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KEY=HILDMANN - HOWE HUNTER

Vegan for Fit

Atilla Hildemann's 30-day Challenge : Vegetarian and Cholesterol Free for a New, Healthy Body

Becker Josest Volk Verlag You won't find another diet that is as rich in vital substances as Vegan for Fit. Attila Hildmann, an aspiring physicist and nutrition specialist, has created a plan based on modern scientific findings which all agree that a balanced, plant-based diet is the best way to effectively protect yourself against heart attacks, cancer, strokes, and other diet-related diseases. With "Vegan for Fit", everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers.

Vegan for starters

Die einfachsten und beliebtesten Rezepte aus vier Kochbüchern von Attila Hildmann

Vegan Italian style : moderne italienische Küche

Italienische Rezepte, 97 an der Zahl, die Attila Hildmann veganisiert hat und die beweisen, dass nicht nur Pasta und Pizza ohne Käse auskommen, sondern auch die Vor-, Haupt- und Nachspeisen ganz ohne tierische Produkte genauso lecker sein können wie die Originale.

Vegan for youth

die Attila Hildmann-Triät ; schlanker, gesünder und messbar jünger in 60 Tagen

60-Tage-Programm für die Gesundheit und die Verzögerung des Alterungsprozesses: Theoretische Erklärung der veganen Ernährungsweise und dazu passende Rezepte.

Vegan for fun

junge vegetarische Küche

BESSER ESSEN - GESUND, NACHHALTIG & FAIR

tradition Besser essen - gesund, nachhaltig & fair. Nicht nur gesund und lecker, sondern auch umweltfreundlich und sozial verträglich. Das Buch veranschaulicht die Zusammenhänge zwischen der Ernährung und unserem Umgang mit Ressourcen, dem Wohlbefinden des Einzelnen und sozialer Gerechtigkeit. Es stellt Fragen wie: Welchen Einfluss hat der exzessive Gebrauch von immer mehr Düngemitteln, welchen Einfluss hat unser Fleischkonsum auf das Klima? Und wie steht es um die Produzenten unserer Nahrung, die durch den Druck, ihre Erzeugnisse billigst anbieten zu müssen, teils unter unzumutbaren Bedingungen für einen Bruchteil dessen arbeiten, was uns gutes Essen eigentlich wert sein sollte? Die Autorin gibt aus eigenem Erleben Antworten und bietet Lösungen an, die zum Nach-, Mit- und Weiterdenken anregen. Vor dem Hintergrund ihrer persönlichen Entwicklung zeigt sie alternative Nahrungsmittel und Konsumwege auf und stellt anschaulich dar, wie wir alle über unser Essen die Welt ein Stück besser machen können. Wer sich für das große Thema Ernährung interessiert und sich Gedanken darüber macht, wie wir unseren Planeten weiterhin verträglich bewohnen wollen, wird dieses Buch so schnell nicht wieder aus der Hand legen wollen.

Veganismus, aha!

Alles, was Sie mindestens über Veganismus wissen sollten

Wortfeger Media GmbH Sie liebäugeln mit einer zeitweisen veganen Ernährung oder einer kompletten Umstellung? Lebt Ihre Tochter oder der Schwiegersohn plötzlich vegan? Worauf ist zu achten und was antworten Sie auf provokante Fragen? Ein praktisches Einsteigerbuch: Erfahren Sie alles Wichtige über Veganismus und bilden Sie sich Ihre eigene Meinung. Mit Tipps für Bücher, Filme, Internetseiten und Social Media

The Ultimate Vegan Breakfast Book

80 Mouthwatering Plant-Based Recipes You'll Want to Wake Up For

The Experiment Eighty delicious, healthful, and diverse vegan breakfasts to plant-ify your mornings Breakfast is a key part of a balanced and nourished day—but for vegans it can also be the hardest meal to enjoy. Traditional breakfast fare is often loaded with animal products, leaving few options besides fruit and basic grains. But with The Ultimate Vegan Breakfast Book, vegans will have a new reason to say “good morning” thanks to these satisfying, nutritious, and flavorful recipes to start every day, whether you’re looking for something . . . Fast: Unwrap a Breakfast Burrito with mushroom and chickpea “scramble,” or spoon up some ‘Nana Nice Cream with overnight oats for concentrated energy on the go. Filling: Boost your workouts with Power Waffles, Breakfast Sausage, Tempeh Bacon, and mini Breakfast Burgers. Fresh: Relax and greet the sun with a tropical Green Smoothie Bowl, or sip your way to a healthy glow with the Super Antioxidant Shake. Fun: Wow your brunch guests with Glazed Baked Donuts and Pesto Bread, and whip up batches of fresh nut butters and jams for a treat any time of day! With this comprehensive guide to all things breakfast, plant lovers have a whole new reason to savor mornings. “Everyone wants to be healthier and have more energy, especially in the morning. These scrumptious vegan recipes are a delicious way to achieve both, your way, at the breakfast table. Nadine and Jörg make it easy and fun to have mornings that not only taste good, but make us feel great.” —Jennifer Iserloh, author of The Healing Slow Cooker

Go vegan!

Warum wir ohne tierische Produkte glücklicher und besser leben

Riva Verlag Vegan zu leben liegt im Trend. Tatsächlich gibt es viele gute Gründe, auf Fleisch und andere tierische Produkte zu verzichten, vor allem, aber nicht nur, um die Rechte der Tiere zu wahren. Die bekannte China Study hat bereits vor vielen Jahren einen engen Zusammenhang zwischen tierischen Lebensmitteln und zahlreichen Krankheiten aufgezeigt und heute sind die gesundheitlichen Vorteile einer rein pflanzlichen Ernährung nicht länger von der Hand zu weisen. Momentan leben in Deutschland rund 1,3 Millionen Menschen vegan und diese Zahl wächst weiter. Go vegan! ist das erste gemeinsame Werk der wichtigsten Protagonisten der veganen Szene: Von Vegankoch und Bestsellerautor Björn Moschinski über den Umweltaktivisten und Geldverweigerer Raphael Fellmer und Schönheitsexpertin Ariane Sommer bis zum stärksten Mann Deutschlands, dem veganen Kraftsportler Patrick Baboumian, sprechen die bekanntesten Vertreter und Förderer des Veganismus ganz persönlich über die Machbarkeit und die Vorteile einer rein pflanzlichen Lebensweise. Go vegan! öffnet Augen, inspiriert und zeigt: Vegan zu leben ist gar nicht so schwer, tut gut und macht Spaß. Wer dieses Buch gelesen hat, wird sich entschließen: Ich will etwas ändern.

Regional Italian Cuisine

Typical Recipes and Culinary Impressions from All Regions

Barrons Educational Series Incorporated Presents over two hundred authentic recipes from every region in Italy

Deliciously Ella with Friends

Healthy Recipes to Love, Share and Enjoy Together

Hachette UK The much-anticipated newest cookbook from Deliciously Ella, the inspirational bestselling food writer who has taken the cookery world by storm. In the follow-up to her amazing chart-topper Deliciously Ella Every Day, Ella makes it easy to prepare delicious food for you, your friends and family, whatever the occasion. No more wondering whether certain dishes go together, Ella makes life simple with her menus - whether you are planning a laid-back brunch, a last-minute lunch or a fancy supper, she has it covered with hearty and filling recipes that celebrate her natural eating philosophy. With ideas and inspiration for every foodie occasion, including cosy nights in for one, easy kitchen suppers, flavoursome feasts, birthday parties, picnics and mocktails and cocktails, this is the go-to book for anyone who wants to make simpler, healthier food choices - that they can enjoy with friends and family.

Easy Vegan Baking

80 Easy Vegan Recipes - Cookies, Cakes, Pizzas, Breads, and More

Penguin Want tasty vegan, vegetarian, eggless, or dairy-free bakes? This book is packed with vegan baking recipes that are quick, simple, and delicious. Packed with savory and sweet ideas for vegan desserts, breads, and even mains such as dairy-free pizza and eggless quiche, every recipe uses straightforward techniques and easy-to-source ingredients, and has a beautiful photograph to tempt your taste-buds. Authors Jérôme Eckmeier and Daniela Lais are longtime vegans with a passion for cooking, teaching you to bake irresistibly good treats such as gooey vegan brownies, light and fluffy vegan pancakes and eggless cakes, or a smooth and creamy vegan "cheesecake." Use their clever tips to avoid disappointing, dry, or unrisen results, and follow their instructions to make your own everyday vegan substitutions for mainstream baking ingredients such as cream cheese and buttermilk. With Jérôme and Daniela's reassuring guidance, even beginning bakers will triumph in the kitchen. So whether you're thinking about going vegan, are a longtime vegan or vegetarian, are egg- or dairy-free because of food allergies, or are simply looking for healthier alternatives to your favorite treats--look no

further than [Easy Vegan Baking](#).

Ernährung - eine multiperspektivische Synthese

LIT Verlag Münster Ernährung findet als physische Notwendigkeit jeden Tag mehrmals statt und beinahe jede wissenschaftliche Disziplin und nahezu jede berufliche Tätigkeit hat mit Ernährungs- und Versorgungsfragen zu tun. Dennoch bleibt dieses Themenfeld, vielleicht auch aufgrund seiner Alltäglichkeit nahezu unbeachtet. Ernährung und gemeinsamen Mahlzeiten wird in der Zukunft mehr Aufmerksamkeit zuwachsen, so dass der vorliegende Band eine Vielfalt unterschiedlichster Beiträge aus verschiedenen Disziplinen hervorbringt und wertvolle Beiträge zu Nachhaltigkeit, Gesundheit, Bildung, Soziale Arbeit, Medizin etc. liefert.

Bake and Destroy

Good Food for Bad Vegans

Page Street Publishing [Vegan Recipes That'll Punch Your Taste Buds in the Mouth](#) Natalie Slater has been described as "Martha Stewart meets Iron Maiden," taking vegan cooking to places it has never been before. Influenced by slasher films, pro-wrestling, punk rock and heavy metal, her quirky-yet-delicious comfort foods are a refreshing take on vegan eating with award-winning flavors. Along the way, her off-color humor, irreverent rants and density of pop-culture references will make you laugh out loud. Inside this high-energy cookbook you'll find recipes for Bike Messenger Brownies—inspired by the espresso-infused chai latte these speed demons use to fuel up; and Crouching Cornbread, Hidden Broccoli—Natalie's sneaky way of getting her son to eat vegetables. Other creations include the Grilled Mac 'n' Cheez Sandwich, Taco Lasagna, Chick-O Cheesecake, and her Shepherd's Pie Pizza, about which she writes, "Some people were born to rock n' roll. Others were born to ride. I was born to put mashed potatoes on pizza." Bake and Destroy was named one of the most anticipated cookbooks of the year by VegNews.

Veggie Fast Food

Grub Street Cookery Are you under the impression that vegetarians can't have fast food? On the contrary! This exciting new cookbook offers more than 80 quick and easy veggie recipes - from Mancho queso quesadillas and TexMex burgers to tomato-cinnamon fries and No Tuna Sandwich. This is the book of vegetarian food for those in a hurry, and the handy 'vegan traffic light' indicators - red for vegetarian; yellow for vegan adaptation and green for vegan make it easy to find vegan options just as quickly. The authors Clarissa and Florian Sehn, discovered their love of vegetarian and vegan cuisine together. Soon, however, they ran out of creative ideas - they needed a new recipe book. So they decided to develop recipes themselves and this is the result. Their first cookbook is dedicated to vegetarian fast food, which they consider has always received short shrift - until now.

Thrive

The Vegan Nutrition Guide to Optimal Performance in Sports and Life

Da Capo Press The thrive diet is a long-term eating plan to help all athletes (professional or not) develop a lean body, sharp mind, and everlasting energy. As one of the few professional athletes on a plant-based diet, Brendan Brazier researched and developed this easy-to-follow program to enhance his performance as an elite endurance competitor. Brazier clearly describes the benefits of nutrient-rich foods in their natural state versus processed foods, and how to choose nutritionally efficient, stress-busting whole foods for maximum energy and health. Featuring a 12-week meal plan, over 100 allergen-free recipes with raw food options—including recipes for energy gels, sport drinks, and recovery foods—and a complementary exercise plan, The Thrive Diet is "an authoritative guide to outstanding performance" (Neal D. Barnard, M.D., Physician's Committee for Responsible Medicine).

Going Raw

Everything You Need to Start Your Own Raw Food Diet and Lifestyle Revolution at Home

Fair Winds Press Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's Going Raw combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. — Fully illustrated raw-food techniques, from slicing a coconut to sprouting your own seeds — More than 100 delicious, fresh, gourmet food recipes—smoothies, salads, “burgers,” and beyond — On the bonus DVD you'll find a video tutorial for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandoline, and spiralizing vegetables Inside you'll find: — Green Smoothies — Berries and Cream Crepes — Dandelion Salad — Thai Green Bean Salad — Herbed Cashew Hemp Cheese — Broccoli and Mushrooms with Wild Rice — Spaghetti Bolognese — Asian Noodle “Stir Fry” — Classic Veggie Pizza — Coconut-Curry Samosas with Plum Chutney — Orange-Chocolate Mousse Parfait — Mexican Spiced Brownies — Apple Cobbler with Maple Cream — How to grow your own sprouts — How to ferment kimchi and sauerkraut — ...and even 100% raw Ice Cream, Coconut Yogurt, and more!

Letzter Ausweg vegan

Warum wir jetzt eine Ernährungsrevolution brauchen, um unsere Zukunft zu bewahren

Hans-Nietsch-Verlag „Es gibt nur wenige, denen es wie John Robbins gelingt, Menschen zu einer Ernährungsweise zu inspirieren, die gesund und von einem tiefen Respekt für die Erde geprägt ist.“ Paul Hawken In Letzter Ausweg vegan setzt sich John Robbins mit überzeugenden Argumenten und kraftvoller Stimme für eine menschen- und tierwürdige sowie nachhaltige Zukunft auf unserem Planeten ein. Er hat die Entwicklungen in der „Nahrungsmittelpolitik“ und in allen Bereichen, die mit unserer Ernährung in Zusammenhang stehen, seit vielen Jahren nicht aus den Augen gelassen, war als „verdeckter Ermittler“ unterwegs und hat seine Beobachtungen und Erkenntnisse in Kolumnen in der Huffington Post veröffentlicht. Die Sammlung der jüngsten provozierenden Enthüllungen erscheint nun zusammen mit bislang unveröffentlichten Texten in Buchform. Robbins' scharfe Beobachtungen und zwingende Schlussfolgerungen fordern uns alle zur Selbstverantwortung auf, denn: Nur ein achtsamer Umgang mit unseren Mitwesen und daraus folgend eine bewusste Ernährung können unser aller Leben und die Erde wieder in Harmonie bringen. John Robbins - weltweit anerkannter Kritiker der heutigen Nahrungsmittelindustrie - veröffentlicht hier seine neuesten Enthüllungen über das schmutzige Geschäft mit unserem Essen und ruft zu mehr Mitgefühl, Verantwortungsbewusstsein und gesundem Menschenverstand in dieser „unmenschlichen Zeit“ auf - überzeugend und schonungslos! In Letzter Ausweg vegan beschäftigt er sich unter anderem mit Themen wie ● dem Drama der Massentierhaltung und der Schlachthäuser, ● der Sklaverei hinter dem Kaffee und dem Kakaohandel, ● dem Schwindel mit dem synthetischen "Vitaminwasser", ● den Marketingtricks der Junk-Food-Konzerne, denen speziell Kinder und Jugendliche zum Opfer fallen, ● dem Zusammenhang zwischen Sojaprodukten und Alzheimer, ● erschreckenden Erkenntnissen über die Auswirkungen der hormonverseuchten tierischen Nahrung ...

...einfach mal vegan kochen...

...mehr als nur ein Kochbuch

BoD - Books on Demand Unser Anliegen war es „mehr als nur ein Kochbuch“ zu schaffen, denn die richtige Ernährung kann mehr leisten als uns satt zu machen und unsere Gesundheit zu fördern. Neben den über 50 schnellen und einfachen veganen Rezepten möchten wir deshalb auch informieren, Geschichten erzählen und zum nachdenken bringen. Unserer Überzeugung nach kann erst durch eine gezielte Aufklärung ein wahres Umdenken stattfinden. Nur wer sich bewusst ist, was er isst, wie viel er isst und warum er isst, kann mit der richtigen Ernährung seine für sich selbst gesteckten Ziele

erreichen. „Nichts wird die Chance auf ein Überleben auf der Erde so steigern, wie der Schritt zur vegetarischen Ernährung.“ Albert Einstein Würde er heute noch leben, würde er wohl „veganen Ernährung“ sagen.

A Change of Appetite

where delicious meets healthy

Octopus Books What happened when one of today's best-loved food writers had a change of appetite? Here are the dishes that Diana Henry created when she started to crave a different kind of diet - less meat and heavy food, more vegetable-, fish-, and grain-based dishes - often inspired by the food of the Middle East and Far East, but also drawing on cuisines from Georgia to Scandinavia. In her year of good eating, Diana lost weight, but this was about much more than weight loss - lead by taste, it was about discovering a healthier, fresher way of eating. From a Cambodian salad of shrimps, grapefruit, toasted coconut, and mint or North African mackerel with cumin to blood orange and cardamom sorbet, the magical dishes in this book are bursting with flavor, with goodness and with color. Peppering the recipes is Diana's inimitable writing on everything from the miracle of broth to the great carbohydrate debate. Above all, this is about opening up our palates to new possibilities. There is no austerity here, simply fabulous food that nourishes body and soul.

Anständig leben

Mein Selbstversuch rund um Massenkonsum, Plastikmüll und glückliche Schweine

Südwest Verlag Nachhaltig kann jeder! „Einen Monat lang vegan leben. Ausgerechnet ich, die ich seit jeher jedem Vegetarier mein Beileid ausgesprochen habe und die wenig auf der Welt so glücklich macht wie ein fingerdickes, blutiges Rindersteak ...? Doch schon seit einer Weile kommen mir Zweifel an dem sorglosen Leben in unserer westlichen Wohlstandsblase. Um uns herum bricht die Welt zusammen, Ressourcen werden knapper. Immer lauter werden die Stimmen, die unseren maßlosen Verbrauch anprangern, den gedankenlosen Verzehr tierischer Produkte und die ungeheure Menge Müll, die wir anhäufen.“ - Hier beginnt Sarah Schills Selbstversuch: vegan, plastikfrei, nachhaltig. Was daraus geworden ist: ein neues Leben. Denn wer sich der Wegwerfmentalität und des bodenlosen Massenkonsums in unserer Gesellschaft bewusst geworden ist, für den gibt es kein Zurück. Ein Ratgeber für alle, denen ihr ökologischer Fußabdruck nicht egal ist.

The Starch Solution

Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!

Rodale Books A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In The Starch Solution, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. The Starch Solution is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal China Study—called the "Grand Prix of epidemiology" by the New York Times. But what The China Study lacks is a plan. Dr. McDougall grounds The Starch Solution in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

Vegan Cuisine

Te Neues Publishing Company Cooking and eating without using animal products is a trend that has been around for many years and has only continued to gain in popularity. Vegan Cuisine is healthy and versatile with flavors and ingredients with worldwide appeal. It rivals the artistry of traditional haute cuisine and is no more complicated to cook. Vegan Cuisine shows off the limitless possibilities of this refined gastronomy and the stunning plated results in this book of over 800 recipes, collected and curated by top vegan chef, Jean-Christian Jury. Most recently at the Mano Verde in Berlin, Jury's successes and master expertise in the vegan world have informed his life's work of recipes. The book is an homage to green cooking, and a must for anyone who loves to cook, whether they are full-time or only part-time vegans. Dishes range from classic appetizers, filling main dishes sure to satisfy everyone, and sinfully delicious desserts to vegan cheese, bread, soups, smoothies, and many special dishes that will surprise even seasoned vegan cooks. World-renowned food photographer Joerg Lehmann provides the perfect stage for dishes like Asian seaweed salad, vegan croissants, and the incredible Mano Verde Chocolate Tart. Vegan cuisine has never been so beautiful and appealing.

Veggiestan

A Vegetable Lover's Tour of the Middle East

Pavilion VEGGIESTAN or 'land of the vegetables'. There is of course no such word, and no such country. But in this upbeat guide to Middle Eastern vegetarian cookery Sally Butcher proves that the region more than merits the term, and that its constituent nations are simmering, bubbling, bursting with sumptuous vegetarian traditions and recipes. Written in her trademark engaging and knowledgeable style, Sally takes a fresh look at many of the more exciting ingredients available on our high streets today as well as providing a host of delicious recipes made with more familiar fare. From fragrant Persian noodle rice to gingery tamarind aubergines, pink pickled turnips and rose petal jam this book is filled with aromatic herbs and spices, inspiring ideas and all the knowledge needed to cook wonderful vegetarian food.

Vegan Love Story

New Internationalist Eighty innovative and international vegan dishes from Hiltl, the oldest vegetarian/vegan restaurant in the world and mini-chain, tibits.

12 Steps to Raw Foods

How to End Your Dependency on Cooked Food

North Atlantic Books Why do we overeat time and time again? Why do we make poor diet choices while we want to be healthy? What makes losing weight so difficult? These and many other vital questions are addressed in 12 Steps to Raw Foods in an open and sincere dialogue. Based on the latest scientific research, Victoria Boutenko explains the numerous benefits of choosing a diet of fresh rather than cooked foods. This book contains self-tests and questionnaires that help the reader to determine if they have hidden eating patterns that undermine their health. Using examples from life, the author explores the most common reasons for people to make unhealthy eating choices. Rather than simply praising the benefits of raw foods, this book offers helpful tips and coping techniques to form and maintain new, healthy patterns. Learn how to make a raw food restaurant card that makes dining with co-workers easy and enjoyable. Discover three magic sentences that enable you to refuse your mother-in-law's apple pie without offending her. Find out how to sustain your chosen diet while traveling. These are only a few of the many scenarios that Boutenko outlines. Written in a convenient 12-step format, this book guides the reader through the most significant physical, psychological, and spiritual phases of the transition from cooked to raw foods. Embracing the raw food lifestyle is more than simply turning off the stove. Such a radical change in the way we eat affects all aspects of life. Boutenko touches on the human relationship with nature, the value of supporting others, and the importance of living in harmony with people who don't share the same point of view on eating. Already a classic, this enhanced second edition is aimed at anyone interested in improving their health through diet.

The Dukan Diet Cookbook

The Essential Companion to the Dukan Diet

Random House Canada The long-awaited companion cookbook to the phenomenal bestseller The Dukan Diet. This is the book that hundreds of thousands of North American readers of The Dukan Diet have been clamouring for. Already a smash hit internationally, The Dukan Diet Cookbook is a must-have for making the most of the 4-step Dukan plan. With over 350 simple, easy-to-follow recipes for the 2 most important phases of the diet--Attack and Cruise--and 16 pages of beautiful colour photographs, The Dukan Diet Cookbook empowers readers to achieve their weight-loss goals while still enjoying delicious food.

Mensch Hund und

redition Das Zusammenleben von Menschen und Hunden ist von vielen Missverständnissen geprägt. Und wenn es hakt, suchen wir gern nach der "einen" Lösung. Der "einen" Lösung, die es jedoch nicht gibt. Denn unsere Hunde sind Persönlichkeiten, fühlende Wesen mit eigenem Charakter. Genau so möchten sie behandelt werden: respektvoll, wertschätzend und ihrem Wesen entsprechend. Wie das funktionieren kann, beschreiben wir in "Mensch Hund und". Hier geht es um Zusammenleben, Kommunikation und Gefühle. Es geht um Missverständnisse, populäre Irrtümer und Anleitung zur erfolgreichen Schulung. Um gute und weniger gute Entscheidungen. Es geht um Bindungsarbeit, Freude und Liebe. Aber es geht eben auch um Fehler, Gewalt, Krankheit und den Sterbeprozess. Und da sich in unserem Leben nicht alles nur um uns und unsere Hunde dreht, gibt es weitere Schauplätze, die wir in unserem Buch betreten. Themen, die uns wichtig sind. Dazu gehören Natur- und Tierrechte, Igelschutz, das Übernehmen von Verantwortung und beherztes Handeln. Was wir mit unserem Buch wollen? Wir möchten informieren, aufklären, unterstützen, inspirieren und motivieren. Damit alles in Bewegung bleibt, Schlechtes gut wird und Gutes noch viel besser. Wenn wir Menschen die Augen und das Herz öffnen können, haben wir viel erreicht.

Simply Delicious Vegan

100 Plant-Based Recipes by the creator of From My Bowl

Abrams Caitlin Shoemaker shares plant-based, recipes that maximize health and flavor and fit into any budget Caitlin Shoemaker, vegan and health-world influencer and creator of the blog From My Bowl, shares the laid-back kitchen magic of her simple, flavorful recipes. Simply Delicious Vegan proves that unprocessed, plant-based food doesn't have to be expensive, complicated, or boring—and even better, it can make you feel (and look) your absolute best. Complete with personal tips for creating a glowingly healthy and happier life, this book offers 100 recipes that check every box and fit easily into real life. Gluten-free, oil-free, and refined sugar-free, Simply Delicious Vegan will help you feel energized and centered.

Dans le frigo des grands chefs : Europe

What happens when culinary genius meet domestic reality? The authors of this revelatory innovative cook book visit the most daring and interesting chefs of today to profile their fridge contents, food habits, and favorite home recipes. From Yotam Ottolenghi to Bo Bech, call in on the gurus of gourmet and bring their cooking secrets to your kitchen.

Greenfeast: Spring, Summer

[A Cookbook]

Ten Speed Press 110 vegetarian spring and summer recipes that provide nourishing and simple plant-based suppers while paying homage to the warm seasons—from the beloved author of Tender Greenfeast: Spring, Summer is an eclectic and comprehensive collection of recipes, perfect for people who want to eat less meat, but don't want to compromise on flavor and ease of cooking. With Nigel Slater's famous one-line recipe introductions, the recipes are quick and easy and inspire you to dip into your pantry for ingredients. Inventive recipes showcase the creative ingredients used such as Asparagus, Broad Beans & Eggs; Ricotta, Orange Blossom & Cherries; and Halloumi, Melon & Chile and provide a plant-based guide for those who wish to eat with the seasons.

The Yogi Assignment

A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life

Shambhala Publications An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit--by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor. "The brave heart of a yogi is defined by actions that make the world a better place." Live with authenticity, practice patience, let go of negativity—these are some of the core tenets of a yoga lifestyle, on and off the mat. Yoga is about much more than twisting yourself into shapes—the heart of this ancient practice is an inner journey, one of reflection, spiritual awakening, and ultimately a calm, clear mind. The Yogi Assignment is a 30-day introduction to these life-affirming and simple, yet revolutionary, principles. Led by master teacher Kino MacGregor, this journey will challenge and uplift your body, mind, and spirit. Each day offers a practice and meditation that will help you confront your emotional, physical, and mental limitations and inspire real change in your life. MacGregor is a fierce, loving guide who encourages you to look deeply within to find your wellspring of inner strength and courage.

Plant Over Processed

75 Simple & Delicious Plant-Based Recipes for Nourishing Your Body and Eating From the Earth

HarperCollins A NATIONAL BESTSELLER! Trust in nature. Believe in balance. Eat the rainbow! Andrea Hannemann, aka Earthy Andy, presents a guide to plant-based eating that is simple, delicious, and fun. INCLUDES A 30-DAY PLANT OVER PROCESSED CHALLENGE Andrea Hannemann, known as Earthy Andy to her more than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's mantra, "plant over processed," embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii. But it wasn't always this way. Andy was once addicted to sugar and convenience foods and suffering from a host of health issues that included IBS, Celiac disease, hypothyroidism, asthma, brain fog, and chronic fatigue. Fed up with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of eating that transformed her health and her body. In Plant Over Processed, Andy invites readers to join her on a "30-Day Plant Over Processed Challenge" that will detox the body, followed by a long-term plan for going plant-based without giving up your favorite dishes. Packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

Wheat Belly Cookbook

150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

Rodale Books This cookbook companion to the New York Times bestseller *Wheat Belly* serves up 150 great tasting wheat-free recipes to help readers lose weight and beat disease. *Wheat Belly* shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects—ranging from minor rashes and high blood sugar to the buildup of stubborn belly fat (so-called "wheat bellies")—could be banished forever with one simple step: saying goodbye to wheat. The *Wheat Belly Cookbook* takes readers to the next level with over 150 fresh and delicious wheatless recipes, including Breakfast Quesadillas, Braised Pot Roast with Vegetables, velvety Peanut Butter Pie—and surprising wheat-free hits like Blueberry French Toast, Bruschetta Chicken on Angel Hair, Spaghetti Bolognese and velvety Scones. Additionally, readers will also learn how to: - Dodge symptoms of "wheat withdrawal" experienced by about 10 percent of dieters, ensuring a smooth transition to this new healthy eating plan - Set up their wheat-free kitchen, including important prep techniques, shopping lists, and strategies to get the whole family on board - Avoid regaining a wheat belly while eating out at restaurants and parties—plus exciting meal ideas guests will love

Bish Bash Bosh!

Your Favorites * All Plants

HarperCollins 1 MILLION BOSH BOOKS SOLD WORLDWIDE BOSH! became widely successful as the biggest and fastest-growing plant-based food channel on the web, reaching over 25 million people a month. Their mission to eat more plant-based foods went mainstream with the publication of their first book, BOSH!, which introduced readers to their fun, crowd-pleasing vegan recipes. Now, the guys from BOSH! are at it again with even more unbelievable vegan recipes. Filled with more than 120 unmissable new favorite dishes, BISH BASH BOSH! will show readers, vegan or not, how imaginative and easy plant-based food can be. These simple, no-fuss recipes will pack in the flavor with unbelievable results. Recipes will include: Cheeseburger Dough Balls Ultimate Falafel Wraps with 3-Ingredient Flatbreads, Hummus, and Chili Jam Cauli Tandoori Kebab with Mint Raita and Quick Pickle Crunchy Carnival Salad Beet and Herb Tarte Tatin Classic Lasagna BBQ Beans with Mushroom Burnt Ends Cinnamon Swirl Pancakes Banana Bread Donuts Lemon Drizzle Cake From brilliant breakfasts and easy-prep lunches to weeknight suppers and fantastic feasts, every dish will be a showstopper. Ian and Henry will even include recipes for a completely meat-free Christmas, and a meal prep plan to set yourself up for easy plant-based cooking.

Vegan abnehmen

Mit 60 Blitzrezepten

Goldmann Verlag Die gesündeste Diät der Welt. Kein verbissenes Kalorienzählen, sondern lustvolles Abnehmen mit Genuss. Das verspricht uns die vegane Küche. Dabei ist vegane Ernährung per se noch keine Diät, jedoch der Grundstein für ein ganzheitlich gesundes Bewusstsein in Balance mit sich selbst und der Umwelt. Mit den richtigen Tipps der Food-Autorin Sylvie Hinderberger (Intervallfasten, Verzicht auf Kohlenhydrate) purzeln die Pfunde dann fast von allein. Ziel ist dabei nicht das kurzfristige Glücksgefühl auf der Waage, gefolgt von dem berüchtigten Jo-Jo-Effekt, sondern eine langfristige Ernährungsumstellung, ganz ohne Eiweiß- und Mineralstoffmangel. Als prominentes Beispiel dient uns dabei Attila Hildmann, der durch die Umstellung auf vegane Kost 35 Kilo abspeckte. Mit 60 Blitzrezepten und liebevoller Gestaltung und einem kleinen Extra zum Thema „Apartement Gardening“, Grünes von Balkon und Fensterbank für Smoothies und Co. selber ziehen.

Green for Life

North Atlantic Books Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In *Green for Life*, raw foods pioneer Victoria Boutenko presents an overlooked powerhouse of nutrition in this equation: greens. For their bounty of minerals and nutrients, greens exceed other vegetables in value. *Green for Life* details the immense health benefits of greens and suggests an easy way to consume them in sufficient quantities: the green smoothie. This quick, simple drink benefits everyone, regardless of lifestyle,

diet, or environment. Green smoothies eliminate toxins, correct nutritional deficiencies, and are delicious as well. Green for Life includes the latest information on the abundance of protein in greens, the benefits of fiber, the role of greens in homeostasis, the significance of stomach acid, how greens make the body more alkaline, the healing power of chlorophyll, and more. Also included are the results of a pilot study demonstrating the effectiveness of adding just one quart of green smoothies a day to one's diet, without changing anything else in dietary intake. Green smoothie testimonials and recipes give readers confidence and motivation in exploring green smoothies for themselves. This updated edition offers important new research on the role that omega-3 and omega-6 fatty acids play in metabolic health and includes nutritional data on select green smoothies and updated findings on organic versus conventional produce. Offering more in-depth nutritional and experiential information than Boutenko's recently released Green Smoothie Revolution, Green for Life makes an ideal companion piece to its recipe-rich successor. From the Trade Paperback edition.

Sister Species

Women, Animals, and Social Justice

University of Illinois Press "There is a very strong association between women, animals, and activism. In *Women, Social Justice, and Animal Advocacy*, activist Lisa A. Kemmerer presents the narratives of fourteen ecofeminist activists who describe their own experiences in the field, often from the perspective of discovering the extent of a particular kind of animal oppression and resolving to do something about it. The narratives are bold and gripping, sometimes horrifying, and cover a range of topics relating to animal rights and liberation. The writers discuss contemporary cockfighting, factory farming, orphaned primates in Africa, the wild bird trade, scientific experimentation on animals, laws against "dangerous" dogs, and violence against baby seals. *Sister Species* provides a wide survey of what women are doing in the animal activism movement. The writers ask readers to rethink how we view animals in our daily lives--and how we can take action to protect them. Kemmerer's introduction explains why she collected these particular stories and how she views the relationship between feminism and animal suffering. The foreword is by Carol J. Adams, author of *The Sexual Politics of Meat* (1990), *Neither Man nor Beast: Feminism and the Defense of Animals* (1994), *The Feminist Care Tradition in Animal Ethics: A Reader* (2007), and many other books. None of these essays has been previously published"--

Thrive, 10th Anniversary Edition

The Plant-Based Whole Foods Way to Staying Healthy for Life

Da Capo Lifelong Books One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. Thrive features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. Thrive is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

The Green Kitchen

Delicious and Healthy Vegetarian Recipes for Every Day

Hardie Grant Books David Frenkiel and Luise Vindahl are the new faces of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and continually inspires people around the world to cook super-tasty, healthy vegetarian recipes using only natural ingredients. In *The Green Kitchen* they delight meat-eaters and non meat-eaters alike as they share over 100 of their favourite family recipes. Combining everyday pantry staples with fresh, in-season produce, David and Luise tell the stories of their family kitchen, affirming just how easy it is to create nourishing, well-balanced dishes on a daily basis. Learn how to whip up herb and asparagus frittata for breakfast, fennel and coconut tart for lunch, and beet bourguignon for a supper to share with friends. Have your cake and eat it too with the nutritious frozen strawberry cheesecake on a sunflower crust, or indulge in the double chocolate raspberry brownie. Discover an array of soups, salads, juices and small bites that are simple to make

but bold in flavour and stunning in presentation. Start your love-affair with vegetarian eating with The Green Kitchen. Featuring gorgeous photography throughout, this beautiful cookbook will inspire everyone to cook and eat food that is good for the body and soul.