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8 COOKBOOKS EVERYONE

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SHOULD OWN! ☐☐ VLOGUST 2020

DAY 6 ☀ WHAT ARE THE BEST

COOKBOOKS? *My Top 5 WW*

Foods! WEIGHT WATCHERS 1

POINT PANCAKES BEST RECIPE

Making Pasta - Gordon Ramsay

~~WEEKLY WW MEAL PREP ON~~

~~MYWW BLUE PLAN | CREAMY~~

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~~POTATO SOUP, BBQ CHICKEN
WRAPS, AND MORE!~~ **LEAN GIRL**
Low Calorie Mac and Cheese
Recipe | Fit For Fat-loss Meals
| High Protein Low Calorie
~~DIS CHEM FOOD SUPPLEMENT
HAUL: What's In My Lean Girl
Shopping Cart? LEAN GIRL Protein~~

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~~Yogurt Bowl Recipe | My Every~~

~~Day Low Calorie High Protein~~

~~Night Time Dessert LEAN GIRL -~~

The Hungry Girl Guide To

Intermittent Fasting For Fat-loss

Getting Started ~~Pizza Stuffed~~

~~Bread Bowl - WW Weight~~

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- Low Calorie Chocolate

*Cheesecake | High Protein | Only
225 Calories Weight Watchers*

Low Point Burger Bun Hack recipe

*how-to **2-3 point Vietnamese
Bahn Mi Sandwich, The Guilt
Free Gourmet - Weight***

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teach you how to take indulgent,
high calorie, high point meals and
turn them into guilt free, low
point deliciousness. Let me help

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Without Sugar Wheat Or Dairy
you transform the way you cook,
through my creative cooking
strategies, tutorials and recipes.

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The Guilt-free Gourmet: Indulgent Recipes without Wheat ...

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sugar enabling me to be healthy
yet eat indulgent tasty food! I
have cooked at least 10 of these
dishes and not being the most
talented in the kitchen-i found
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Jessica Bourke (Hardback, 2012)
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focussed on recreating indulgent
'regular' recipes into low point®

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and low calorie recipes for people practicing the Weight Watchers® guidelines for health and wellness, by teaching principles and tips that will allow YOU can prepare healthier low point® meals. Cooking in progress..

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The Guilt-free Gourmet is for anyone who's trying to eat more fruit and vegetables and reduce their intake of sugar and saturated animal fats but isn't

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Without Sugar, Wheat Or Dairy
willing to compromise on the flavour and enjoyment of their food. This cookbook is not about denial; it's approach to cooking and eating simply swaps the 'bad for you' ingredients for natural and healthy alternatives that achieve the same decadent

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results without the negative impact on our waistlines, energy levels, health and wellbeing.

Recipes range from simple sharing plates to Foods from Afar such as Thai curry and fiery Korean noodles to Japanese tempura and Moroccan tagines.

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There are Light & Fresh dishes such as Globe Artichoke, Fennel & Rocket as well as Comfort Food recipes including Beetroot Burgers with Mustard Mayo and a velvety Aubergine & Tomato Gratin. With ideas for Home Baking and Sweet Treats, Jordan

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and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake and eat it.

The Guilt Free Gourmet: 2019

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Cooking Guide, is an amazing Low Point cooking resource. After 6 months of being available digitally, we're finally offering it through Amazon! This book is filled to the brim with cooking tips, ingredient suggestions, and basic recipes that will help you

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succeed on the Weight Watchers (WW) Freestyle plan. Rather than throwing a giant book of recipes at you, this guide TEACHES YOU how to modify your meals yourself through in-depth guided tutorials and recipes, containing over 300 color images. You'll find

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4 pages devoted solely to mastering the Recipe Builder within the WW mobile app, by showing you how to reduce the points and calories in traditional recipes. You'll also find recipes for "Foundational" items that are used as the building blocks for

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Without Sugar, Wheat Or Dairy. Such as 0 point Italian Sausage, Chorizo and Breakfast Sausage recipes, instructions for how to make fresh REAL low point pasta yourself without any specialized equipment. Low point Gnocchi, pie crust, masa for tamales and tortillas, low point

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yeast pizza dough, 0 point cream cheese and much much more. It doesn't stop there though. I also include recipes for 30 ultra low point sauces that you can use to kick up hundreds of dishes, such as: 0 point Buffalo sauce, Asian dipping sauce, 1 point alfredo and

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pesto, 0 point MEXICAN BROWN MOLE' and 0 point red enchilada sauce! There's even low point white wine butter sauce, scampi, avocado lime sauces... with no sauce being over 1 point for at LEAST a 1/4 cup serving!! .This guide is packed with so much

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information that you're practically sabotaging your journey by NOT utilizing it!

Korean food is quickly becoming the biggest trend in the culinary world—Our Korean Kitchen will be your inspiring guide to bringing

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this delicious and healthy cuisine to your table. Critically acclaimed chef and food writer Jordan and his Korean wife Rejina provide a cultural history of the food of Korea giving context to the recipes that follow. This comprehensive collection of 100+

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Without Sugar Wheat Or Dairy authentic and accessible dishes explores the ingredients and techniques needed to master Korean cooking. From how to stock a Korean pantry, to full menu ideas, to recipes for every meal and craving, this is the only guide to Korean cooking you'll

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ever need. You'll find delicious recipes for Bibimbap, Kimchi Fried Rice, Crispy Chili Rice Cakes, Chicken Dumpling Soup, Seafood & Silken Tofu Stew, Pickled Garlic, Seafood & Spring Onion Pancakes, Shrimp and Sweet Potato Tempura, Knife-cut

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Marinated Crab, Grilled Pork Belly
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Short Ribs, Deep Fried Honey
Cookies, and so much more!

Chapters: Rice & Savory Porridge
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& Tofu Noodles Fish Meat Dessert
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FROM THE AUTHOR OF OUR
KOREAN KITCHEN, WINNER OF
THE OBSERVER FOOD MONTHLY'S
'BEST NEW COOKBOOK AWARD'
2016, AND FORTNUM & MASON'S
'COOKERY BOOK' AWARD 2016 In

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this beautiful full-colour
cookbook, award-winning author
Jordan Bourke shows you how
simple it is to make nourishing
breads; savoury tarts and bakes;
and indulgent yet wholesome
sweet treats. Reclaiming 'healthy'
for what it really means -

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nutritious, balanced food made from natural ingredients - these are recipes to bring joy and flavour back into your baking and beyond. Alongside sumptuous 'regular' bakes - such as the perfect Sourdough bread, Caramelised Onion, Sweet Potato

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and Rye Tart, and Italian
Strawberry and Chocolate Chunk
Cake - Jordan also gives ancient
grains and pickles a western
update, revealing how easy it is
to make abundant salads,
bubbling ferments, seasonal
preserves and more. Healthy

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Baking provides over 100
nourishing and mouth-watering
ways to revive and reinvent
cooking at home. Using
alternatives to refined sugar and
featuring lots of options to make
recipes gluten- and dairy-free,
you'll quickly discover how

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ferments and grains can
invigorate your cooking - from
cultivating the perfect sourdough
starter to creating delicious
salads and decadent cakes.

Features healthy whole food
recipes of classic and

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international dishes, including Moroccan harira soup, cod fish fingers with mushy peas and mayonnaise, and baklava.

Welcome to food freedom: 100+ recipes that prove you can make healthy choices without

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sacrificing the meals, snacks, and sweets you love--with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all

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the foods you crave. Using better-for-you ingredients, such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel's recipes focus on creative, flavor-forward takes on favorite, comfort

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food dishes--think Almond Butter
Pad Thai, Sweet Potato Nachos
with Cashew Cheese, Homemade
Pastry Tarts with Berry Chia Jam,
and Epic Quinoa Burrito Bowls.
Though Rachel personally doesn't
prescribe to a single diet or label,
many recipes are Paleo-friendly,

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dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-

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friendly spreads, shareable
snacks, and, of course,
sweets--lots of 'em because as
Rachel says, "You can have your
gluten-free cake and eat it too!"
Perfect for those who are new to
cooking or learning how to
incorporate healthy ingredients

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into their everyday lives, Just the Good Stuff includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice. Advance praise for Just the Good Stuff "In Just the Good Stuff, Rachel

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creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping

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food for the week, this book has you covered for all aspects of eating."--Frank Lipman, MD, bestselling author of The New Health Rules and How to Be Well
"Rachel's recipes are modern, approachable, and simple enough that anyone can make them! Just

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the Good Stuff is a new staple on my bookshelf!" --Gina Homolka, New York Times bestselling cookbook author and founder of Skinnytaste

Cooking Light Lighten Up, America! is a celebration and

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discovery of regional American cooking, and the permission to eat the foods you love-it's the soul of American cooking made light. This collection of America's favorite fare offers healthy versions of classics new and old, memory-making recipes from all

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walks of life and regions, and returns the most beloved American dishes to the table. Lighten Up, America! follows Allison Fishman Task as she embarks on a cross-country road trip in search of the country's favorite classic dishes. Allison

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shows the reader how to take these regional recipes and make them lighter and healthier with a few simple substitutions and smart cooking techniques. From caramel-pecan sticky buns to reuben sandwiches to fried green tomatoes, this book teaches how

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to turn what might have been
once-in-awhile favorites into
everyday classics. Highlights
Include: Classic American Dishes
Made Lighter: Readers will
rediscover regional American
cooking and eat the food they
love through more than 150

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Delicious recipes from coast to coast. All with complete nutrition analysis. Regional Culinary Traditions: Join Allison as she tells delightful and tantalizing stories behind some of our most beloved regional dishes. Each story gives insight into regional flavor and

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color while celebrating iconic fare like Memphis barbecue, New Orleans gumbo, and Iowa pork tenderloin sandwiches. Insider's View of Festivals and Food Fairs: Allison also visits food fairs and festivals, so you'll get a behind-the-scenes look at some of the

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more unusual foods this great country has to offer such as wild boar nachos, bear meatloaf, and dandelion soup. Food Born In America: Allison will share inspiring stories about the many American entrepreneurs and home cooks who conceived and

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popularized recipes and ingredients. Take the Philly cheesesteak, cobb salad, and stove top stuffing-just to name a few-all crafted through the ingenuity of American food lovers.

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Sima's definition of transformation is not about obsessing over the numbers on a scale—it is all about something that blossoms from within you, out from your very pores, that ends with a lustrous glow that shows all over your transformed

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self. It's not just about eating good food and feeding your hungry belly, it's about discovering who you are, and transforming your body and life from the inside out. When clients said they had a sweet tooth, or they were hungry for their latest

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diet's "no-no food" and wanted to eat without the guilt that came with it, something immediately clicked in Sima's mind, and she knew that she had to create a perfect, life-changing meal plan for them. This book is the ultimate guide to guiltless

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freedom that you can celebrate every day, without any depriving, compromising, counting calories, or measuring body fat! After two decades, countless hours, thousands of clients, and customized food and detox plans, it was a no-brainer to understand

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that everybody—no matter their age or social status—wants their cake, and to eat it too. This book will transform how you think, what you eat, and the way you live. Losing weight is just the cherry on top of the sugar-free sundae.

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From Australia's favourite new
health-food chef comes the follow
up to the bestselling Fabulous
Food Minus the Boombah. Like
most of us, Jane Kennedy can't
eat anything she wants because
she gets FAT. After having five

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children in six years and trying every fad diet known to man in an attempt to shift excess weight, Jane decided to take matters into her own hands. A lifetime love of cooking, teamed with a refusal to give up the flavours of her favourite meals, led Jane to

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develop her own dishes that are delicious but also good for you. In Jane's second book, OMG! I can eat that?, she shares some of her favourite recipes, just without all the unwanted fat. Chapters include Nibbles, Soups, Piemakins, Chicken & Duck, Beef,

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Lamb & Pork, Fish & Seafood,
Comfort Classics, Vegetables and
Dessert. And these recipes aren't
your typical 'diet' recipes either,
with delicious meals such as
Chicken, Leek and Mushrooms
'piemakins' (pies in ramekins
minus the pastry), Beef

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Bourguignon, Boombahfree
burgers, and even sweet treats
like Rhubarb and strawberry
crumble, you'll forget you're even
eating food minus the boombah!

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