

Michelle Bridges Breakfast Recipes

Fresh, seasonal recipes that perfectly evoke the relaxed luxury of the Hamptons
Combining food with her memories of raising a family in New York’s legendary Hamptons, Ricky Lauren’s The Hamptons perfectly captures the lifestyle—plus the rich history—of America’s most exclusive resort.
Written by Ricky Lauren, who is an accomplished author, photographer, and artist, this lush and evocative book is packed with delicious recipes, beautiful photographs, and original watercolors that paint a picture of the Hamptons life.
Includes approximately 100 healthy, fresh, seasonal recipes
Features tips and advice on entertaining in true Hamptons style and simplicity
Offers a glimpse into the life of a beloved family, with archival photos and personal snapshots of the Laurens
Eating healthy has never been so delicious. No matter how much exercise you work into your daily routine, you can’t be in optimal condition if you’re not eating right. With this in mind, Luke and Scott have created a collection of recipes that are easy to make, delicious to eat and, best of all, great for your overall wellbeing.
The paleo diet – also known as the ‘caveman diet’ – is based around the belief that you should only eat what you can catch, pick from a bush or forage for. So cut out all those hard-to-digest grains and unnecessary sugars, and fill up on these delicious, nutrient-dense meals for breaklast, lunch and dinner.
The Clean Living Series
Clean Living
Clean Living Cookbook
Clean Living Quick & Easy
Clean Living Fast Food
Clean Living Paleo Basics
Clean Living Eat Clean All Year
Breakfast varies from country to country, but it’s how all children begin their day. Explore the meals of twelve countries in this playful approach to the world!
From Australia to India to the USA, come travel around the world at dawn. Children everywhere are waking up to breakfast. In Japan, students eat soured soybeans called natto. In Brazil, even kids drink coffee--with lots of milk!
With rhythm and rhymes and bold, graphic art, Pancakes to Parathas invites young readers to explore the world through the most important meal of the day.

'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 twenty-five 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 dangers of sugar.
I Quit Sugar uses Sarah's personal experience to help you:
· beat the sugar habit with a tested eight week plan
· overcome cravings via proven and easy tricks
· find healthy sugar substitutes
· cook sugar-free: over a hundred desserts, cakes, chocolate, kids' treats, snacks and easy detox meals
'Sarah's down-to-earth, practical approach makes the sugar-quitting process doable, while her recipes make it fun' - David Gillespie, author of Sweet Poison.

No Crumbs Left

The Low-Calorie Cookbook

Crunch Time Cookbook

Michelle Bridges' Total Body Transformation

Healthy, Satisfying Meals with 500 Calories or Less

The Farm Chicks in the Kitchen

I Quit Sugar

The Beauty Chef Gut Guide is the practical companion to Carla Oates' acclaimed book, The Beauty Chef. It is a compelling resource for people who want to better understand the science underpinning the link between gut and skin health. The 8-week program includes information on the importance of gut functionality, weekly meal plans for repairing and reprogramming your gut, and more than 90 recipes.

In addition to recipes and information about repairing your gut, it covers broader advice for wellbeing, from the importance of cleaning products to mindfulness and yoga. It is photographed and designed in the distinct style established by the The Beauty Chef cookbook.
Recipes – across breakfast, lunch and dinner – include: Coconut Crêpes; Chicken, Flaked Almond & Sage Buckwheat Risotto;

Lemongrass & Kaffir Lime Salmon Cakes; Panfried Cauliflower Gnocchi; Swedish Meatballs; Tamarind Fish Curry; and Vanilla & Cardamom Chia Puddings.

One of New York Magazine’s Best Gifts for New Grandparents, According to Grandparents
Don’t just give a gift…give an experience!
Grandma and Me: In the Kitchen
Activity Kit includes everything Grandma and her grandchild need to cook up meaningful conversations, enduring connections, and moments that become memories.
Read! Cuddle on the couch or connect over Zoom to read the delightful storybook, What If You Were a Chef at the Zoo? Craft! Personalize a keepsake child-size apron and potholder with the included fabric paint. Share! Record favorite family recipes and the treasured stories behind them in the Activity Recipe Journal. Connect! Spark meaningful discussions with the thoughtful questions on the Conversation Cards.
What’s Included: - 32-page hardcover storybook, What If You Were a Chef At the Zoo? - A potholder for Grandma - A kid-sized apron for a grandchild - Fabric paint for decorating and personalizing the apron and potholder - Activity Recipe Journal with prompts to record family stories, memories, and recipe - Conversation cards to inspire meaningful moments between the generations

Sometimes it’s good to shake things up a bit! Welcome to my Total Body Transformation. Since my first bestseller Crunch Time was published, I’ve been inspired by so many people who have turned their lives around that it feels like the right time to bring that book bang up to date. I’m proud of what we’ve all achieved in the last few years. So here it is, with extra recipes, updated information and a streamlined look - practical advice and expert knowledge to help you lose weight, get fit and take charge of your health and wellbeing.
Intensive 12-week workout program
Comprehensive menu plans
Delicious, nutrition-packed recipes anyone can prepare
Motivational techniques to get the most from your training
Hints and tips for gaining confidence
So, a new look for a new you - fitter, leaner and happier.

A renowned chef and physician shares her secrets to a healthy life in this cookbook filled with healthy recipes that will fuel and energize your body and mind. "I like to think of a spicebox as the cook's equivalent of a doctor's bag--containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking."—from the Introduction
In her first cookbook, chef and physician Linda Shiue puts the phrase "let food be thy medicine" to the test. With 175 vegetarian and pescatarian recipes curated from her own kitchen, Dr. Shiue takes you on a journey of vibrant, fresh flavors through a range of spices from amchar masala to za'atar. With a comprehensive "Healthy Cooking 101" chapter, lists of the healthiest ingredients out there, and tips for prevention, Spicebox Kitchen is a culinary wellness trip you can take in your own kitchen.

Margaret and Me

Weightloss Recipes for Everyday Life

Nourish

Pancakes to Parathas

Good and Cheap

Snack Power

Vegan for Her

Food writer Kate Gibbs grew up at the apron strings of her grandmother, Margaret Fulton. The matriarch of Australian cooking taught Kate everything she needed to know, including how to make bereavement soup, how thickly to spread butter on bread and that porridge must absolutely be made with salt. In this privileged glimpse into a modern food dynasty, Kate reveals some of the highs and lows from the life of her extraordinary grandmother, as well as her own experiences growing up 'foodie'. This rich legacy has informed Kate's career and inspired her to talk to a new generation about the joys of cooking and the importance of good, real food. As well as chronicling her own journey, Kate has distilled this kitchen wisdom into fifty beautifully photographed recipes, a mixture of classic dishes such as Scotch broth and homemade crumpets that recall Margaret's Scottish heritage, to Kate's modern takes on slow-roasted lamb shoulder and custard-filled chocolate profiteroles. These are the recipes that both women grew up with, and which endure as family favourites. Pull up a chair and enjoy.

NEW YORK TIMES BESTSELLER
Get ready for a Total Body Transformation! Meet Michelle Bridges, the straight-talking star trainer of Australia’s The Biggest Loser and founder of Australia’s #1 online weight-loss program. With her 12-Week Body Transformation, Michelle has inspired her countrymen and women to lose more than two million pounds. Now, in Total Body Transformation, she shares her unique exercise, nutrition, and mindset program, which will give you the power to transform your body in just 90 days. Her goal: To help you lose weight rapidly and keep it off for good. Join the hundreds of thousands of people who have already discovered the magic of her method and get the skinny on Diet: Michelle combines nutrition know-how with delicious, easy-to-make recipes and sensible meal plans—even pasta!—that minimize calories and maximize your eating pleasure. Enjoy Homemade Muesli with Yogurt, Salmon Steak with Arugula and Asparagus, Penne with Feta and Lemon, and more—along with healthy snacks to eat throughout the day. Workouts: The rubber meets the road with Michelle’s series of killer workouts devised for quick and dramatic results. You’ll learn isolation and toning exercises that build muscle and burn fat, plus ways to sleep your way to a healthier you. Motivation: Michelle turns conventional thinking about weight loss on its head. People don’t struggle emotionally because they’re overweight, they become overweight because they are fighting emotional battles. Changing your body starts by changing your mind, and Michelle’s mindset lessons and unique techniques for resetting behavior help you lose weight fast and keep it off. Along the way, Michelle debunks common diet myths (you cannot spot-reduce fat!), helps you ditch bad habits (like denial and negative self-talk), and steers you toward setting goals and being consistent. What you lose in weight, you can gain in better moods, improved health, and thriving self-confidence. Combine the science of fast weight loss with life-changing psychology to give your body the total transformation you have always wanted. Praise for Total Body Transformation “[Bridges] may help you defeat your excuses about exercise (‘Don’t start bargaining with yourself,’ she writes), help you set goals (specific, measurable, achievable, realistic, time-based), and cut negative self-talk. . . . The stunning before-and-after pics of her clients might motivate you.”—Newsday
Michelle Bridges is passionate about health - her health, your health, our health. In *Food for Life*, Michelle shows us how to cook for a lifetime of wellbeing and fitness, and reminds us that we each have the power to choose better health through our food. Michelle includes 200 delicious recipes, using accessible nutrient-dense ingredients, suitable for singles, couples and families. There are meal plans for reducing weight, boosting energy and feeding families, as well as smart shopping lists, ingredient descriptions and the sort of sensible, sustainable dietary advice you have come to expect from one of Australia's most trusted voices in health. *Food for Life is not just for short-term weight loss; instead, it shows you how to develop a pattern of healthy eating that will last you a lifetime. As beautiful as it is practical, it will inspire you to see food as a path to good health, empowerment and joy. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.*

Lose weight Reach goals Feel fantastic
The Michelle Bridges 12 Week Body Transformation has already helped Australians lose over 700,000 kilos! Now you can go behind the scenes and hear 75 people’s amazing life-changing success stories. From the mother and daughter who each lost more than 60 kilos to the bushfire survivor who discovered her 'inner mongrel'; from the 'big guy' dad who lost 45 kilos so he could enjoy being with his kids to the woman who wanted to get fit before 50 and then achieved a personal best in a marathon - these 12WBTErs bare all to inspire others to stop making excuses and work their way towards being the best version of themselves. Alongside these journeys, Michelle also shares:Skills and drills to help you get your head right, eat well and exercise regularly
18 sensational recipes
Motivational advice ... and the occasional kick up the butt!

The 4-Hour Body

Minimalist Baker's Everyday Cooking

Eat Well and Be Healthy with Globally Inspired, Vegetable-Forward Recipes

Spicebox Kitchen

(Gifts for Grandkids, Kids Activity Kits, Cooking for Kids)

The facts, the foods and the recipes - feel great get fit and lose weight

Over 400 Favourite Recipes

Finally there is a book that gives us the best of both worlds. Made with less sugar and more whole foods, Louise Keats’ recipes are both nourishing and delicious. They contain healthier fats and the least refined sugars, as well as eggs, vegetables, fruit, nuts and seeds. They have plenty of goodness, but they are still a treat that you will love to share with your friends and family. Following the success of Cooking for your Baby and Toddler and Something for Everyone, as well as her popular ‘Naughty and Nice’ column in Taste Magazine, Louise has created over 80 recipes to nourish your body and soul. From cakes and pies to ice creams, biscuits and drinks – Louise’s recipes allow you to have a healthy, nourishing diet, without missing out on dessert! ‘By using less sugar and cooking with natural whole foods, this clever book lets us have our cake and eat it. . . . To have a book that includes lots of goodness but doesn’t compromise on taste, well, I suspect Sweet Nourish might have just found itself a permanent place on my kitchen bench.’ Michelle Bridges

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Vegan for Her, a blueprint for optimal health and wellness at any age, will show you how to: lower your risk for breast cancer and heart disease; manage conditions like arthritis and migraines; diminish PMs and cramps; build strong bones for life; enhance fertility; make an easy transition to a vegan diet; and incorporate principles of both fashion and compassion into your home and wardrobe.

Traditional delights from the nation’s favourite cooks. The cooking skills of CWA members are legendary and this collection brings together their very best recipes. Inside you’ll find soups and stews, casseroles and pies, cakes, preserves, biscuits and slices. All the recipes use simple ingredients and are easy to make, yet have the indelible stamp of CWA sense and sensibility. Now you can learn from the experts! ‘There’s a lot to love about 85-year-old Ailsa Bond’s steamed pudding, Shirley Tong’s lemony ginger cake and Judy Anictomatis’s Greek shortbread and there are plenty more just like this.’ Jane Willson, The Age ‘It’s a real homecoming, the new Country Women’s Association Classics- a mighty collection of 400 recipes that really capture the home cooking of a nation.’ Book of the Week, Sunday Mail Brisbane, reviewed by Wendy Hall ‘Each recipe in this cook book has the indelible stamp of CWA sense and sensibility.’ Queensland Times ‘From soups to preserves, the recipes are down-to-earth, no-fuss and timeless.’ Filii Lim, Waverley Leader

Breakfast Around the World

Interval Eating to Lose Weight and Feel Ageless

12WBT Low-carb Solution

No Added Salt Diet (approximately 4 Grams Sodium).

Superfoods Cookbook: The facts, the foods and the recipes - feel great, get fit and lose weight

Total Body Transformation

Grandma and Me: In the Kitchen Activity Kit

Lose 5 kilos in 30 days. It sounds straightforward and it is. Michelle Bridges is Australia's most successful weight-loss expert and she knows how to get people into shape quickly. Whether your weight has been slowly creeping up over the last few years, you've already lost a lot of weight but can't get any further, or summer is just around the corner and you want to look your best, Losing the Last 5 Kilos gives you all the information you need to get back to your perfect size. Day-by-day menu plans, with weekly shopping lists Michelle's favourite low-cal but filling recipes Easy-to-follow, high-intensity exercises, with step-by-step photos Michelle's best tips for success So, set aside 30 days to follow Michelle's training program and menu plan. Do this for just four weeks and watch the kilos disappear. You will look and feel fantastic. Michelle's program is like nothing else. It's like there was one single piece of information that my brain needed to figure out to understand what losing weight was all about - and I sure found it. Amanda, 41, Sydney

When you’ve tried practically every diet and have struggled for years to reach and maintain a healthy weight, what do you do next? If you’re Heather and Terry Dubrow, MD, you create your own diet based on cutting-edge and Nobel-prize winning science that promises not just unprecedented metabolic control, but also an internal cellular rejuvenation with powerful antiaging effects. Then, after creating a diet that can transform your life from the inside out, you want to help as many people as possible look and feel their best, so you write a book about it! In The Dubrow Diet, Orange County’s favorite reality TV couple share the diet and exercise plan they created to end their own decades-long yo-yo dieting and flip on what they call the “ageless switch.” The central concept is called interval eating, a practice based on research showing that when you eat is perhaps the most important factor in weight loss and weight control. With interval eating, the Dubrows will introduce you to a simple eating schedule that can help you: ● reprogram your cells to go after stored fat for fuel. ● lower insulin and normalize blood sugar. ● fight off chronic inflammation linked to almost every major disease. ● activate a process known as autophagy, your cells’ self-cleaning process and an antiaging game changer. ● increase your energy. ● finally reach your goal weight. ● rejuvenate your skin and overall appearance. So, what are you waiting for? You have more power than you realize over the hormones that regulate your weight and the molecular factors that determine how you age. It’s time to take advantage of this power with a diet that is not only doable but also sustainable and even fun! The Dubrows wouldn’t have it any other way.

Michelle Bridges, expert trainer from The Biggest Loser and author of the best-selling Crunch Time, knows that confidence in the kitchen is the key to weight management. In the Crunch Time Cookbook she arms you with 100 simple, delicious recipes to help you lose the kilos and keep them off. But this is no ordinary cookbook. There’s also: a 12-week menu planpractical info on counting calories and basic nutritionadvice on breaking bad habitsexercise tipsTake charge of what you eat! Lose weight! Feel fantastic! Michelle shows you how easy, quick and cheap it can be to prepare your own meals, and all her recipes are family friendly. Tuck into tasty low-cal versions of old favourites such as burgers, fish and chips, pizza, and sizzling roast beef. Or try her spicy stir-fries, hearty soups and stunning salads. High in nutrition, low in calories, these gorgeous recipes will help you take back control! Visit penguin.com.au/michellebridges for more about Michelle’s books Visit Michelle at michellebridges.com.au her official website.

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring.Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even

the most inexperienced cooks spend less time in the kitchen and more time around the table.Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

The Fit Woman's Cookbook

Clean Living Cookbook

Powerful Living

Everything You Need to Know to Become a Great Cook

Muscle Myths

The 3-Day Diet

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

Scrumptious recipes that make everyday food marvelous by food blogger sensation Teri Turner of NoCrumbsLeft.net, fully endorsed by Whole30

12WBT Low-carb SolutionMacmillan Publishers Aus.

If you want to build muscle and lose fat easily, effectively, and rapidly .and if you 'd like to rid yourself of all kinds of bad advice and habits that are making getting into great shape much harder than it should be.then you need to read this book. Let me ask you a question. Do any of the following claims sound familiar? “I have bad genetics–I just can’t build muscle or lose fat easily.” “You have to work your abs more to get a six-pack.?” “When doing cardio, you want your heart rate in the ‘fat burning zone.’” “ Don’t eat carbohydrates–they make you fat.” “ Don’t eat at night if you want to lose weight.” “If you wait too long in between meals, your body goes into ‘starvation mode’ and you will mess up your metabolism.” “I’m overweight because I have a slow metabolism.” You’ve probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people’s fitness ambitions. Thanks to the overwhelming amount of fitness pseudo-science and lies being pushed on us every day by bogus magazines and self-styled “gurus,” it’s becoming harder and harder to get in shape. Muscle Myths was written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. And unlike other books that just offer endless opinions, the advice in this book is backed up by over 300 citations of scientific literature, and real-world results. Make no mistake: this isn’t a book about exercise and diet theory. This book is full of practical, results-driven advice that will help you reach your fitness goals easier and faster. Here are just some of the things you’ll learn in this book: Why you don’t have to completely cut out carbs or fat, or eat weird combinations of food to lose weight.The truth about supplements and why 99% of them are a complete waste of money (and the few that are actually scientifically proven to work).The truth about the effects of fasting and the “starvation mode” myth. Yup, it’s a myth, and you may even want to incorporate some fasting into your meal schedule.Why eating a substantial amount of carbohydrates every day won’t make you fat as some “experts” claim, but why going low-carb can be beneficial for some.The scientific secrets of getting a six-pack. Forget 6-minute gimmicks, doing endless crunches, and hours of grueling cardio–it’s actually pretty easy when you know what you’re doing.Training and diet methods that will completely shatter any perceived “genetic barriers” that you think are holding you back from building muscle or losing weight.What you need to know about alcohol and its effects on your fat loss and muscle growth. (Hint: It’s not nearly as bad as some people claim, and you don’t have to totally abstain if you know what you’re doing!)And much more. This book will save you the money, time, and frustration of falling into the traps of misleading diets, workout programs, and products, and teach you how to finally start seeing real results with your diet and exercise. SPECIAL BONUS FOR READERS! With this book you’ll also get a free 52-page bonus report from the author called “Muscle Meals: 15 Recipes for Building Muscle, Getting Lean, and Staying Healthy.” In this free bonus report, you’ll find 15 fast, healthy, and tasty meals that will help you build muscle or lose weight, regardless of your current skills. Scroll up and click the “Buy” button now to learn the no-BS truth of how to look good and feel great without having to endure tortuously restrictive diets or long, grueling exercise routines.

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!

Lose Weight Fast-and Keep It Off Forever!

100 Super Easy, Super Fast Recipes

The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet

Ricky Lauren The Hamptons Food, Family and History

Feeding the Frasers

Food For Life

Whole30 Endorsed, Recipes for Everyday Food Made Marvelous

A landmark book from the test kitchen that has been teaching America how to cook for 20 years. We launched the America's Test Kitchen Cooking School two years ago to teach home cooks how to cook the test kitchen way, and since then thousands of students have taken our

interactive video-based online courses. The America's Test Kitchen Cooking School Cookbook shares the same goal as our online school and brings all our best practices—along with 600 all-time favorite recipes—into one place so that you can become a better, more confident

cook. There is no better way to learn than seeing an expert in action, so we've included over 2,500 color photos that bring you into the test kitchen so you can see how to prepare recipes step-by-step. The book starts off with an exhaustive 46-page Cooking Basics chapter

that covers everything from what equipment you need (and how to care for it) to test-kitchen tricks for how to make food taste better. Then we move on to cover all the major cooking and baking categories, from meat, poultry, and pasta to breads, cakes, and pies.

Illustrated Core Techniques, like how to whip egg whites, roast a chicken, or bake flawless pie dough, focus on the building block recipes everyone should know. Recipe Tutorials that each feature 20-35 color photos then walk readers through recipes that are either more

complicated or simply benefit from the visual clues of step photography, like Extra-Crunchy Fried Chicken, Sticky Buns with Pecans, and Deep-Dish Apple Pie. Every chapter ends with a library of the test kitchen's all-time favorite recipes, such as Pan-Seared Steaks with

Red Wine Pan Sauce, Meatballs and Marinara, Best Vegetarian Chili, Memphis-Style Barbecued Ribs, and New York-Style Cheesecake—more than 600 in total—that will allow home cooks to expand their repertoire. The America's Test Kitchen Cooking School Cookbook is a how-to-cook

book that also explains why recipes succeed or fail, which makes it the ideal book for anyone looking to cook better.

Get the best out of the food you eat to get the best out of yourself. Michelle Bridges, Australia's most popular diet and fitness expert, shares her superfoods - the essential ingredients that pack the healthiest punch. From beans that boost your brainpower to vegies that

help prevent disease, these nutritional big hitters are beneficial additions to everyone's culinary arsenal. Inside you'll discover: the benefits each superfood provides information on how they can help you to improve your state of mind, exercise effectively and lose

weight weekly menu plans and shopping lists And with 80 tasty, tantalising recipes - from awesome breakfasts and elegant evening meals to light lunches and on-the-go sandwiches - it's easy to incorporate these sensational superfoods into your diet.

Features recipes inspired by modern farm life, presents craft projects to decorate the home, and describes each author's story.

The best way to lose weight is to change what you eat: fresh ingredients, good-quality food, portion control. With easy-to-follow menu plans and over 80 delicious, low-calorie recipes for everyday eating, Michelle Bridges will help you take charge of your weight loss.

Michelle's food tastes amazing and you won't feel hungry between meals, so stop making excuses for not having the body or the life you want and take control of what you eat.NOW!

Delicious paleo food to help you change your life

Family Favorite Recipes Made to Feed the Five-Time CrossFit Games Champion, Mat Fraser

An Uncommon Guide to Rapid Fat-loss, Incredible Sex and Becoming Superhuman

Eat Well on \$4/Day

The America's Test Kitchen Cooking School Cookbook

Mindset + Exercise + Recipes

Mindset + Exercise + Recipes - Take control, start today 'This book is about YOU! It will be your roadmap to getting where you want to be, taking control and getting back your self-belief. Let's re-ignite your inner arse-kicker! This time, it's personal. Power up! When you choose to change,

Michelle Bridges gives you everything you need to get you where you want to go. Power Food: More than 60 recipes and countless food ideas - organised by calorie count so you can create a menu that works for you.Body Power: 18 exercises and 10 highly effective workouts you can do virtually

anywhere.Mind Power: Switching your brain to 'I can do it' with 40 practical mindset drills.Change your life - your way

Lorna Jane Clarkson, founder of Australia's leading activewear label Lorna Jane, launches NOURISH: The Fit Woman's Cookbook. Clarkson's first ever cookbook follows the success of More of The Fit Woman's Secrets [2013] and Move Nourish Believe [2011]. In keeping with Clarkson's commitment to her Active Living three-pillared philosophy, MOVE NOURISH BELIEVE, the cookbook is to help inspire women to improve their lives by focusing on nourishment rather than dieting. Lorna Jane Clarkson: "I want women to make the healthy choice as I know it will improve their lives just as it continues to improve mine every single day. The connection between the foods we eat and the way we feel is incredible." "Women are the drivers of their own lives and shouldn't let fad diets rule who they are. I'd like women to stop dieting right now and instead focus on feeding their bodies with healthy food, so they can think, feel and be at their best every single day of their lives." NOURISH: The Fit Woman's Cookbook will contain 94 of Lorna's favourite recipes including breakfast, lunch, dinner, desserts, snacks, smoothies and elixirs with accompanying imagery. The cookbook also incorporates meal planners and Clarkson's tips for establishing healthy eating habits, improving digestion, hydration and alkalinity, personal nutritional philosophies and life rituals.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her

passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring

cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

'My mission is to show you that low-carb eating is easy, fun and tastes amazing. Even better, it has incredible health benefits for your blood sugar, metabolism, gut and brain.' Michelle Bridges In 2020, Michelle Bridges and the 12 Week Body Transformation program will celebrate ten years of changing Australians' lives for the better. Michelle and her phenomenally successful 12WBT have helped hundreds of thousands of Australians lose almost 2 million kilos over 10 years. Michelle's 12WBT advocates an easy low-carb approach to healthy eating -comprising of moderate protein, small amounts of good fats, and SMART carbs (low-carbs, not no-carbs) - with a focus on natural, unprocessed foods. This book contains 120 simple low-carb recipes, dietician-approved meal plans and exercises to help individuals reset their habits, lose weight and foster long-term good health. Above all, it contains a solution. It's perfect for those who are already familiar with 12WBT or for those who are interested in learning more about a program that has been tried, tested and loved by thousands of everyday Australians. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Skinnytaste Cookbook

Crunch Time

China Penguin Specials

Sweet Nourish

Inspiring Stories and lessons from the Michelle Bridges 12 Week Body Transformation revolution

Country Women's Association Classics

Your Complete 8-Week Detox Program and Cookbook

Boost your health and vitality while losing weightHow many diets have you tried that haven't worked for you? The Total Wellbeing Diet, developed by Australia's CSIRO, is not just another diet, it's a long-term healthy eating plan that can make you feel great. Easy to use Scientifically tested Nutritionally balanced The CSIRO Total Wellbeing Diet can really work, helping you lose weight permanently by keeping you satisfied and giving you more energy. With over 100 mouth-watering recipes and 12 weeks of menu plans to get you started, this book contains everything you need to know about the CSIRO Total Wellbeing Diet - how to start, what to cook and how to keep the weight off forever.

So you want to lose weight? Don't just settle for half a kilo here and there when you can lose more weight faster - and keep it off! So you want to get fitter? Don't put it off any longer when you can get fulfilled, invigorated and toned - and have fun too! Michelle Bridges, Australia's most successful diet and fitness expert, is here to help you do it. Crunch Time - Michelle's first phenomenal bestseller - is jam-packed with all the information, practical advice and expert knowledge to help you turn your life around. Intensive 12-week workout programComprehensive menu plansIrresistible, easy-to-prepare recipesMotivational techniquesHints and tips for training successVisit penguin.com.au/michellebridges

Based on Sammy Moniz's popular Instagram page, Feeding the Frasers is a book that any CrossFit aficionado—or just someone curious about how to cook with whole foods without sacrificing the world—will want to get their hands on. Filled with 100 terrific recipes of high quality delicious food that promote balance, togetherness, indulgence, and athletic recovery. Sammy Moniz is well known in the CrossFit community as an activist, and she is also the wife of five time champion Mat Fraser, the winningest athlete in CrossFit history and one of the most beloved. This is her cookbook where she shares the secrets behind feeding the greatest champion of the sport.

Too often when dieting or trying to cut back, dinner times leave you feeling hungrier than before: the portions too small, the food too bland and boring. Gina Holmolka’s Skinnytaste Cookbook offers the perfect solution - 150 flavour-full, skinnified versions of family favourites and hearty yet healthy dishes to suit every preference.

The CSIRO Total Wellbeing Diet

225 delicious snacks to keep you healthy, happy and lean

50 Health & Fitness Mistakes You Don't Know You're Making

The Beauty Chef Gut Guide

Get Real!

Recipes for life from my grandmother's kitchen

With 90+ Delicious Recipes and Weekly Meal Plans

Eat Your Way to a Healthier, Happier You The key to losing weight is not to deprive yourself until the scale hits a certain number, but to eat properly balanced meals that leave you feeling fuller for longer. Megan Olson, certified nutritionist and founder of the blog Skinny Fitalicious, gets this. In her breakthrough collection, Megan not only shows you how to make delicious breakfasts, lunches, dinners and desserts—all amazingly under 500 calories—but how to cook meals rich in protein, fiber and healthy fats, so you can curb your cravings and effortlessly cut the junk from your diet. These flavorful recipes replace high-calorie ingredients with creative, lowcalorie swap outs, such as subbing Greek yogurt for mayo or ground oats for white flour, to naturally (and deliciously!) make each meal leaner. Find healthier ways to enjoy your favorite dishes, with recipes like Chicken Pad Thai, replacing noodles with spiralized sweet potato, or Stuffed Pepper Soup, which ditches the rice and beef for low-calorie cauliflower rice and ground turkey. You'll never settle for a bland breakfast again thanks to Megan's incredible, low-carb PB&J Doughnuts or Cheesy Tex-Mex Cauliflower Casserole. And if you thought losing weight meant ditching sweets, think again. Enjoy an array of processed sugar-free treats like Tahini, Vanilla and Espresso Chocolate Bites and No-Bake Cookie Dough. Plus each of these incredible recipes is accompanied with helpful nutritional

information so you know exactly what you're nourishing your body with. With Megan's wholesome, balanced recipes, you'll lose weight and build a better relationship with food, all while enjoying delicious, leaner meals.

Do you want to lose fat, double testosterone, get the perfect posterior or give your partner a fifteen-minute female orgasm? Whatever your physical goal, The 4-Hour Body eclipses every other health manual by sharing the best kept secrets in the latest science and research to provide new strategies for redesigning the human body. And you don't need to exhaust yourself. International bestselling author, Timothy Ferriss, helps you reach your true genetic potential in 3-6 months with a commitment of less than four hours per week. You can pick and choose from a menu of options, from simple to extreme, for dramatic body changes. Based on over 15 years of research and with personal stories, amazing before and after photos, recipes and sidebars, The 4-Hour Body will give unbelievable results and change the way you look forever.

A complete plan for long-term weight loss and good health. "Just like you, I need to keep up with my training, keep eating well and keep my head in check." Michelle Bridges wants to start the conversation that no one seems to be having. In Keeping It Off, she teams the latest scientific findings with knowledge she has gained from working with thousands of people over many years to give us the truth about long-term weight loss. It's not simply about 'calories in vs calories out', but rather developing routines and positive habits around food and exercise that will keep you consistently and confidently in your healthy weight range for the rest of your life. This book is not about short-term weight loss- it's about the long haul. It's for those of us who want to cut through the confusion. It's for everyone who has lost weight, then put it back on. It's about good health for you and your family, now and into the future. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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'

The Dubrow Diet

Keeping It Off

Losing The Last 5 Kilos

Live Well, Laugh Often, Cook Much

Damn Delicious

The No Excuses Cookbook