any night of the week in a simple, healthy way. Here, she's compiled tasty sugar-free recipes for the whole family to enjoy. In I Quit Sugar: Fast Family Meals, Sarah and her team share:- how to feed the family for less than \$5 per serve- ideas for Friday fun food for kids and adults- fast family fixes and easy

weekday dinners- how to cook a Sunday roast and divide up the leftovers- that you don't have to feel guilty about indulging in some after-dinner treats!Written with all the care and expertise you have come to expect from the I Quit Sugar team, this is the book that makes healthy family meals and one-pot wonders in a sugar-free lifestyle easier, more affordable and more delicious.

From the New York Times bestselling author of I Quit Sugar and First, We Make the Beast Beautiful comes this proven 2-week plan for reducing anxiety and beating one of its leading causes—sugar addiction—using 8 simple, sustainable dietary shifts. Eating more than 6 teaspoons of sugar a day? No wonder you're anxious. Anxiety has a lot to do with lifestyle choices, including what you put in your mouth. Sarah Wilson is an expert on sugar addiction and its connection to the most widespread mental health concern—chronic anxiety—affecting millions worldwide today. One in six people in the West alone suffer from an anxiety-related illness. While scientists know that anxiety is a chemical imbalance in the brain, recent studies have linked this condition to sugar consumption and inflammation in the gut. In *The Anti-Anxiety Diet*, Wilson unravels the cutting-edge science linking sugar addiction, inflammation, and gut health to mental health. “If you have fire in the gut,” Sarah advises, “you have fire in the brain.” And sugar is the primary culprit. *The Anti-Anxiety Diet* is her simple, 2-week jumpstart plan for eliminating sugar from your diet. Packed with delicious, easy-to-prepare recipes, 4-color photos, and detailed meal plans, it shows you how to replace the bad stuff (sugar) with the good stuff (whole, unprocessed foods), to soothe—and ultimately tame—the anxious beast.

Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to ditch the guilt and show how to quit sugar without also quitting chocolate. Here, she's compiled fructose-free recipes for the family, individuals and our little people. Written with all the care and knowledge you have come to expect from Sarah and her I Quit Sugar team, this is the book that makes sweet meals and treats in a sugar-free world easier, more creative and tastier than ever.

Embrace a sugar-free summer with these super hydrating, nourishing and refreshing smoothies!With more than 60 recipes to choose from, these whole, natural smoothies are packed with veggies, a little fruit and plenty of healthy fats and protein. Their simplicity also means you can nourish your body with maximum flavour and minimum fuss - even when you need to grab breakfast on the go! Master the art of delicious smoothie toppers, blitz lush smoothie bowls and create show-stopping whips to impress your friends and family.

'A delicious evocation of place and memory from one of my favourite cooks.'

Allan Jenkins, Editor of *Observer Food Monthly* 'This book is so much more than a cookbook, it's a love song to a very special place and we are lucky to have the brilliant Marianna as our guide.' Itamar Srulovich, co-founder of Honey & Co. 'I want to make everything in this beautiful book. An absolute treasure.' Rosie

Birkett, author of *The Joyful Home Cook* With photography from Elena Heatherwick, the Fortnum & Mason Food and Drink Photographer of the Year 2020 Marianna Leivaditaki is a natural storyteller. She grew up in Chania, on the Greek island of Crete, and spent her childhood helping out in the family-run taverna. After school, she carried around her blue notebook, writing down all the recipes she would like to cook, helped by the Greek grannies' kitchen wisdom. Marianna's love for the food of her heritage flows off every page, but she also has a contemporary take on it. As head chef of Morito in Hackney, she has championed high-quality ingredients, presenting them in simple, stunning sharing plates, and has been critically acclaimed for doing so. These inspirational recipes derive from the SEA, the LAND and the MOUNTAINS. We all know the health benefits of a Mediterranean diet, rich in olive oil, fresh vegetables and fruit, nuts, fish and whole grains, as well as the importance of how you eat and appreciate your food. Marianna offers achievable, yet delicious dishes celebrating seasonal, fresh food that you can take time to enjoy with friends and family.

Don't hate on snacks! This is your one-stop guide to smart snacking. If you're wanting to lose weight and tone up, it's important to keep your metabolism firing by enjoying healthy, filling snacks between meals, without being derailed. *Snack Power* features 225 delicious recipes from Tiffany Hall's TIFFXO fitness program, including: •the best pre- and post-workout snacks •snacks to eat according to your different moods •the best snacks for special occasions •snacks to satisfy the whole family •easy-to-follow tips and tricks for batch-cooking, prepping in advance and snacking on-the-go. These snacks are designed to be compatible with a busy lifestyle and will complement your training program, helping you to look and feel better than ever before. No matter what your goal - to have more energy, build lean muscle, lose weight or just satiate your hunger - there's always a smart way to snack!

The creators of the world's largest online fasting community bring you the world's easiest diet: restrict calories for 3 days a week, then eat as you like for the other 4 days. It's that simple! Victoria Black and Gen Davidson started SuperFastDiet to prove that weight loss can be fun, easy and part-time, and *The 3-Day Diet* stands out as the most effective path to fast, sustainable weight loss. This book includes: - scientific research showing how *The 3-Day Diet* and intermittent fasting work - 60+ fresh, delicious recipes for every day of the week - meal plans and practical strategies for your fasting days - tips for a more balanced mindset to help you maintain and supercharge your weight loss - inspiring true stories of 3-day diet success from the SuperFast community. Hear from real community members who love the 3-Day Diet: 'It's just so easy and convenient' 'It is manageable and flexible and allows me to have my favourite meal of the day: breakfast' 'I don't feel like I miss out on anything and still lose weight' 'I never feel deprived' 'I don't really feel like I'm even on a diet. I've been doing it for three weeks now and I've lost 3.4 kg'

3-2-1 is a brand new way of cooking delicious food, that is completely life

changing. Every recipe is formulated to contain 3 portions of fruit and vegetables per person, serving 2 people and all made in one pan. That's it! Curries, Stews, Traybakes, Casseroles, Salads and more. Take the effort out of cooking and put health and enjoyment back in.

Now out in tradepaper is *The Sugar Brain Fix* (a revised and updated edition of *Diet Rehab*), in which best-selling author and brain-health expert, Dr. Mike Dow, shows how sugar affects brain chemistry and provides new research on dieting and hypnosis. What makes a healthy brain? The answer is simpler than you think. In *Diet Rehab*, Dr. Mike Dow shared a simple, yet powerful plan to help readers kick their food addictions. Since then, Dr. Dow has gone on to become a New York Times best-selling author and has continued to research and publish books extensively on improving brain health. Over the past five years, he's gathered even more data that shows how our standard American diet is harming our brains and our bodies--and what we can do about it. In 2015, the first human study linking the blood-sugar spiking Western diet and a smaller hippocampus was published. There is now scientific proof that sugar is shrinking the brain! With *The Sugar Brain Fix*, Dr. Dow takes a closer look at how sugar affects brain chemistry, and the ways we can fix it. The book features cutting-edge research and Dr. Dow's modified Mediterranean diet--the best diet for brain health and wellness. *The Sugar Brain Fix* will also incorporate research about hypnosis, and other activities to naturally boost brain health. At its core, *The Sugar Brain Fix* is a cognitive behavioral guide for boosting serotonin and dopamine levels in the brain with a new-and-improved diet and natural mind-set shifts, while improving overall health. The diet has a clinically proven, 3-prong approach: 1) eliminate sugar, 2) boost Mediterranean-diet-friendly fats, 3) increase probiotics.

Bestselling author and founder of *The Healthy Mummy* Rhian Allen brings you the ultimate guide to losing weight on a budget. Filled with bulk cooking hacks, clever shopping tips and more than 120 delicious recipes at under \$2.50 per serve, this book makes it easier than ever to eat well while losing weight and saving money. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

As seen in USA Today's hottest releases and The Washington Post's 10 New Books Spotlight "Sarah Wilson is a force of nature – quite literally. She has taken her pain and grief about our sick and troubled world and alchemized it into action, advocacy, adventure, poetry, and true love." — ELIZABETH GILBERT Wake up and reclaim your one wild and precious life. New York Times bestselling author Sarah Wilson shows you how in this radical spiritual guidebook, the book we need NOW. Many of us are living with the sense that things are not right with the world and are in a state of spiritual PTSD. We have retreated, morally and psychologically; we are experiencing a crisis of disconnection—from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that this sense of despair and disconnection is ironically what unites us—that deep down, we are all feeling that same itch for a new way of

living. Drawing on science, literature, philosophy and the wisdom of some of the world's leading experts, and her personal journey, Wilson offers a hopeful path forward to the life we love. En route, she shows us how to wake up and reconnect with life using "wild practices" that include: · Hike. Embrace the "walking cure" as great minds throughout history have. · Go to your edge. Do what scares you and embrace discomfort daily. · #Buylesslivemore. Break the cycle of mindless consumption and get light with your life. · Become a soul nerd. Light up your intellect with the arts. · Get "full-fat spiritual". Have an active practice and use it to change the world. · Practice wild activism. Through sustained, non-violent protest we can create our better world. The time has come to boldly, wildly imagine better. We are being called upon, individually and as a society, to forge a new path and to find a new way of living. Will you join the journey?

A joyful celebration of seasonal eating and wellbeing from the popular cafe and yoga studio, Egg Of The Universe. Embracing our philosophy of better living through nutritious wholefoods and mindful movement, here are over 100 of the most popular recipes from our cafe for you to recreate at home. There's something here for everyone: light and energising breakfasts, salads bursting with colour and crunch, restorative broths and wholesome slow-cooked braises and curries, plus the pickles, ferments, tonics, homemade breads and healthy sweet treats for which the cafe is renowned - all nutritionally balanced to keep your gut and your tastebuds happy. As well as advice on sustainable preparation techniques and wholefood ingredients, we've included a seasonal program of yoga, meditation and wellness practices to help you connect with the world around you and get the best out of each and every day.

'...food allergies have become increasingly common. The authors of Yum! share their considerable knowledge and help you work out the right things to do.'

PROFESSOR ANDREW KEMP From The Children's Hospital at Westmead's expert team comes Australia's first child-focused allergy cookbook. With one in 20 Australian children now having a food allergy – and that number on the rise – this book provides essential information for their families and carers, including: - What is a food allergy? – the facts - Practical tips for looking after a child with an allergy – for every age and stage (from babies to teens) - Shopping for a child with an allergy – general nutrition and which foods to avoid - Preventing cross-contamination when preparing and serving food at home - Eating out and party strategies – advice about eating away from home and travelling - 100 easy-to-follow, healthy and nutritionally-balanced recipes for every meal of the day that exclude all the major allergens – cow's milk/dairy, egg, peanut, tree nut, soy and wheat – with easy ways to reintroduce excluded foods for other children in the family The definitive book for making simple, healthy meals for children with allergies and the whole family.

Did you know that your gut is responsible for producing around 90% of your serotonin, the chemical which makes you feel good? The Happy Kitchen is a

joyous bible of good mood food, packed with recipes and meal planners to keep us calm, boost energy and help us sleep. Since suffering her last serious bout of depression in 2011, Rachel Kelly has evolved a broad holistic approach to staying well, but at the heart of her recovery has been changing the way she eats. Over the past five years, she has worked with nutritionist and food doctor Alice Mackintosh. Together, they have built up a repertoire of recipes that target particular symptoms, from insomnia and mood swings to stress and exhaustion. In chapters ranging from Steady Energy and Beating the Blues to Finding Comfort, they put all the theory into practice, setting out how you can incorporate it into your daily life. Along with delicious new recipes and meal planners, there is a toolkit of Super Good Mood Foods, as well as 'Science Bites' scattered through the text in which Alice explains the biology and chemistry of nutrition. When you're feeling fragile it can be hard to overhaul your diet; it is one more thing on your 'to do' list. But as Rachel has learnt, it is small steps that make a difference. Alice's recipes are easy to follow, and soothe and gladden the soul. Follow their advice, and without trying, you too will, week by week, begin to feel stronger and happier.

From New York Times bestselling author of I Quit Sugar, comes a cookbook with more than 300 satisfying recipes that make giving up sugar simple, sustainable, and delicious. Sarah Wilson's sugar-free promise is more than just a way of eating. The benefits to overall wellbeing—fewer mood swings, improved sleep patterns, and maintaining weight control—have transformed the idea into a way of life. With her new cookbook filled with one-pan wonders, grain-free breakfasts, leftover makeovers, smoothie bowls, and more, Sarah shows us that eliminating sugar is not only doable, but is also so delicious. Recipes include: Bacon 'N' Egg Quinoa Oatmeal, Caramelized Leek, Apple and Rosemary Socca, Two-Minute Desk Noodles, Red Velvet Crunch Bowl, and Chocolate Peanut Butter Crackles.

The bestselling cookbook from Hemsley + Hemsley, including recipes from Jasmine and Melissa's Channel 4 series Eating Well with Hemsley + Hemsley. The Art of Eating Well is a revolutionary cookbook that will help anyone who wishes to feel better, lose weight or have more energy. Jasmine and Melissa Hemsley teach their principles of life-long healthy eating with exciting and inventive recipes that are so delicious you forget the purpose is good health and nourishment. Jasmine and Melissa's philosophy is simple: a healthy gut leads to a healthy body and mind, and a better, happier you; that changing the way you eat doesn't have to involve deprivation, but can be enjoyed everyday - whether you are home, work, with family or friends, or eating out. This stunning book includes over 150 mouth-watering recipes - all of which are free from grain, gluten, refined sugar, high starch and are alkaline friendly. The sisters' down-to-earth, encouraging and practical guidance will motivate you to try new foods and no longer crave high sugar and processed foods. They include comprehensive advice on ingredients, techniques, equipment, cooking in

advance, meal plans, juicing, and packed lunches and snacks that fit busy lifestyles. The Art of Eating Well is divided into clear categories â€" Kitchen and Store Cupboard Basics; Cooking in Advance; Breakfast; Soups; Salads; Sides and Snacks; Main Meals, including meat, poultry, fish and vegetarian; Baking and Desserts; Dips, Dressings and Sauces; Juices and Smoothies; Basics. Beautifully photographed and designed, The Art of Eating Well is a kitchen bible that delivers maximum taste and maximum nutrition. A bold and beautiful cooking companion for food lovers that will change the way you eat leaving you energized, healthy, slimmer and strong.

New in paperback Sarah Wilson, bestselling author of I Quit Sugar, taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable, whole food practices. Now with I Quit Sugar: Simplicious she strips back to the essentials, simply and deliciously. She shows us: * How to shop, cook and eat without sugar and other processed foods * How to buy in bulk, freeze and preserve, with ease and without waste * How to use leftovers with flair All 306 recipes - from sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their life and are ready to embrace the life-affirming, health-giving, planet saving simpliciousness of real food.

'Quitting sugar is not a diet. Quitting sugar is a way of living without processed food and eating like our great-grandparents used to.' With her internationally bestselling book, I Quit Sugar, Sarah Wilson helped tens of thousands of people around the world to kick the habit. In I Quit Sugar for Life, Sarah shows you how to be sugar-free for ever.

Drawing on extensive research and her own tried and tested methods, Sarah has designed a programme to help families and individuals: *banish cravings by eating good fats and protein *deal with lapses *maximize nutrition with vegetables *exercise less for better results *detox safely *make sustainable food choices *cook sugar-free: one hundred and forty-eight desserts, cakes, kids' stuff, comfort dinners, breakfasts and easy packed lunches I Quit Sugar for Life is not just about kicking a habit; it's a complete wellness philosophy for your healthiest, calmest, happiest self.

More than 100 fresh low-FODMAP recipes—the go-to diet for digestive issues, including IBS Recent studies have shown that a low-FODMAP diet—one that eliminates certain carbohydrates that can trigger gas, bloating, and other digestive issues—can help followers to feel better fast. Created by Monash University in Melbourne, Australia, the diet has become a worldwide sensation. Because the offending foods often seem like healthy choices (apples, cauliflower, and garlic can all cause tummy discomfort), it can be a challenge to pull together meals. Enter Alana Scott and her wonderful cookbook. Scott, who suffers from irritable bowel syndrome (IBS), began developing recipes so she could enjoy eating again. In The Gut-Friendly Cookbook, she shares more than 100 recipes for delicious dinners, breakfasts, lunches, and snacks, plus sweet treats, gorgeous photographs of each recipe, and plenty of easy-to-read background information on FODMAPs, a shopping guide, and advice on how to change your eating through the whole cycle of the low-FODMAP journey. The recipes have all been reviewed and approved by a FODMAP- trained registered dietitian.

"I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness." Sarah Wilson was a self-confessed sugar addict, eating the equivalent of 25 teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change. What started as an experiment soon became a way of life, then a campaign to alert others to the health damages of sugar. I Quit Sugar uses Sarah's personal experience to help you: - beat the sugar habit with a tested 8-week plan- overcome cravings via proven and easy tricks- find healthy sugar substitutes- cook sugar-free: 108 desserts, cakes, chocolate, kids' treats, snacks and easy detox meals. I Quit Sugar is your guide to kicking the habit, losing weight and getting well.

Including One Month of Kid-Friendly Meal Plans and Detailed Shopping Lists to Make Life Easier As the rate of chronic illness skyrockets, more and more parents are faced with the sobering reality of restrictive diets. And because everyone is busy, many families come to rely on store-bought "healthy" products to make life simpler, but many of these are loaded with sugar and hidden toxins. When faced with her own family health crisis, mother and health coach Leah Webb realized that in order to consistently provide high quality food for her family, nearly 100 percent of their meals would need to be homemade. But when she looked for a resource to guide her, most cookbooks that offered recipes "free" of allergenic foods were also high in processed starches, flours, and sugar. Webb, like so many parents, was looking for a cookbook that offered deeply nutritious, kid-friendly, whole foods recipes that were also easy, but there wasn't one--so she wrote it herself. The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook offers a new system to preparing food and approaching the kitchen that gets kids involved in cooking, which encourages excitement around food (a major challenge with restrictive diets). The recipes are rich in healthy fats, nutrient-dense vegetables, ferments, and grass-fed meats, and include snacks, school lunches, and delicious sweet treats that rival the flavors of sugar-dense desserts. By following Leah's meal plans, parents will be sure to please everyone in the family and make cooking on a restrictive diet enjoyable and doable over a long period of time. Families that know they would like to rid themselves of grain, sugar, and dairy, but are intimidated by starting, will find Webb's advice and troubleshooting invaluable. The cookbook outlines family-tested methods that make for effective and efficient preparation, including everyday basic recipes that will become part of a cook's intuitive process over time. The best part is that although Leah prepares nearly every single one of her family's breakfasts, lunches, dinners, and snacks using whole food ingredients, she only spends four to six hours on food preparation per week! Through stocking her freezer, prepping the kitchen, shopping and cooking in bulk, and consistently planning meals, this diet plan is not only possible; it is manageable and fulfilling. Prepare for this cookbook to radically change your life.

From New York Times bestselling author Kristin Cavallari comes a cookbook that reveals what she eats every day. In *Balancing in Heels*, Kristin Cavallari shared her personal journey along with her tips on everything from style to relationships. And now, with *True Roots*, Cavallari shows you that improving the way you eat doesn't have to

be difficult—a clean and toxin-free diet can and should be fun, easy, and enjoyable. She learned the hard way that dieting leads nowhere good, and that a clean lifestyle is the ticket to feeling and being healthy. So how does Kristin eat? Organic as much as possible, wild-caught fish, grass-fed beef, fresh fruits and vegetables, and nothing white—no white flour, sugar, or salt. She avoids anything heavily processed and anything that has been stripped of natural nutrients. She maintains a lifestyle free of toxic chemicals and is passionate about creating delicious and hearty food from real ingredients. She wants her food to be true, as close to its natural state as possible. Her recipes—green banana muffins, bison and veggie kabobs, and even zucchini almond butter blondies—are proof that a healthy lifestyle isn't boring or bland. Feed yourself real food and see how much better you feel, both mentally and physically.

What's inside this eBook In this book you'll find various sugar-free chapters including: Weekday Dump 'n' Run: Fuss-free recipes you can throw together in the morning and come home to at night. Soups, Stews and Curries: Lush curries and hearty stews to get you through winter. Hearty Breakfast: Overnight breakfast packed with extra nutrition and ready to devour in the morning. Cakes 'n' Puds: Oozy-chocolate brownies, light and moist cakes and classic family favourites. Same-same But Different: All your sugar-laden favourites with an IQS makeover. You'll also find celebrity contributions from Margaret Fulton, Kate Gibbs and Matt Preston. More about the book Building on the nutritional concepts explored in Sarah Wilson's second print book, international best seller, I Quit Sugar for Life, the Slow Cooker Cookbook is a compilation of densely nutritious meals that are affordable and easy for families and solos.

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