

Jar Salads: 52 Happy, Healthy Lunches

A journal for the farm, the garden, and the fireside, devoted to improvement in agriculture, horticulture, and rural taste; to elevation in mental, moral, and social character, and the spread of useful knowledge and current news.

A collection of 60 recipes for turning ordinary salads into one-dish worthy meals. Does anybody need a recipe to make a salad? Of course not. But if you want your salad to hold strong in your lunch bag or carry the day as a one-bowl dinner, dressing on lettuce isn ’ t going to cut it. Make way for Mighty Salads, in which the editors of Food52 present sixty salads hefty with vegetables, meats, grains, beans, fish, seafood, pasta, and bread. Think shrimp and radicchio tossed in a bacon vinaigrette, a make-ahead jumble of white beans with charred lemon and fennel, slow-roasted duck and apples scattered across spicy greens. It ’ s comforting food made captivating by simply charring one ingredient or marinating another—shaving some, or roasting a bunch. But because we don ’ t always follow recipes, there are also loose formulas for confident off-roading, as well as back-pocket tips and genius tricks for improving any old salad. Because once you know how to fix too-salty dressing, wash greens once and for all, keep an avocado for browning, and even sprout your own grains, the humble salad starts looking a lot more interesting—and a whole lot more like dinner.

Master the art of improvising your lunch, using whatever you’ve got lying around, with this simple cookbook. When your cupboard is looking a bit bare, it’s hard to get inspired to make lunch for the day ahead. We can often run out of inspiration too, meaning we end up with the same dull lunch every day - or worse yet, buying every meal out and about. Those costs add up. The 5-Minute 5-Ingredient Lunchbox aims to streamline your lunch each day according to what you have lying around. Some forgotten rice or grains in the cupboard? Or a random assortment of tinned veggies? These 52 recipes will show you how to quickly turn them into a nutritious and delicious lunch. Plenty of these lunchbox ideas are also vegetarian, vegan, gluten-free and/or dairy-free. There’s also advice throughout on how to make bulk lunches for your week, if that’s your style, and how you might be able to overhaul last night’s leftovers into a great midday meal.

House & Garden
New York Magazine
Extensively Annotated Bibliography and Sourcebook
Dining In
Goop Clean Beauty
60 New Ways to Turn Salad into Dinner [A Cookbook]
The Country Gentleman

Say Bonjour to Green Cuisine!It’s the new French way to be healthy, happy, and stylish, bien sûr! No one does food and lifestyle like the French! That’s why the French approach to clean, green eating adds a dash of flair—or a drizzle of decadence!to even the humblest of fruits, veggies, and legumes. In this cheerful, charming cookbook, Rebecca Leffler shows you how they do it. She introduces her libest friend foods! like sweet potatoes and chia, whirlwinds through an entire rainbow of juices and smoothies, and keeps the focus on fitness, food, and fun in equal measures. Globally inspired, but with lots of French accents, all 150 plant-based recipes are free of gluten, soy, and refined sugar. Rebecca organizes them the natural way: by season. Feed your body what it needs during . . . Spring: Beet Rawvlioli with Faux-mage, White Asparagus Velouté, Le ¡Chic! Cake Summer: Salade Niçoise, Cabinet Curry, ¡Split!-Second Banana Ice Cream Fall: Sobebautiful Soba Salad, Beauty Bourguignon, Pancrêpes, Apple Tarte Tatin Winter: Totally Wild Stuffed Squash, Amaranth Caviar, Happy Hazelnut Quinoa Bowl. Plus, enjoy Rebecca’s mood-boosting tips year round: natural beauty treatments, illustrated yoga poses, and positive playlists to sing along with as you peel, mince, and stir. Having to choose between pleasure and health is so last season. It’s time to say non to unhealthy foods and oui to color, flavor, variety, and smiles!

Improve your health with clean, natural foods and nutrient-rich recipes that can be made in 10 minutes or less! Liana Werner-Gray understands how hard it is to find the time to take care of yourself; to keep up with her fast-paced life, she indulged in processed convenience foods until she landed in the hospital and could no longer take her health for granted. She shared her journey to healing herself in her blog, The Earth Diet, which launched her best-selling book of the same name. Through the Earth Diet lifestyle, she has helped thousands of people with thyroid issues, eating disorders, cancer, diabetes, acne, addictions, and other afflictions. Liana kept hearing from readers and clients that their biggest obstacle was a lack of time, so she gathered together her favorite quick recipes and time-saving techniques. In 10-Minute Recipes, you will find more than 100 recipes to get into your diet more of the essential vitamins, minerals, and micronutrients your body needs--each of which can be prepared in 10 minutes or less. Whether you're a meat eater or a raw vegan, this inclusive book offers options for juices, smoothies, salads, entrees, desserts, and more that will delight any palate. Liana also delivers advice on proper nutrition; tips for shifting out of toxic habits; and guides for specific goals such as weight loss, reducing inflammation, and increasing energy.

Womens Health magazine speaks to every aspect of a woman’s life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

200 Delicious Recipes for a Flexible Diet That Helps You Lose Weight and Improve Your Health

Today’s Health

Mit Natur leben

Epodes

Jar Salads

The SimplyRaw Kitchen

The 5-Minute Vegan Lunchbox

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine’s consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

The world’s most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 144 photographs and illustrations. Free of charge in digital PDF format.

A guide to creating perfectly fresh—and transportable—salads. Put down that sandwich! Here you’ll find healthy and delicious lunch ideas to get you through the year. Who wants a soggy salad for lunch? The trick to a perfectly fresh and crisp salad that can be kept in the refrigerator the night before is all about the layering: the dressing at the base, followed by protein or grains, then nuts or seeds, with the leafy greens and herbs on top. When you’re ready to eat the salad, turn the jar out into a bowl and enjoy immediately! Jar Salads contains fifty-two deliciously inventive salads—a new one for every week of the year. From a Mexican-inspired vegetarian taco salad to a Vietnamese pork and-vermicelli-noodle salad, and classic salad combinations, Jar Salads has all tastes covered. All you need is a screw-top mason jar and a bunch of fresh ingredients. This year, get inspired to get healthy!

Vegetarian Times

Over 700 Creative Things To Do And Make With Your Grandchild

So verlieren Sie über 3 Kilo in 7 Tagen - Sirtfood Diet - das Original

The Kinfolk Garden

Be Healthy Every Day

Stories

The Happy Life

This is the only commentary to provide a full and detailed interpretation in English of Horace's book of Epodes.

Achieve Your Goals to Live a Healthier, Happier, More Balanced Life Be Healthy Every Day life planner will help you make them a reality! **This 52-week motivational calendar and sticker set by noted nutrition and health coach Maria Marlowe guides you to learn about, set goals for, and stick to positive habits that will make you feel healthy, fit, and happy. Each week offers useful and supportive advice and tips, including: How to choose essential items for your pantry, fridge, and freezer—and what to toss How to make smart, healthy choices about snacks and packaged foods Basics for nutritious and delicious batch cooking and building veggie bowls, salad jars, healthy dressings, and more Plus: 300+ stickers that encourage you to choose healthy priorities, set and achieve healthy goals for eating and exercise, and nurture your relationships--and yourself With Be Healthy Every Day life planner, you can give yourself the gifts of feeling nourished, strong, focused, calm, and happy. What are you waiting for? The journey to your healthiest self can start today!**

Are you a grandparent looking to connect with your grandchild? A parent looking to help your own parents connect with your children? Are you looking for activities to do with your grandkids that are not only fun, but also educational? With over 700 different creative and educational crafts and activities, from imaginative rainy day activities to tasks designed to help with difficult transitions, the projects in this handbook will give you the tools to connect with your grandchildren and meaningfully impact their growth and development. With increasingly longer life expectancies in our society, children are able to have longer and more meaningful relationships with their grandparents, and they can have fun while they’re doing it! Speaking to the need for positive intergenerational relationships in today’s families, A Handbook for Grandparents is your comprehensive guide to helping your grandchildren grow and develop in a positive way.

The 5-Minute Salad Lunchbox

Highly Cookable Recipes: A Cookbook

The 5-Minute, 5-Ingredient Lunchbox

Plant-Powered, Gluten-Free, and Mostly Raw Recipes for Healthy Living

Women's Health

Happy, Healthy & Speedy Salads to Make in Minutes

Happy, Healthy and Speedy Recipes to Make in Minutes

There is so much dietary advice out there, much of it conflicting, that it can be difficult for busy parents to make sense of it all. Medical doctor and sports scientist, Professor Tim Noakes, chef and long-distance swimmer, Jonno Proudfoot, and dietitian Bridget Surtees, a specialist in paediatric nutrition, cut through the clamour to provide clear, proven guidelines and simple, delicious recipes to feed your family well, inexpensively and without fuss. Following their phenomenal, record-breaking success with The Real Meal Revolution, the Real Meal team set out to rethink the way we feed our children. The result, Superfood for Superchildren, challenges many ingrained dietary beliefs and advocates a real-food diet for children - from toddlers to teens - that is low in sugar and refined carbohydrates. Their advice is solidly underpinned by a critical, scientific interrogation of the the children’s food industry. By combining the latest peer-reviewed scientific evidence with straightforward, mouthwatering recipes, most of them for the whole family, Superfood for Superchildren shows clearly how to provide your children with the best possible nutrition to help them to grow up healthy and happy.

Presents a collection of more than 150 gluten-free recipes along with information on shopping for gluten-free products, recognizing hidden gluten in foods, boosting nutrition, and preparing a kitchen to be gluten-free.

The road to good health through proper diet and nutrition can lead down many paths; you may ask yourself, should I go vegan? Follow a gluten-free regimen? Should I eat raw or cooked foods? Natasha Kyssa offers all that and more in this inspiring collection of mostly raw, whole-foods recipes that will improve your health, no matter what your age. Natasha is a former international fashion model who transformed her unhealthy lifestyle by turning to raw foods almost twenty-five years ago; she is now a raw foods consultant and restaurateur who also runs marathons in her spare time. Natasha promotes a balanced, flexible diet designed for individual constitutions and based on fresh plant foods—gluten-free, toxin-free, and simply delicious. Her regimen also takes into consideration older folks and others who cannot tolerate an all-raw diet by including cooked foods. It’s a cookbook and lifestyle guide to be shared between generations, much like Natasha and her mother, who contributes vegan versions of central European classics like borscht, mushroom goulash, cabbage rolls, and lovage dumplings. Other recipes include raw soups, cakes, and puddings, as well as a raw Pad Thai and spaghetti bolognese. Spend some time in Natasha’s kitchen; it will transform your life! Natasha Kyssa runs SimplyRaw, a healthy lifestyles consulting company, and SimplyRaw Express, a vegan restaurant in Ottawa, Ontario. Her first book, The SimplyRaw Living Foods Detox Manual, was published in 2009.

Be Your Own Kind of Awesome!

Run Fast Eat Slow: N ä hrstoffreiche Rezepte F ü r Sportler

History of Soybeans and Soyfoods in Korea (544 CE to 2021)

Miracle Morning

Happy, Healthy and Speedy Meals to Make in Minutes

Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season

Food52 Mighty Salads

In Sachen Wunschgewicht gelten Abnehmen und Genießen oft als Gegensätze. Ganz anders bei der Sirtuin-Diät! Durch ausgeklügelte Gerichte mit leckeren Zutaten wie Grünkohl, Sellerie, Rucola und Walnüssen werden Fettverbrennungsenzyme in unserem Körper angeregt: die Sirtuine. Mit einem intensiven 7-Tage-Programm und einem nachhaltigen Ernährungsplan wird Ihre Traumfigur schnell und leicht Realität. Sängerin und Weltstar Adele hat es mit der Sirtuin-Diät geschafft - probieren auch Sie es aus! Get your plant-based lunch organized in record time with this foolproof cookbook. Sometimes it seems like too much of a chore to get our lunch prepped for the day ahead, especially when we're committed to (or experimenting with) a plant-based diet We can often run out of inspiration too, meaning we end up with the same dull lunch every day - a drudgery which makes healthy eating much harder than it should be. The 5-Minute Vegan Lunchbox aims to make prepping your lunch each day a breeze - ensuring your days are deliciously healthy and completely vegan, too. The 52 recipes cover a range of diverse salads, utilizing the power of grains, beans, veggies and more. There’s also advice throughout on how to make bulk lunches for your week, if that’s your style, and how you might be able to overhaul last night’s leftovers into a great midday meal.

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that’s exclusively vegetarian but wrapped in a fresh, stylish mainstream package that’s inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT’s goal: To embrace both.

52 Happy, Healthy Lunches to Make in Advance

The Happy Balance

Country Gentleman

Whole Food Made Sinfully Delicious-Over 135 Recipes for Wheat-Free, Sugar-Free, and Dairy-Free Eating

Die Sirtuin-Diät - Jung und schlank mit Genuss

The original plant-based approach for hormone health - 60 recipes to nourish body and mind

Super Food for Superchildren

Finally, the ultimate guide to all things beauty from THE experts in clean living. Written by the editors of Gwyneth Paltrow's lifestyle collective, goop, this must-have beauty bible will shed a definitive light on topics such as what to eat, the importance of sleep, the power of antioxidants, and the impact of exercise, while offering tactical advice for skin issues and acne, as well as clean makeup product suggestions. Readers will also find beauty tutorials from some of goop's expert makeup artists and hair stylists. GOOP CLEAN BEAUTY will feature delicious skin-boosting recipes and 100 gorgeous photographs of real women, and of course Gwyneth and other goop friends and family, all of whom will share their own secrets, routines, and beauty rituals.

Ein Roman über zwei ungleiche Mädchen und einen geheimnisvollen Briefeschreiber, ein Kriminal- und Abenteuerroman des Denkens, ein geistreiches und witziges Buch, ein großes Lesevergnügen und zu allem eine Geschichte der Philosophie von den Anfängen bis zur Gegenwart. Ausgezeichnet mit dem Jugendliteraturpreis 1994. Bis zum Sommer 1998 wurde Sofies Welt 2 Millionen mal verkauft. DEUTSCHER JUGENDLITERATURPREIS 1994

Kids will be inspired by this unique coloring book that focuses on positive thinking. Thirty phrases – Be Curious, Be Patient, Be Forgiving, more – are surrounded by whimsical, kid-friendly art.

Delicious, low-sugar recipes for healthy, happy children, from toddlers to teens

10-minute Recipes

The Everything Macro Diet Meal Prep Cookbook

My new roots

The 5-Minute 5-Ingredient Lunchbox

Gluten-Free Cooking For Dummies

Happy, Healthy & Speedy Meals to Make in Minutes

Ob ein Junge wie Forrest Gump, ein einsamer Schiffsbrüchiger oder ein Lehrer, der an Aids erkrankt - der Schauspieler Tom Hanks interessiert sich für besondere Menschen und verkörpert sie auf mitreißende Weise. Eigensinnige, phantasievolle Typen begegnen von Tom Hanks: Eine von ihnen ist Steve Wong, den die Natur mit dem feinsten Ballgefühl der Welt ausgestattet hat, keinesfalls aber über eine Bowlingkarriere nachdenken will. Oder die vier Freunde, die sich eine gebrauchte Raumkapsel besorgen, um mit ihr Hobbyastronauten, Heimwerker, Schauspielfanfänger und andere Figuren bevölkern Tom Hanks' erstes Buch. Sein genauer Blick und seine große Gabe zu erzählen machen die Lektüre zu einem eben solchen Vergnügen wie seine Filme.

4 Ingredients Healthy Diet is a lifestyle, cooking must-have for the kitchen. Health and happiness starts within, from the foods we choose to fuel our body. 4 Ingredients Healthy Diet has been created as the 'go-to' cookbook for EASY, EVERYDAY achievable recipes naturally designed to digest. Understanding the nutritional value of WHAT we eat, complementing with moderate exercise and lots of water, is the key to maintaining an overall wellness and the basis of 4 Ingredients Healthy Diet. Knowing the hugely important McCosker has spent years following this easy diet plan, which is simply a cleaner way of eating. Primarily using whole foods to form recipes that are nutritious, delicious and easy to create, 4 Ingredients Healthy Diet also features a four-week meal plan to who like structure, and those needing a strict plan to assist with controlling calories and their daily eating habits. 4 Ingredients Healthy Diet shares over eighty recipes, plus pages of simple snacks and healthy foods. Each recipe provides a breakdown of nutrients, sodium, carbohydrates, sugar, fibre and protein. This recipe book simply gives everyone a sensible guide to eating GOOD, HEALTHY, NOURISHING food. It evaluates the importance of eating fresh, whole foods that are essential to the 4 Ingredients Healthy Diet mind for the whole family, for a long healthy life. Easy, delicious meals and food ideas, using 4 ingredients or less.

Get healthier, happier, and your lunch salad organized in record time. All you need is this book and nine minutes of your morning. These fifty-two recipes are a comprehensive range of diverse salads, including vegan salads, grain salads, zoodle, and seafood salads globe. Imagine a Vietnamese-style chicken coleslaw, Mexican-spiced quinoa salad, or a Japanese(ish) combination of edamame and chickpeas with avocado-lime dressing. Do you know what Korean-style bibimbap is? This diverse cookbook explains, alongside it your food for the impending day can feel impossible. You opt for the easy way out: buying lunch. Often this is less healthy, and always more expensive, than bringing your own to work. On the other hand, maybe you're just in desperate need of inspiration at day (month after month... year after year). This book makes food prepping an exciting and nutritious lunch a total breeze. Lunch breaks should always be something to look forward to. A restorative breath--away from a working world of email chains, custom mornings will be drastically improved by the comfort of knowing that your five-minute salad awaits you. With the protein gained from any of these fifty-two salads, you can safely forgo that second afternoon coffee: this is all the energy your workday is ev

Tasty. Naughty. Healthy. Nice.

Coloring Book

The Ultimate Guide to a Healthy Body, a Natural Glow and a Happy, Mindful Life

A Weekly Planner--With Recipe Ideas, Healthy Hacks, and 300+ Stickers

Die Stunde, die alles verändert. Steh auf und nimm dein Leben in die Hand

Roman über die Geschichte der Philosophie

4 Ingredients Healthy Diet

Stop counting calories and transform your body in no time with these easy, make-ahead macro diet meals everyone will enjoy. If you're someone who wants to start making healthy choices and get in control of your diet, you're not alone. The macro diet offers a specific number of proteins, carbs, and fats to stay under every day based on your goals. Rather than a strict calorie count, which can do more harm than good, this way of eating allows you to enjoy all of your favorite foods—as long as it's within your macros. All you need to be successful with this diet is organization and preparation and The Everything Macro Diet Meal Prep Cookbook is here to help. This customizable, sustainable, and most importantly, effective diet will help you reach your weight-loss goals by cooking and eating healthy meals all week long.

An inspiring guide to finding health and happiness from the author of The 20/20 Diet and The Happy Cookbook. Happiness. It's the big one: the thing we're all striving for. But rather than happiness being something you 'get' from status or material things, it's something you must find within yourself. This beautiful, honest book is nutritionist Lola Berry's achievable guide to overall happiness, and it all starts with what we put on our plates. The Happy Life features more than 60 delicious wholefood recipes as well as practical advice on how to maintain optimum health across all areas of your life - whether that's eating well and maintaining exercise regimens while travelling, navigating love and relationships, or actively incorporating more mindfulness into your day. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

Discover the cookbook featuring "drool-worthy yet decidedly unfussy food" (Goop) that set today's trends and is fast becoming a modern classic. "This is not a cookbook. It's a treasure map."—Samin Nosrat, author of Salt, Fat, Acid, Heat NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY San Francisco Chronicle • NPR • Epicurious • Newsday • KCRW's Good Food • The Fader • American Express Essentials Alison Roman's Salted Butter and Chocolate Chunk Shortbread made her Instagram-famous. But all of the recipes in Dining In have one thing in common: they make even the most oven-phobic or restaurant-crazed person want to stay home and cook. They prove that casual doesn't have to mean boring, simple doesn't have to be uninspired, and that more steps or ingredients don't always translate to a better plate of food. Vegetable-forward but with an affinity for a mean steak and a deep regard for fresh fish, Dining In is all about building flavor and saving time. Alison's ingenuity seduces seasoned cooks, while her warm, edgy writing makes these recipes practical and approachable enough for the novice. With 125 recipes for effortlessly chic dishes that are full of quick-trick techniques (think slathering roast chicken in anchovy butter, roasting citrus to ramp up the flavor, and keeping boiled potatoes in the fridge for instant crispy smashed potatoes), she proves that dining in brings you just as much joy as eating out. Praise for Dining In "Sorry, restaurants. Superstar Alison Roman has given us recipes so delicious, so meltdown-proof—and so fun to read—we're going to be cooking at home for a while. Quite possibly forever."—Christine Muhlke, editor at large, Bon Appétit "Anyone who wants the aesthetic, quality, and creativity of a Brooklyn restaurant without having to go to a Brooklyn restaurant will love Alison Roman's cookbook. It's filled with recipes that are both unique and approachable. Reading it, you'll find yourself thinking 'I would have never thought of making this but I want to make it right now.'"—BuzzFeed "Dining In is exactly how I want to cook: with bright, fresh flavors, minimal technique, and no pretense. This isn't just a bunch of great recipes, but a manifesto on how one original, opinionated home cook sees the world."—Amanda Hesser, co-founder, Food52

Sofies Welt

A Handbook For Grandparents

Trs Green, Trs Clean, Trs Chic

Saisonale vegetarische Gerichte für ein besseres Lebensgefühl

Schräge Typen

Fast Food, Clean Ingredients, Natural Health

Energy-boosting recipes for glowing health from the "queen of guilt-free gobbling." Like many of us, Susan Jane White spent a long time fighting her body, riding the wheat-sugar-dairy merry-go-round, thinking her diet couldn't possibly be the reason she felt so ill. Once she liberated herself from that circuit, she discovered a whole world of fabulous ingredients to explore. Tasty. Naughty. Healthy. Nice. is about discovering true food bliss, and the over 135 recipes are anything but restrictive. Let Susan Jane, in her own hilarious fashion, show you the tasty way to a healthier you!and who says you can't throw in a little naughty while you're at it? Find recipes for: · Breakfasts that give long-lasting energy, such as High-Octane Banana Nutmeg Bars; · Snacks, Soups, and Salads for nutritional pick-me-ups, like the antioxidant all-star Dining al Desko Beet Salad and the protein-rich Superman's Salad; · Satisfying suppers, such as Chocolate Chili con Carne with Coconut Yogurt; Simple Salmon with Asparagus Soldiers and Whipped Green Tea; and Pumpkin Falafel; · Tasty treats that are extra satisfying, such as Goji Berry Halva, Raw Cacao Nib Toffee, and Ice Green Tea with Manuka Honey Cubes.

Whether you are a newcomer to whole food living, a busy mom trying to find healthy snacks and meals, or just looking for new healthy inspiration, give yourself a high-five for deciding to dive into these recipes.

Das einzigartige Selbsthilfeprogramm für mehr Glück, Zufriedenheit und Erfolg Dieses Buch ist auf den ersten Blick eine Zumutung, vor allem für die Nachtulen unter uns. Trotzdem stehen inzwischen zehntausende Menschen für Miracle Morning gerne morgens früh auf. Denn Hal Elrod hat damit ein genial einfaches Morgenprogramm entwickelt, dass nicht nur sein eigenes Leben um 100 Prozent verbessert hat, sondern auch das seiner vielen Fans und Leser. Wer Miracle Morning praktiziert, wird endlich der Mensch werden, der er immer sein wollte und zwar in allen Lebensbereichen. Was man dafür tun muss? Jeden Morgen vor 8 Uhr eine Stunde lang nur sich selbst widmen. Diese Zeit verbringt man mit Meditation, Affirmationen, Visualisierungen, Sport, Lesen und Tagebuchschreiben. Wenn sich der neue Ablauf als Gewohnheit etabliert hat, startet man voller positiver Energie in den Tag. Für ein gesünderes, glücklicheres und zufriedeneres Leben!

The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more! The human body is complex and it is a delicate balance of systems working together to keep us at optimal health. And we are disrupting it. Instead of working with our bodies, we are constantly stressing them, with toxins and pollutants, with unhealthy lifestyles and high stress levels, with nutrition-poor diets and sedentary lifestyles. We have become hopelessly out of sync with our natural rhythms. By following a simple nutritional plan and easy lifestyle principles, we can bring our bodies back in tune and reap the rewards of uninterrupted mother nature. Sumptuous vegan recipes ranging from Cherry Cacao Teff Pancakes, Beetroot and Carrot Burgers and Healing Shiitake Mushroom Miso Soup, to Yellow Ayurvedic Dahl, Delicata Squash and Black Rice Salad and Salted Maca Caramel Nourish Balls help balance our bodies and improve our nutritional health. With expert advice, lifestyle tips, and delicious plant-based recipes, let The Happy Balance be your trusted guide to a vital and energized life. Put you back in control of you.