

Secondi Vegani Piatti Squisiti Per Tutti I Gusti

Yocci's Menu
Sirt Food
The Ethics of Diet
Living Large
The Pan'ino
The Silver Spoon
Secondi vegani
Curry Easy Vegetarian
Indian Food Made Easy
The Terra-cotta Dog
Twenty Dinners
Extra Lean
The Dietitian's Guide to Vegetarian Diets
Ortaggi e legumi
Two Asian Kitchens
Babycakes
Made In Sicily
Once Upon a Time in America
Smoked. Technique and Recipes
Milosz's ABC's
Spanish Phrasebook
7Crudo e vegan sano e squisito
The Vegan Coach
Germania
Lucinda's Rustic Italian Kitchen
Veggie Pan'ino
Smoothie Bowls
Pomegranate Soup
Olives and Oranges
The Stars
Londra
Tutti in cucina
The Mozza Cookbook
Eat Istanbul
The Talisman Italian Cook Book
The Instant Cook
Big Chicken
Green Smoothies
The

Yocci's Menu

Beneath the holy mountain Croagh Patrick, in damp and lovely County Mayo, sits the small, sheltered village of Ballinacroagh. To the exotic Aminpour sisters, Ireland looks like a much-needed safe haven. It has been seven years since Marjan Aminpour fled Iran with her younger sisters, Bahar and Layla, and she hopes that in Ballinacroagh, a land of “crazed sheep and dizzying roads,” they might finally find a home. From the kitchen of an old pastry shop on Main Mall, the sisters set about creating a Persian oasis. Soon sensuous wafts of cardamom, cinnamon, and saffron float through the streets—an exotic aroma that announces the opening of the Babylon Café, and a shock to a town that generally subsists on boiled cabbage and Guinness served at the local tavern. And it is an affront to the senses of Ballinacroagh’s uncrowned king, Thomas McGuire. After trying to buy the old pastry shop for years and failing, Thomas is enraged to find it occupied—and by foreigners, no less. But the mysterious, spicy fragrances work their magic on the townsfolk, and soon, business is booming. Marjan is thrilled with the demand for her red lentil soup, abgusht stew, and rosewater baklava—and with the transformation in her sisters. Young Layla finds first love, and even tense, haunted Bahar seems to be less nervous. And in the stand-up-comedian-turned-priest Father Fergal Mahoney, the gentle, lonely widow Estelle Delmonico, and the headstrong hairdresser Fiona Athey, the sisters find a merry band of supporters against the close-minded opposition of less welcoming villagers stuck in their ways. But the idyll is soon broken when the past rushes back to threaten the Amnipours once more, and the lives they left behind in revolution-era Iran bleed into the present. Infused with the textures and scents, trials and triumph, of two distinct cultures, Pomegranate Soup is an infectious novel of magical realism. This richly detailed story, highlighted with delicious recipes, is a delectable journey into the heart of Persian cooking and Irish living. From the Hardcover edition.

Sirt Food

3500-word two-way dictionary Order the right meal with our menu decoder Avoid embarrassing situations with essential

tips on culture & manners

The Ethics of Diet

The closest Italy comes to fast food, the panini is perfect for anytime dining: at home, for lunch at work or school, as a snack, or picnic fare. Located just steps from the Uffizi Gallery in Florence, Alessandro Frassica's 'Ino is celebrated for its gourmet panini - simple sandwiches that here are elevated to an art form. The choice and combination of ingredients, the quality of the bread, and attention to preparation are the hallmarks of Frassica's panini. Here this charismatic chef selects forty-five of his favourite vegetarian and vegan recipes, fully illustrated in colour, and adapted for easy preparation in the home kitchen. AUTHOR: Alessandro Frassica runs a quality sandwich shop in the heart of Florence. SELLING POINTS: * Enjoy the taste of Italy, and Tuscany in particular, conveyed by this colourful book showing simple sandwiches, that are packed with flavour, made with vegetarian and vegan healthy ingredients * Contains 45 recipes 140 colour images

Living Large

From Giorgio Locatelli, bestselling author of Made in Italy, comes an exquisite cookbook on the cuisine of Sicily, which combines recipes with the stories and history of one of Italy's most romantic, dramatic regions: an island of amber wheat fields, lush citrus and olive groves, and rolling vineyards, suspended in the Mediterranean Sea. Mapping a culinary landscape marked by the influences of Arab, Spanish, and Greek colonists, the recipes in Made in Sicily showcase the island's diverse culinary heritage and embody the Sicilian ethos of primacy of quality ingredients over pretentiousness or fuss in which "what grows together goes together."

The Pan'ino

Istanbul is one of the world's most fascinating cities, and this sumptuously illustrated book is a brilliant taster for all those who have visited or plan to visit this meeting point of East and West. Andy Harris and David Loftus ate their way around Istanbul, meeting the characters behind its intriguing food—artisan bakers, traditional chefs, fishermen and street-food vendors—and capturing the vibrant life and bustling streets with stunningly evocative photography. More than 90 inspiring, delicious yet simple recipes—some traditional and other more modern interpretations—combine to form Andy and David's unique guide.

The Silver Spoon

Secondi vegani

Curry Easy Vegetarian

Madhur Jaffrey is the queen of curries and the world authority on Indian Food, having published over 15 cookbooks on the subject over the last 40 years. Following on from her bestselling cookbook, Curry Easy, Madhur is back with a beautiful new cookbook, Vegetarian Curry Easy. Offering over 200 brand new and simply delicious recipes, Madhur cooks a tantalising, mouth-watering array of meat-free dishes and proves, yet again, how easy it is to cook authentic Indian food at home.

Indian Food Made Easy

The Terra-cotta Dog

Siete convinti che carne, uova, latte e derivati siano alimenti irrinunciabili per chi vuole allenarsi e avere un corpo tonico? Pensate che un regime dietetico vegetariano o vegano sia incompatibile con ritmi fisici intensi? Massimo Brunaccioni, personal trainer e body builder pluripremiato, è la prova vivente che quello del vegano “sciupato” è un pregiudizio superato, e in questo libro spiega come l'alimentazione vegetale sia in realtà la migliore alleata nella vita e nello sport. Se si segue una dieta ben bilanciata, con il giusto quantitativo calorico e la corretta ripartizione di macronutrienti e micronutrienti, non c'è alcun rischio di carenze. Parola anche di mamma Danila Callarelli, umbra di origina, romagnola d'adozione e chef vegana, che assieme a Massimo ha ideato le ricette vegan mediterranee di questo volume, prestando attenzione tanto ai valori nutrizionali quanto al gusto. Corredato di programmi di allenamento mirati, consigli preziosi e bellissime fotografie, Vegan Coach propone piatti squisiti per scoprire gusto e salute ogni giorno. È la guida perfetta per chi ha fatto una scelta di vita all'insegna dell'amore per gli animali e per sportivi di ogni tipo, dilettanti e professionisti. I migliori consigli per un'equilibrata alimentazione vegana, all'insegna del gusto e della salute. 60 sfiziose ricette vegan divise in colazione, piatti della tradizione, primi, secondi, insalate, snack, succhi e dolci. Una serie di programmi di allenamento per uomo e donna con menu abbinati.

Twenty Dinners

The co-host of the PBS series Everyday Food draws from her own Italian-American heritage to present a collection of her own favorite recipes for authentic home-style dishes, including Miniature Meatball Panini, Linguini with Clams, Stracciatella,

Chicken Milanese, Espresso Granita, and other appetizers, main courses, pastas, soups, and desserts.

Extra Lean

The chef of the Boston eatery Figs offers recipes for appetizers, soups, pizza, pasta and risotto, and desserts

The Dietitian's Guide to Vegetarian Diets

Donna's groundbreaking book, THE INSTANT COOK, now comes in a beautiful paperback edition. Showcasing fuss-free recipes, Donna's trademark modern photography and styling - plus her tips on how to get the best results out of whatever you're making for cooking - this is the book to turn to when asked "what's for dinner?". Whether you need to whip up busy midweek fare for a famished family or present something chic and easy for a casual weekend dinner with friends, time is on your side with Donna Hay's moreish collection of over 190 inspiring recipes. Donna gives her readers the know-how and confidence to create great meals that are filling and substantial at short notice: soup; salads; pasta; rice & noodles; chicken; meat; fish + seafood; vegetables; sweets. Each chapter also includes a new feature; in which Donna shows you one essential sauce or dish with three very clever twists for you to then create three very fresh and original meals and concludes with her ever-popular "short order" ideas: quick dishes to serve on the side or as meals on their own; using simple methods and flavour combinations.

Ortaggi e legumi

The Dietitian's Guide to Vegetarian Diets, Third Edition highlights trends and research on vegetarian diets and translates the information into practical ideas to assist dietitians and other healthcare professionals in aiding their clients. Evidence-based and thoroughly referenced, this text addresses diets throughout the life cycle with chapters devoted to pregnancy and lactation, infants, children, adolescents, and the elderly, and highlights the benefits of using vegetarian diets in the treatment of hyperlipidemia, hypertension, type 2 diabetes, and obesity. Full of vital information on vegetarian nutritional needs and healthier, more satisfying diets, the Third Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook for students who have completed introductory coursework in nutrition.

Two Asian Kitchens

Babycakes

Stumbling on a fifty-year-old mystery involving a pair of lovers whose bodies are found in a mountain cave beside a dog statue, Inspector Salvo Montalbano investigates the island's past and traces a family's secret back to World War II. Reprint.

Made In Sicily

Che siate genitori con orari da incubo, nonni della domenica, studenti fuori sede, zii vacanzieri, single senza pentole o tate plurime non ha importanza. E non importa neanche che siate quel tipo di persona che trema all'idea di preparare un piatto con più di tre ingredienti, teme il forno e guarda con soggezione un impasto. Se siete di buon appetito, e pensate che il cibo sia un modo per stare insieme e dimostrare affetto agli altri e a se stessi, allora questo manuale di cucina è per voi.

Once Upon a Time in America

The Silver Spoon is the first international edition of the most influential Italian cookbook of the last fifty years. With over 2,000 traditional and modern recipes, its simple style and traditional authenticity will appeal to both the gourmet and the occasional cook. With a new layout, specially commissioned photography and artwork it is destined to become a classic in the Italian cooking booklist for the international market.

Smoked. Tecniq and Recipes

'My life has been filled with beautiful memories of food: hawker noodle dishes eaten as a child in Malaysia, late-night suppers near my apartment in Tokyo, the best grilled chicken from a Thai street market, and my grandmother's famous Hainanese Chicken Rice. These dishes all sit fondly in my memory, but they also tell their own stories of rich tradition and culture. They are stories that are centuries old, but which have not yet ended. With each new dish we make we add our own experiences and tastes. 'There is a Confucian proverb that translates roughly to "Consider old things to understand new things". This is the essence of the Two Asian Kitchens. The Old Kitchen represents the traditional dishes of my history, while The New Kitchen tells the next chapter in the story of the food I love.' Adam Liaw

Milosz's ABC's

Anjum Anand presents 70 mouthwatering Indian recipes, using fresh, local and seasonal produce with all ingredients readily available in supermarkets. Throughout the book there are tips and techniques as well as expert secrets from top Indian

chefs.

Spanish Phrasebook 7

Winner of the 2014 James Beard Award for Outstanding Chef: the top chef in the country A traditional Italian meal is one of the most comforting—and delicious—things that anyone can enjoy. Award-winning chef Nancy Silverton has elevated that experience to a whole new level at her Los Angeles restaurants Osteria Mozza and Pizzeria Mozza, co-owned with restaurateurs Mario Batali and Joe Bastianich. A reservation at Mozza has been the hottest ticket in town since the restaurants opened and diners have been lining up for their wildly popular dishes. Finally, in *The Mozza Cookbook*, Silverton is sharing these recipes with the rest of the world. The original idea for Mozza came to Nancy at her summer home in Panicle, Italy. And that authentic Italian feel is carried throughout the book as we explore recipes from aperitivo to dolci that she would serve at her tavola at home. But do not confuse authentic with conventional! Under Silverton's guidance, each bite is more exciting and delectable than the last, with recipes such as: Fried Squash Blossoms with Ricotta Buricotta with Braised Artichokes, Pine Nuts, Currants, and Mint Pesto Mussels al Forno with Salsa Calabrese Fennel Sausage, Panna, and Scallion Pizza Fresh Ricotta and Egg Ravioli with Brown Butter Grilled Quail Wrapped in Pancetta with Sage and Honey Sautéed Cavolo Nero Fritelle di Riso with Nocello-soaked Raisins and Banana Gelato Olive Oil Gelato In the book, Nancy guides you through all the varieties of cheese that she serves at the Mozzarella Bar in the Osteria. And you'll find all the tricks you need to make homemade pastas, gelato, and pizzas that taste as if they were flown in directly from Italy. Silverton's lively and encouraging voice and her comprehensive knowledge of the traditions behind this mouthwateringly decadent cuisine make her recipes—both familiar and intricate—easy to follow and hard to resist. It's no wonder it is so difficult to get a table at Mozza—when you're cooking these dishes there will be a line out your door as well. From the Hardcover edition.

Crudo e vegan sano e squisito

Quando pensa a un secondo, la maggior parte di noi immagina un piatto di carne o di pesce. Del resto, i più continuano a ritenere che di questi alimenti non si possa fare a meno, se non si vuole correre il rischio di diventare anemici. Secondo un'altra idea diffusa, scegliendo l'alimentazione vegana ci si dovrebbe scordare di polpette, involtini o cordon bleu, e accontentare delle solite zuppe di legumi, di verdure scondite e insalate senza gusto e sostanza. Forse, però, è arrivato il momento di verificare «sul campo» che cosa sia un'alimentazione sana e completa, e cosa si perde o guadagna in termini di gusto compiendo la scelta vegana. In questo libro troverete informazioni precise sugli apporti nutritivi dei vari alimenti, scoprirete che ci sono anche i formaggi vegani e, soprattutto, conoscerete tante ricette nuove, che daranno grande soddisfazione a chi ama cucinare.

The

"Americans eat chicken more than any other meat. But our nation's favorite food comes with an invisible cost: its insidious effect on our health. In this extraordinary narrative, acclaimed journalist Maryn McKenna reveals how antibiotic use has altered the way we consume industrially raised meat, and its impact on our daily lives. Drawing on decades of research, as well as interviews with entrepreneurs, epidemiologists, and other specialists, McKenna spins an astonishing story of science gone wrong. In the middle of the last century, antibiotics fueled the rapid rise of chicken from local delicacy to everyday protein source. But with that spectacular growth came great risk. As resistance to new wonder drugs crept into the farming process, bacterial outbreaks became harder to treat. And the consequences—to agriculture, to human health, and to modern medicine—were devastating. Beginning with the push to make chicken the affordable entrée of choice and tracing its evolution to a global commodity and carrier of foodborne illness, McKenna shines a light on the hidden forces of industrialization, the repercussions of runaway antibiotic use, and the outcome for future generations. Taking readers from the first poultry farms on the Delmarva Peninsula to the little-known lab where the chicken nugget was invented and into today's factory farms, McKenna reveals that the history of chicken is as much about economics, politics, and culture as it is about what we eat. In these vivid pages, she gives voice to a vanguard of farmers, chefs, and activists who are seeking to return poultry to an honored place at the table—and are changing the way we think about food. Incisive and beautifully written, *Big Chicken* is a cautionary tale of an industry that lost its way—and shows us the way back to healthier eating"--Back cover.

Vegan Coach

By the time she was a teenager, Sara Jenkins had lived all over the Mediterranean, from Italy and France to Spain, Lebanon, and Cyprus, in cosmopolitan cities and in rural hamlets. The family eventually put down roots in a ramshackle farmhouse in a small Tuscan village, where she learned how to make ragu and handmade pasta at the elbow of her Italian “grandmother” on the nearby farm. Meals came from the garden and the surrounding pastures, not the supermarket, and Jenkins grew up schooled in the tradition of cooking from what was on hand. In *Olives & Oranges*, Jenkins shares the simple, striking dishes she learned at the source. Many, like Peppery Braised Short Ribs and Classic Tuscan Eggplant Parmesan, are favorites from childhood. Others, like Short Pasta with Mushrooms and Mint and Spicy Lemon-Chocolate Ganache Tart, have a contemporary sensibility. Jenkins shows how understanding the Mediterranean “language of flavor” can help you follow your instincts and make your own great meals based on what you have, too. You’ll see how salt and lemon juice bring out the natural sugar in Carrot Salad with Lemon, Sea Salt, Parsley, and Olive Oil, and how to use the same technique with lime, salt, and a Moroccan condiment called harissa for a completely different effect in Tunisian Raw Turnip Salad. The opening chapter introduces “small plates”—easy, versatile dishes that can preface a dinner or be grouped together for a small

feast, from Roasted Red Peppers with Garlic and Celery Leaves to Chicken Liver Crostini. Soups are spontaneous and flexible, whether they are cooling purées like White Almond Gazpacho or sturdy full bowls like Rich Chicken Soup with Greens. The incomparable pastas encompass fast every-night selections (Spaghettini with Burst Cherry Tomatoes) to complex celebration affairs like Braised Rabbit Ragu and Homemade Lasagna. Fish, poultry, and meat chapters feature rustic preparations: roasted scallops capped with a pale green butter seasoned with parsley and garlic; an impressively big-flavored chicken smeared with a mixture of bacon and herbs and baked in a salt crust; and a spectacular staple of Roman trattorias, veal cutlets wrapped in prosciutto and sage and crisp-fried. Desserts range from fresh Strawberries with Prosecco to a sumptuous Coffee Cardamom Crème Caramel to the rich but light Lemon Olive Oil Cake. Each of the recipes in the book is identified as “Quick-Cook” or “Slow-Cook” so you can choose which fit best into your schedule. “Flavor Tips” throughout the book suggest ways to modify the dishes so you can use what’s freshest and most available. The daughter of the noted food authority Nancy Harmon Jenkins, SARA JENKINS has earned raves at all the New York restaurants where she has been the chef, including 50 Carmine, Il Buco, I Coppi, and Patio. Her newest venture, Porchetta, is located in New York City’s East Village. This is her first book.

Germania

The indie rock artist from Grizzly Bear and his fashion photographer friend draw on their avid culinary skills to outline techniques for enhancing food flavors, sharing 100 seasonally arranged recipes complemented by evocative dinner party photography.

Lucinda's Rustic Italian Kitchen

Live extra lean. Transform your body for life. And never feel bad about food again. As one of today's most beloved personalities on TV and hailed by People as the country's hottest bachelor, Mario Lopez is arguably known as much for his glowing personality as he is for his rock-hard abs. In his first diet book, Extra Lean, Lopez imparts his fool-proof plan for permanent weight loss while eliminating the guilt from enjoying the foods you love. The Extra Lean plan trains your body to constantly burn fat by following three simple steps: 1) Balance your daily intake of carbs, protein and fat 2) Practice proper portion control and 3) Eat frequently throughout the day. Along with health physiologist and personal trainer, Jimmy Peña, and renowned nutritionist, Dana Angelo White, Mario clearly identifies optimal combinations of daily nutrients, transformative eating habits and invigorating mental conditioning tools that will truly redefine your approach to food. By following this plan, your metabolism will become a fat-burning machine allowing you to splurge on special days, weekends or vacations with little to no effect on the scale. With over 40 delicious and easy-to-follow recipes and a seven-week meal plan, Extra Lean is the complete program to change your body and the way you eat for life. Watch a Video

Veggie Pan'ino

The Nobel laureate presents a collection of musings on a variety of subjects, listed alphabetically, including literary characters, historical figures, and real and imagined places. Reprint.

Smoothie Bowls

A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote whole-body health. An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with straightforward recipes energizes and invigorates.

Pomegranate Soup

Gathers traditional Italian recipes for appetizers, pasta, rice, beans, soup, poultry, meat, fish, pizza, breads, and desserts

Olives and Oranges

Reproduction of the original: The Ethics of Diet by Howard Williams

The Stars

What could be more simple than a pan'ino? Take some bread and butter, slice it through the middle and fill it. Seen in this way, the sandwich is almost an "anti-cuisine", a nomadic shortcut that allows for speed and little thought. But when Alessandro Frassica thinks about his pan'ino, he considers it in a different way, not as a shortcut, but as an instrument for telling stories, creating layers of tales right there between the bread and its butter. Because even if the sandwich is simple, it is not necessarily so easy to create. Alessandro searches for ingredients, and in the raw foods he finds people: producers of pecorino cheese from Benevento, anchovies from Cetara, 'nduja spicy salami from Calabria. Then he studies the combinations, the consistencies and the temperature, because a pan'ino is not just a random object; savoury must be complemented by sweet; tapenade softens and provides moisture; bread should be warmed but not dried; thus the sandwich becomes a simple way of saying many excellent things, including finding a complexity of flavours that can thrill in

just one bite. AUTHOR: Alessandro Frassica runs a quality sandwich shop in the heart of Florence. Maria Teresa Di Marco is one of the authors of the Italian foodblog La cucina di Calycanthus. SELLING POINTS: * A real taste of Italy! * Alessandro Frassica's pan'ini feature the best of Italian ingredients and raw foods from the best possible producers * A pan'ino is not just a random object - the sandwich finds a complexity of flavours that can thrill in just one bite 245 colour and 5 b/w images

Londra

☆☆☆ Read this book for FREE on Kindle Unlimited the #1 BESTSELLER in TWO UK Categories☆☆☆ + FREE 250+ page Complete Handbook of NATURE CURES eBook SIRT FOOD - The Secret Behind Diet, Healthy Weight Loss, Disease Prevention, Reversal & Longevity In this book we will tell you about the research at the cutting edge of human health and nutrition. IF YOU WANT TO GET HEALTHY, it starts HERE. Do you have problems maintaining a healthy weight? Are constantly yo-yo dieting? Do you have energy dips throughout the day? Do you suffer from regular colds and infections? Does Diabetes, Arthritis, Cancer, Heart Disease, Alzheimers run in your family and do you already have symptoms? All these problems can be addressed but dietary choices LEARN: How to make easy adjustments to your diet to restore health, and for the first time, understand why. How to Apply - this knowledge to you and your family's dietary choices. How & Why - your cells and DNA can be activated by SIRT FOODS IMAGINE: A life without health issues, restored and vibrant for the years ahead? Never again being dismissed by your doctor with a handful of pills? This could be your future. In years to come teachers & doctors will educate people how to prevent disease with Nutrition rather than hand out prescription drugs or put you under the scalpel. That knowledge is HERE NOW! THIS BOOK WILL EMPOWER YOU TO: Make CHEMICAL CHANGES in your body that will help strengthen your IMMUNE SYSTEM Fight off DEGENERATIVE DISEASES such as DIABETES Type 1 & 2 - CANCER and even ALZHEIMER'S & DEMENTIA..ALL WITH FOOD!!!! BE THE MASTER OF YOUR OWN DESTINY: THRIVE with SIRTFOOD - The Secret Behind Diet, Healthy Weight Loss, Disease Prevention & Longevity ☆☆☆ BUY IT NOW! ☆☆☆ #diet #food #health #nutrition #exercise #kale #juicing #smoothie #weightloss #youth #longevity #diabetes #obesity #heart disease #cancer #arthritis #Alzheimer's #natural medicine #turmeric #redwine #blueberries #omega3 #b12 #broccol #blood #diseaseprevention #holistic #nature #cure #free #wildfood #vitaminC #toxin #toxic #additives #medicine #green #secret #ancient #Hippocrates #bigpharma #science #hemp #seeds #empower #drugfree #plantbaseddiet #skin #disorder #eyehealth #nutritional #fibre #greensmoothie #fruit #vegan #vegetarian #healing #wheatgrass #spirulina #immunesystem #illness #life flaxseed #amla #Antioxidants

Tutti in cucina

The Mozza Cookbook

This easy-to-follow guide includes everything you need to know about making nutritious and tasty smoothies in a bowl - the most deliciously satisfying breakfasts, snacks and desserts. With 69 beautifully illustrated recipes, these smoothies are packed with whole grains, fresh fruit and dozens more ingredients - the combinations you can create are only limited by your imagination! This fully illustrated cookbook is the essential guide to creating beautiful bowls of goodness that you will want to show off and enjoy with friends.

Eat Istanbul

The Talisman Italian Cook Book

The Instant Cook

Big Chicken

SKINNY GUYS! If you've ever wanted to quickly build 30 pounds of rock-solid, shredded muscle without dangerous bodybuilding drugs, expensive supplements, and long hours in the gym—if you've ever wanted to Live Large—start reading immediately. Let's face it: You're tired. Tired of filling your body with bogus supplements that only give you the most expensive pee in town. Tired of busting your ass in the gym six days a week, only to find you're the same size you were last month and the other guys are twice as big. Tired of all the conflicting and mind-numbingly complex advice floating around in cyberspace. Before professional fitness model Vince Del Monte became The Skinny Guy Savior, he was known as Skinny Vinny—scrawny and weak. As a "hardgainer," he experienced firsthand the challenges of bulking up and had a difficult time putting on muscle. But with his success in developing an enviably ripped physique—and helping many others do the same with his No-Nonsense Muscle Building and Maximize Your Muscle programs—Del Monte has proved even "hardgainers" can build an awe-inspiring body. You too can have the body of your dreams when you stop listening to false advice and learn the truth about gaining weight and building lean muscle mass—the smarter way! In Living Large, Del Monte shares his foolproof, no-nonsense plan for insane muscle gain. His revolutionary program primes your body and mind to pack on your first 30 pounds of muscle in only 30 weeks, with minimal gym time. He even includes customized, easy-to-follow meal plans to optimally fuel your specific body type, whether you're ultra-skinny or starting off a little chubby. In Living Large, you'll

find: - 5 essential training principles to gain your first 30 pounds of pure muscle - 5 muscle-building enemies you must avoid - Mass and shred meal plans at every calorie level - 14 simple, no-nonsense nutrition principles - The ultimate exercise execution demonstration guide - 4 supplements that actually work Don't waste hundreds of hours and thousands of dollars with no results. Stop limiting yourself and start Living Large.

Green Smoothies

Inspired by the Robert De Niro film, this story spans three generations of a family of Jewish immigrants to the United States. A gang of friends discover - through trust, hard work and brutality - the true meaning of the American Dream.

The

Reprinted Edition "One incredibly sweet read!" --Mariah Stewart, New York Times bestselling author Molten Chocolate. . .Cinnamon Spice. . .Gingerbread. . .Old-Fashioned Vanilla. . . You can't stop at just one. And the women of the Cupcake Club love to indulge. . . Kit Bellamy was raised on pie. Mamie Sue's Peanut Pies, to be exact, the family company her scheming brother-in-law sold out from under her. Now Kit needs a new recipe for her life--and sleepy Sugarberry Island is the first ingredient. Running mail-order cupcake business Babycakes is a chance to get her baking on again--until she meets tall, dark, and adorable lawyer Morgan Westlake. New to the island to raise his goddaughter, he's as mouthwatering as any of Kit's creations. It's just her luck that he's the spawn of the very law firm that helped crush her dreams. . . Fortunately, Kit's new friends can assure her that Morgan is no typical Westlake--and that even lawyers, not to mention single dads, need romance. If Kit can just be persuaded to follow her appetite--and set another place at her holiday table--her sweetest dreams just might come true. . . Recipes Included! "Hilarious from start to finish." -Affaire du Coeur on Sweet Stuff "Like a rich chocolate ganache. . .Delightful." -RT Book Reviews, 4 STARS on Sugar Rush

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#)
[HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)