

# Healthy Cookbooks & Diets

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**2022**

## **613.2 HAR Hartwig, Melissa *The Whole 30: the 30-day guide to Total Health & Food Freedom***

The Whole30 is designed to help break unhealthy patterns of behavior, stop stress-related comfort eating, and reduce cravings, particularly for sugar and carbohydrates. Many Whole30 participants have described achieving “food freedom”—in just thirty days. It offers a stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system. The Whole30 prepares participants for the program in five easy steps, previews a typical thirty days, teaches the basic meal preparation and cooking skills needed to succeed, and provides a month’s worth of recipes designed to build confidence in the kitchen and inspire the taste buds.

## **613.2 HYM Hyman, Mark. *The Pegan Diet***

What do you get when you combine the best of paleo with the best of vegan? Pegan! For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused.

## **641.3 TUR Turshen, Julia**

### ***Simply Julia: 110 Easy Recipes for Healthy Comfort Food***

Julia has always been cooking. As a kid, she skipped the Easy-Bake Oven and went straight to the real thing. Throughout her life, cooking has remained a constant—it is about love, community, connection, and nourishment of the body and soul. In *Simply Julia*, readers will find 110 foolproof recipes for more nutritious takes on the simple, comforting meals. With practical chapters such as weeknight go-tos, make-ahead mains, vegan one-pot meals, chicken recipes, easy baked goods, and more, *Simply Julia* provides endlessly satisfying options comprised of accessible and affordable ingredients.

## **641.5 DEL De Laurentiis, Giada.**

### ***Eat Better, Feel Better: My Recipes for Wellness & Healing***

Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. She shows you her own process of reconfiguring her diet to control inflammation—and how you can use the same steps to turn your life around. Giada also includes information on how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot as well as a 21-day menu outline that makes good, healthy cooking easy to implement at home.

## **641.563 GOU Gourdet, Gregory.**

### ***Everyone’s Table: Global Recipes for Modern Health***

This book features 200 mouth-watering, decadently flavorful recipes carefully designed to focus on superfoods—ingredients with the highest nutrient-density, the best fats, and the most minerals, vitamins, and antioxidants—that will delight and inspire home cooks. Gourdet’s dishes are inspired by his deep affection for global ingredients and techniques—from his Haitian upbringing to his French culinary education, from his deep affection for the cuisines of Asia as well as those of North and West Africa..

## **641.563 GER Gerard, Tieghan. *Half Baked Harvest Every Day: Recipes for Balanced, Flexible, Feel Good Meals***

Recipes known for their wholesome decadence, unfussy approach, and smart twists on comforting favorites. Written and photographed in the stunning mountains of Colorado, inspired by her big, unique family, and focused on what you’ll want to eat day-in-day-out, Gerard delivers more than 120 all-new recipes that will feed your body and soul. Feel-good food isn’t about restrictive eating.

It's about enjoying real food with lots of flavor, and the satisfaction of sharing it with those you love. Finding balance is about giving your body and your cravings what they need.

**641.56362 MCQ McQuirter, Tracye. *Ageless Vegan***

100 of the authors' favorite plant-based recipes are included that have kept them looking and feeling ageless. They break down the basics of nutrition, how to build a vegan pantry, and how to make sure you're getting the best nutrients to promote longevity and prevent chronic disease. They also provide a 14-step guide with practical, easy-to-follow advice on how to transition to vegan foods, jumpstart your healthy eating habits, and how to up your game if you're already a vegan.

**641.56362 SWI Swift, Claire. *The Plant-Based Family Cookbook: 60 Easy & Nutritious Vegan Meals Kids will love!***

Satisfy the entire family with tons of wholesome and nutritious vegan meals. Their innovative plant-based twists on family recipes will deliver flavorful meals to your table. With a wide variety of gluten-free and allergen-friendly recipes, this cookbook is guaranteed to cater to all the dietary needs of your family!

**641.5637 LUG Lugavere, Max. *Genius Kitchen: over 100 Easy & Delicious Recipes to make your Brain Sharp, Body Strong and Taste Buds Happy***

Lugavere's debut book *Genius Foods* was groundbreaking, providing much-needed information on brain health. His second book, *The Genius Life*, introduced an easy-to-implement protocol for strengthening your body and mind. This is the companion cookbook, filled with over 100 delicious recipes to help you lose weight, feel great, and reach optimum health. Inspired by traditions from around the globe, the 100-plus recipes and stunning photographs in *Genius Kitchen* feature an international twist, with bold flavors that favor simplicity and quality of ingredients over complexity and quantity. In addition, Max lists the basic, healthy ingredients and tools that are essential for a well-stocked kitchen and pantry, and offers techniques and best practices for healthy cooking and eating well on a budget.

**641.56383 GAR Garza, Jennifer. *Keto Friendly Recipes: Easy Keto for Busy People***

For anyone new to the keto lifestyle who needs to learn the basics, Jennifer Marie explains the types of ketones, macronutrients, and the benefits of intermittent fasting. Also included are lists and charts of what to eat and what to avoid, a guide to special ingredients like keto-approved sweeteners and alternative flours, a list of essential kitchen tools, and even helpful advice for traveling and dining out while on the keto diet.

**641.59182 SLA Slajerova, Martina.**

***The New Mediterranean Diet Cookbook: the Optimal Keto Friendly Diet that Burns Fat, Promotes Longevity ...***

While the keto diet is about the proportion of macronutrients (fats, protein, carbohydrates) in the food you eat, the Mediterranean diet is about specific food types: seafood, olive oil, colorful vegetables, and other anti-inflammatory foods. It also includes colorful vegetables, providing a diversity of nutrients and flavor. The result is an enhanced Mediterranean diet that stokes metabolism, supports the gut and microbiome, and is anti-inflammatory, anti-aging, and nutrient-dense.

**641.595 SOD Sodha, Meera**

***East: 120 Vegan and Vegetarian Recipes from Bangalore to Beijing***

Modern, vibrant, fuss-free food made from easy-to-find ingredients, *East* is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. *East* takes you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam.

**641.65 RAI Raichlen, Steven.**

***How to Grill Vegetables: the New Bible for Barbecuing Vegetables***

Celebrating all the ways to grill green, this mouthwatering, ground breaking cookbook shows how to bring live fire or wood smoke to every imaginable vegetable. How to fire-blister tomatoes, cedar-plank eggplant, hay-smoke lettuce, spit-roast brussel sprouts on the stalk, grill corn five ways—even cook whole onions caveman-style in the embers. And how to put it all together through 115 inspired recipes. PS: While vegetables shine in every dish, this is not a strictly vegetarian cookbook—yes, there will be bacon.

**641.83 COM**

***The Complete Salad Cookbook: a Fresh Guide to 200+ Vibrant Dishes***

What does salad have the potential to be? An exciting mix of color, crunch, and flavor. Explore the creative possibilities of salads, learn how to build and layer unique flavor combinations and embrace ingredients from barley, octopus, and miso to radicchio, patty pan squash, and pears. Sidebars highlight surprising salad ingredients such as couscous, purslane, curry powder, and radicchio. You'll also acquire ideas and inspiration to assemble your own salads in *The Architecture of a Green Salad*, with great tips on mixing and matching ingredients, flavors, and textures.

\*\*\* Annotations acquired from Amazon

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