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Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. From the bestselling authors of the Trim Healthy Mama Plan and Trim Healthy Mama Cookbook, a new cookbook for the whole family! The Trim Healthy Mamas have helped hundreds of thousands of women lose weight and live healthier lives with their bestselling cookbook and eating plan and now they are ready to help the entire family! After experiencing incredible life transformations of their own, readers want to be able to help their families feel better and trim down, too. Trim Healthy Table is just the answer. It bursts with over 300 family friendly, delicious and trimming recipes, along with practical advice on how to healthfully nourish your family without going insane and chaining yourself to the kitchen. Bestselling authors and sisters Serene Allison and Pearl Barrett have 18 children between them and their two families have been thriving on the Trim Healthy Mama plan for years. Trim Healthy Table contains all their best tips, tricks and encouragement for families, whether large or small. Serene and Pearl shamelessly share cunning ways to get picky eaters gobbling down veggies and other healthy foods they usually detest. You will learn how to painlessly use whole, unprocessed foods, including blood-sugar friendly carbs, fats, proteins, fruits and vegetables to create meals even the fussiest kids (and husbands) will love. You'll also learn how one basic meal can make a whole family happy even with different nutritional needs. The quick and easy recipes include lots of one-pot dishes such as, skillet meals, slow cooker meals, electric pressure cooker meals, casserole and soups. With the recipes you can wake up to hearty breakfasts, prepare bars for on-the-go or try a creamy, quick-to-make smoothie, even Indulge yourself with the many trimming desserts...cake for breakfast is celebrated! And, if you're simply looking for single serve 5 – 10 minute meals, the Hangry Meal chapter has you covered. In addition to the hundreds of recipes, included is a Simple Start Guide to the Trim Healthy Plan which concisely explains how you can trim down by getting your blood sugar under control and how to, ever so gently, help other members in your family who may be struggling with weight issues. So, gather your family, bring them to the Trim Healthy Table... eat up... and trim down! A Common Sense Guide To Satisfy Your Cravings And Energize Your Life Neglected beyond belief, rescued by love... Dani was so severely neglected by her birth mother that she grew up knowing only squalor. She never went to school or the doctor, and rarely glimpsed sunlight. Desperately malnourished, she couldn't talk and had never been toilet-trained. The social worker who took her into care had never heard of a case so horrific. The doctors believed Dani would never recover from such a terrible start in life. Then she met the Lierows - a unique, blended family who were seeking to adopt a child. Despite being warned that she was way beyond hope of a normal life, they were instantly drawn to her and sensed a bright light behind her pale complexion. When they finally adopted her, they showered Dani with so much affection and encouragement that she came to life for the first time. Proving all the experts wrong, Dani would go on to open up and express herself in a way that no-one could have expected. Dani's remarkable and heartwarming story is a testament of the power of kindness to overcome even the most seemingly insurmountable challenges. 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!' Explore the rich diversity of Korean cooking in your own kitchen! Maangchi gives you the essentials of Korean cooking, from bibimbap to brewing your own rice liquor. The Singing Canary is a wonderful book for the entire family. It is a world full of color where nature and animals are the main characters. They share the importance of having a illusion that motivates them every day! Forget the Fad Diets, Join the Food Freedom Movement! Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post- menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss. Step into the kitchen of renowned food blogger and low-carb guru Carolyn Ketchum as she shows you how to create mouthwatering keto dishes in her new cookbook, The Everyday Ketogenic Kitchen. She delivers a delectable array of recipes from easy family favorites to more gourmet "date night" fare. Each recipe is made from fresh, accessible, whole-food ingredients and is free of grains, gluten, and sugar. From breakfast to dessert and everything in between, these recipes will inspire you to get into the kitchen and enjoy cooking, every day. With more and more people turning to the ketogenic diet to regain health, lose weight, or simply feel their best, low-carb, high-fat diets have established their place in the mainstream and have become an everyday way of life. With the diet's popularity comes a greater demand for recipes that entice the palate, excite the senses, and deliver satisfaction without starvation. The Everyday Ketogenic Kitchen answers that demand, showing you how to go beyond eggs, meat, and cheese and love the way you eat! This book will enable you to break free from the constraints of modern dieting and put you on a path to lifelong health with a keto-adapted lifestyle. Ketchum teaches you how to create keto-friendly recipes that taste just as good as, if not better than, their unhealthy counterparts. With her recipes, you can enjoy the taste, freedom, and sustainability of the keto way—without the restriction of typical fad diets. The Everyday Ketogenic Kitchen includes 150 step-by-step recipes with full-color photos, a simple guide to getting started, tips and tricks on mastering keto cooking and baking, shopping lists, and much more! Sample recipes include: • Cream Cheese Waffles • Red Wine Braised Short Ribs • Sauteed Green Beans with Crispy Prosciutto • Slow Cooker Broccoli Cheese Soup • Brown Butter Ice Cream • Easy Peanut Butter Cups For aspiring home cooks, kitchen warriors, and anyone else looking for new and delicious low-carb dishes, The Everyday Ketogenic Kitchen is a must-have! The definitive book on Korean cuisine by "YouTube's Korean Julia Child"* and the author of Maangchi's Real Korean Cooking *New York Times Families with boys often find the world reacts to them in mock horror. Even though parents love their sons, privately they admit that boys can be a handful to raise--they are boisterous, competitive, reckless, distractable. The challenge of wills between parent and son starts early, and the quest to civilize young bulls may seem hopeless some days. Yet believers know that God has given them children as a gift of heaven, specially chosen for their particular families and marked as a blessing. If that's so, why does it seem so hard? How can we prepare these boys to serve God when it's all we can do to make it through another day? Isn't there a better way? Raising Real Men: Surviving, Teaching and Appreciating Boys shows the answer is emphatically yes. Written by the parents of six boys, Raising Real Men provides hope and encouragement to families with sons. Starting from the premise that God made boys to become men, Hal and Melanie Young offer Biblical principles and tested, practical ideas for training the manly virtues that can drive parents and teachers up the wall. This is a practical guide to equipping the hearts and minds of boys without breaking or losing your own. "...earthly, realistic, humorous, and scriptural ..." -- Douglas Wilson, author, Future Men "This is just what the doctor ordered for parents who want to raise capable Christian men of character." -- John Rosemond, author, Parenting By The Book "Wanna Read But Not Enough Time? Then, grab a SpeedyReads of Trim Healthy Mama Plan by Pearl Barrett & Serene Allison now! Here's a sample of what you'll see in this book: Summary of 'Trim Healthy Mama Plan' by Pearl Barrett & Serene Allison Trim Healthy Mama Plan revolves around the notion of enjoying food freedom and finding one's healthy and trim self in the form of a journey covered along life. This journey should also be something that relaxes a person. To accomplish a slim and healthy body, the secret is to discover a simple and trimming manner of eating. This new way needs to be such that an individual would have a preference, on a 24 hour basis, for their newfound manner. When a person starts enjoying their trimming self and healthy foods, they become aware that this entails success for life. According to the authors, 'trim and healthy' is always better than 'skinny and deprived.' The authors of THM plan underline that during the first month of adherence to the plan, while most people lose weight, some may not and it should not worry them. *this is an unofficial summary of Trim Healthy Mama Plan by Pearl Barrett & Serene Allison. It is not endorsed, affiliated by Trim Healthy Mama Plan or Pearl Barrett & Serene Allison. It is not the full book. Download And Start Reading Now - Even if it's 3 AM! Hurry, Limited Quantities Available! *Bonus Section Included* 100% Satisfaction Guaranteed or your money back!" Candace Cameron Bure first became known to millions as a co-star on the hit ABC television series Full House. Today, like her brother

Kirk Cameron (Growing Pains, Fireproof), she is the rare Hollywood actor who is outspoken about her Christian faith and how it helps overcome certain obstacles. Bure's healthy lifestyle has been featured in US Weekly and People magazines as well as national talk shows including The View and NBC's Today. In Reshaping It All, she continues the story, inspiring women to embrace a healthier lifestyle by moving faith to the forefront, making wise choices, and finding their worth in the eyes of God. Candace shares a candid account of her struggle with food and ultimately her healthy outlook on weight despite the toothpick-thin expectations of Hollywood. More than a testimony, here is a motivational tool that will put readers on the right track and keep them there. In addition to practical advice, Candace offers a biblical perspective on appetite and self control that provides encouragement to women, guiding them toward freedom. Includes 16-page black and white photo insert. In the South, a conversation among home cooks can be just about as illuminating as any culinary education. Luckily for Stacey Little, home cooks run in the family. Whether it's fried chicken or pimento cheese, fruit salad or meatloaf, everybody's family does it a little differently. The Southern Bite Cookbook is a celebration of those traditions and recipes every Southern family is proud to own. It's the salads and sandwiches that's mandatory for every family reunion and the hearty soups that are comforting after a long day. It's the Sunday Dinner that graces the Easter table every year. If you're lucky enough to hail from the South, you'll no doubt find some familiar favorites from your own family recipe archives, along with a whole slew of surprises from southern families a lot like yours. In The Southern Bite Cookbook, Little shares some of his favorite, delicious dishes including: Pecan Chicken Salad Glazed Ham Turnip Green Dip Chicken Corn Chowder Cornbread Salad No matter what's cooking, Little's goal is the same: to revel in the culinary tradition all Southerners share. The Southern Bite Cookbook has all of the best recipes that brings people together and the meals our families will cherish for generations to come. "The future is in your hands with the latest Trim Healthy Cookbook! Ride the new Trim Healthy wave where founders Serene and Pearl join forces with the next generation, their niece, Rashida Simpson, to amp up their trusted plan with fresh creativity. Inside these pages you will find more than 200 of the most scrumptious and time saving recipes designed to catapult you and your family's future into easy and abundant health. Open, enjoy, indulge, and transform. The future has never looked so bright and beautiful, that's you of course, partnered with the food that will take you there!"--Provided by publisher Hailed a "medical breakthrough" by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. "Dr. Fuhman's formula is simple, safe, and solid." --Body and Soul Summary of Trim Healthy Mama Plan by Pearl Barrett and Serene Allison | Includes Analysis Preview: Trim Healthy Mama Plan is a nonfiction guide to ditching diets and adopting a holistic, healthy way of eating that promotes weight loss and overall well being. Co-authors Pearl Barrett and Serene Allison are sisters who eventually arrived at the same place in their dieting and weight journey--a place they call "done." They were fed up with restrictive diets that simply weren't sustainable or pleasant. So they turned to their Christian faith to gain a biblical perspective on lifestyle and nutrition. Since God made all foods, not a single food group should be off limits. Regardless of the reader's faith, Trim Healthy Mama Plan offers a pleasurable, low-key approach to weight loss, weight gain, or weight management. Eating healthier doesn't have to be a miserable experience. In fact, with a kinder, gentler approach to weight loss, eating is a treat. There's no need to limit whole food groups... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Trim Healthy Mama Plan by Pearl Barrett and Serene Allison | Includes Analysis · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. In their debut cookbook, the Trim Healthy Mamas share hundreds of delicious, healthy recipes to help readers successfully slim down while eating well. This companion cookbook to the bestselling Trim Healthy Mama Plan is just what readers have been waiting for. It features simple, mouthwatering, recipes for breakfast, lunch and dinner—including slow cooker and one-pot meals, hearty soups and salads, omelets and waffles, pizzas, breads and more. No Trim Healthy Mama should be deprived, so there are also favorite snacks, delectable desserts, and the smoothies, sippers and teas fans love. With pantry-stocking advice, time-saving tips, and information on how to cook for the entire family, the Trim Healthy Mama Cookbook offers a delicious and nutritious way to make trim and healthy meals with less stress—so you have more time with your loved ones. Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What's your predicament: breakfast on a harried school morning? The Mom 100's got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn't get any better than pizza for breakfast. Kids making noise about the same old lunch? The Mom 100's got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. "Fork-in-the-Road" variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don't). "What the Kids Can Do" sidebars suggest ways for kids to help make each dish. In this science-based book, registered dietitian Abby Langer tackles head-on the negative effects of diet culture and offers advice to help you enjoy food and lose weight without guilt or shame. There are so many diets out there, but what if you want to eat well and lose weight without dieting, counting, or restricting? What if you want to love your body, not punish it? Registered dietitian Abby Langer is here to help. In her first-ever book, Abby takes on our obsession with being thin and the diets that are sucking the life, sometimes literally, out of us. For the past twenty years, she has worked with clients from all walks of life to free them from restrictive diets and help them heal their relationship with food. Because all food is good for us—yes, even carbs and fats. All diets are bad. Diets are like Band-Aids for what's really bothering us: Although we might lose weight, they prey on our insecurities, rob us of time and money, and often leave us with the same negative views of food and our bodies that we've always had. When the weight comes back, we still haven't solved the real issues behind our eating habits—our "why." This book is different. Chapter by chapter, Abby helps readers uncover the "why" behind their desire to lose weight and their relationship with food, and make lasting, meaningful change to the way they see food, nutrition, themselves, and the world around them. In this book, you'll learn how guilt and shame affect your food choices, how fullness and satisfaction aren't the same feeling, why it's important to quiet your "diet voice" and enjoy food, and what the best way to eat is according to science. Empowering, inclusive, smart, and a must-have, Good Food, Bad Diet will give you the tools to reject diets, repair your relationship with food, and lose weight so you can move on with your life. "Trim Healthy Mama is more than a nutrition book, although you'll be armed with knowledge that will revolutionize your life. It is more than a recipe book, although you will find hundreds of quick and tasty recipes to satisfy your family and trim your waistline at the same time. Serene and Pearl coach you all the way through to freedom from food restriction and excess pounds. They go far beyond food and talk exercise, how to balance your hormones, and how to keep the fire alive in your marriage relationship." --from book description, Amazon.com. From one of the top 25 food websites in America and the "queen of healthy desserts," Katie Higgins, comes Chocolate Covered Katie's first cookbook with 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies (Glamour magazine)! What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Using only real ingredients, without any unnecessary fats, sugars, or empty calories, these desserts prove once and for all that health and happiness can go hand-in-hand-you can have your dessert and eat it, too! " A New Destiny is About to Unfold Upon receiving mysterious books from their dying grandfather, thirteen-year-old Kie Kinsely, and his younger brother, Max, learn of an invisible war that has been ranging for over two thousand years. Accepting their place in this Ancient War as the Blade Children, the two brothers gain the ability to see angels and demons that roam the earth. Together, along with their Guardians, Kie and Max are sent to the Spiritual World by a Supernatural Force. Both Worlds Are in the Balance In order to return home, they must defeat a team of powerful demons who call themselves The Four Dark Angels of Heaven. These powerful beings, who fell during the Great Rebellion, have been given orders to destroy the Blade Children. Join the adventure of a lifetime through mysterious worlds as you experience ancient creatures and learn of a Powerful Creator " From the bestselling authors of the Trim Healthy Mama Plan and Trim Healthy Mama Cookbook, a new cookbook for the whole family! The Trim Healthy Mamas have helped hundreds of thousands of women lose weight and live healthier lives with their bestselling cookbook and eating plan and now they are ready to help the entire family! After experiencing incredible life transformations of their own, readers want to be able to help their families feel better and trim down, too. Trim Healthy Table is just the answer. It bursts with over 300 family friendly, delicious and trimming recipes, along with practical advice on how to healthfully nourish your family without going insane and chaining yourself to the kitchen. Bestselling authors and sisters Serene Allison and Pearl Barrett have 18 children between them and their two families have been thriving on the Trim Healthy Mama plan for years. Trim Healthy Table contains all their best tips, tricks and encouragement for families, whether large or small. Serene and Pearl shamelessly share cunning ways to get picky eaters gobbling down veggies and other healthy foods they usually detest. You will learn how to painlessly use whole, unprocessed foods, including blood-sugar friendly carbs, fats, proteins, fruits and vegetables to create meals even the fussiest kids (and husbands) will love. You'll also learn how one basic meal can make a whole family happy even with different nutritional needs. The quick and easy recipes include lots of one-pot dishes such as, skillet meals, slow cooker meals, electric pressure cooker meals, casserole and soups. With the recipes you can wake up to hearty breakfasts, prepare bars for on-the-go or try a creamy, quick-to-make smoothie, even Indulge yourself with the many trimming desserts...cake for breakfast is celebrated! And, if you're simply looking for single serve 5 – 10 minute meals, the Hangry Meal chapter has you covered. In addition to the hundreds of recipes, included is a Simple Start Guide to the Trim Healthy Plan which concisely explains how you can trim down by getting your blood sugar under control and how to, ever so gently, help other members in your family who may be struggling with weight issues. So, gather your family, bring them to the Trim Healthy Table... eat up... and trim down! In this #1 New York Times bestseller, find out how to lose weight the fast and easy way by eating home-cooked meals made in 30 minutes or less that the whole family will love. More than 5 million readers have lost weight the Somersize way after reading Suzanne's New York Times bestsellers Eat Great, Lose Weight; Get Skinny on Fabulous Food; Eat, Cheat, and Melt the Fat Away—and now Fast and Easy. In her latest book, Suzanne makes Somersizing simple, fun, and affordable for the whole family. She outlines her weight-loss program for life, where you'll forget how to count calories, fat grams, or carbohydrates and simply enjoy delicious food with no weighing, no measuring, no portion control, and no deprivation. Here you'll find more than 100 delicious recipes, tips to help you Somersize, and inspiring Somersize success stories, including: • How to make meals in minutes, and Somersize products that make it even faster and easier to stay on the program • How obesity is an increasing problem for American families and how eating a Somersize diet higher in proteins and fats and lower in sugar and carbohydrates can stop it • How to heal your metabolism from years of yo-yo dieting • Moving, motivating testimonials from enthusiastic Somersizers • Answers to more than 300 of the most frequently asked questions about this remarkable, effective program This is a Summary of Barrett & Allison's Trim Healthy Mama Plan The time for counting each calorie that goes into your mouth is over. There are no food groups that need to be excluded and losing weight and improving your health no longer means deprivation or discomfort. The TRIM HEALTHY MAMA PLAN is a revolutionary program that can be tailored to all age groups and allows you to lose weight and keep it off in a healthy manner. This is a highly practical and completely new way to get

rid of the pounds and to become healthier with tasty food, simply by eliminating sugar. Based around principles for eating laid out in the Bible, this eating plan features two types of meals that are satisfying to the appetite and the palette. The satisfying recipes have more protein and fat, the Energizing recipes that have a higher quantity of protein and carbs. With these two meal types, you unlock the keys to your own success. The food is delicious, real food, processed as little as possible, and you get to eat low-GI grains, healthy fats, proteins and fresh vegetables and fruit. The meals are easy to prepare to save you time but pack a great punch when it comes to boosting metabolism. Get started today and join the thousands of people who have already made a positive change in their lives thanks to this simple and tasty dietary approach to weight loss and health. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 336 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is intended to be used with reference to the original book. Are you ready to: - Banish sugar and carb cravings? - Manage your weight for life? - Look and feel years younger? - Regain energy, vitality and mental clarity? - Reduce your risk of diabetes and other chronic diseases? If so, Goodbye Sugar is the book for you! Goodbye Sugar is nutritionist Elsa Jones' revolutionary programme for sugar addicts that contains the missing ingredient lacking in other diet plans: it works by targeting not only your physical dependency on sugar but your emotional dependency too – the part of you that 'needs' a sweet treat when you're feeling tired, stressed, bored, lonely or simply because it's the weekend. We all know a diet too high in sugar wreaks havoc on our waistlines and our well-being, from dull skin and accelerated ageing to a heightened risk of developing diabetes and heart disease, inflammation in the body, suppressed immunity, feelings of anxiety and stress and even an increase in cancer-causing hormones. Yet many of us feel powerless when it comes to our cravings for sweet treats. Goodbye Sugar will provide you with all the tools you need to make lasting changes. There's a healthy eating plan specifically designed to reset your taste buds, balance out your blood sugar and curb your sweet cravings, while exercises and techniques based on Cognitive Behavioural Therapy (CBT) will teach you how to come to break bad habits, beat cravings, maintain motivation and, ultimately, have a healthy and controlled relationship with all types of food – especially the sugary kind! It's time to say Goodbye Sugar. For good. Following Elsa's programme has changed my life; I don't crave sugar or get energy slumps anymore and I'm slimmer than I've ever been. Alison, 35 Sugar-free no longer equals taste-free! Popular food blogger Brenda Bennett uses natural sweeteners like honey and coconut sugar to create delicious and wholesome recipes that will satisfy even the pickiest of eaters, such as French Toast Sticks, Crock Pot Pulled Pork, and Chocolate Fudge Tart. You and your family will finally enjoy all the foods you love--without the guilt. In their debut cookbook, the Trim Healthy Mamas share hundreds of delicious, healthy recipes to help readers successfully slim down while eating well. This companion cookbook to the bestselling Trim Healthy Mama Plan is just what readers have been waiting for. It features simple, mouthwatering, recipes for breakfast, lunch and dinner—including slow cooker and one-pot meals, hearty soups and salads, omelets and waffles, pizzas, breads and more. No Trim Healthy Mama should be deprived, so there are also favorite snacks, delectable desserts, and the smoothies, sippers and teas fans love. With pantry-stocking advice, time-saving tips, and information on how to cook for the entire family, the Trim Healthy Mama Cookbook offers a delicious and nutritious way to make trim and healthy meals with less stress—so you have more time with your loved ones. Discover this one-of-a-kind guide to losing those unwanted pounds forever: -150 delicious and satisfying recipes from the readers who have lost weight and kept it off.-stories of personal success to inspire you on your weight-loss journey.-The latest health information and diet tips, keeping you up on what's current in the weight-loss world.-More than 50 beautiful full-color photographs.-Shopping-savvy product information for new foods that can help keep you on your diet. Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction. Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. M is for Mama offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it. Have your cake and eat it too! (And your pizza ... and your tacos ... and lots more.) This mouthwatering collection of healthy recipes takes out all those troublesome ingredients like gluten, dairy, cane sugar, grain, and soy and leaves in all the flavor and indulgence of your favorite comfort foods. Start enjoying your favorites again, but made the right way--with real whole foods The time for counting each calorie that goes into your mouth is over. There are no food groups that need to be excluded and losing weight and improving your health no longer means deprivation or discomfort. The TRIM HEALTHY MAMA PLAN is a revolutionary program that can be tailored to all age groups and allows you to lose weight and keep it off in a healthy manner. This is a highly practical and completely new way to get rid of the pounds and to become healthier with tasty food, simply by eliminating sugar. Based around principles for eating laid out in the Bible, this eating plan features two types of meals that are satisfying to the appetite and the palette. The satisfying recipes have more protein and fat, the Energizing recipes that have a higher quantity of protein and carbs. With these two meal types, you unlock the keys to your own success. The food is delicious, real food, processed as little as possible, and you get to eat low-GI grains, healthy fats, proteins and fresh vegetables and fruit. The meals are easy to prepare to save you time but pack a great punch when it comes to boosting metabolism. Get started today and join the thousands of people who have already made a positive change in their lives thanks to this simple and tasty dietary approach to weight loss and health. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 336 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is intended to be used with reference to the original book.

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