

Healthy Cookbooks & Diets

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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.

613.26 DAV Davis, William. *Wheat Belly: Lose the Wheat, Lose the Weight & Find your Path Back to Health*

After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as “wheat”—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle.

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 GRE Greger, Michael. *How not to Diet Cookbook: 100+ recipes for Healthy, Permanent Weight Loss*

Dr. Greger hones in on the optimal criteria to enable weight loss, while considering how these foods actually affect our health and longevity. Greger offers readers delicious yet healthy options that allow them to ditch the idea of “dieting” altogether. This book is about mindful dieting—how to eat well, lose, and keep unwanted weight off in a healthy, accessible way that’s not so much a diet as it is a lifestyle. Greger believes that identifying the twenty-one weight-loss accelerators in our bodies and incorporating new, cutting-edge medical discoveries are integral in putting an end to the all-consuming activity of counting calories and diet schemes.

641.56362 DAD Dada, Samah. *Dada Eats Love to Cook It: 100 Plant Based Recipes for Everyone at Your Table*

Her food is often vegan, allergen-free, gluten-free, and grain-free because she’s only using the most nutritious ingredients, not because she’s cutting out food groups to follow the latest fad. Her creative use of plants gives us drool-worthy dishes like her viral hits Brookie Pie and Chocolate Chip Tahini Cake with Chocolate Frosting, as well as One Banana Only Muffin Tops, Pancake Bread,

Cauliflower Cacio e Pepe, and Masala Mac and Cheese. She also draws on her Indian roots for plant-based dishes.

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.

641.563 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..

641.56383 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 GOO

Mediterranean Diet: 70 Easy Recipes

Good Housekeeping offers mouthwatering and nutritious recipes made with hearty grains and beans, lean proteins, beneficial fats, and delicious fruits and vegetables. With a primer on how to eat the Mediterranean way, and tips and tricks from the Good Housekeeping Test Kitchen, Good Housekeeping Mediterranean Diet will become your go-to cookbook for healthy living.

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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