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Fresh Essentials: Fruit Smoothies And Power Shakes Smoothies & Powershakes *The Best 50 Power Shakes Smoothies & Powershakes*
Super Fresh Fresh Smoothies und Powershakes Die besten Powersmoothies reFresh *The Best 50 Lonely Planet Canada*
Restaurant Confidential Eat, Drink, and Be Green: Easy and Delicious Recipes for a Healthy Lifestyle *The A.D.D. Nutrition Solution* *The A.D.D. Nutrition Solution* *Building a Wellness Business That Lasts* **Throw Me to the Wolves North Carolina's Southern Coast and Wilmington Sports Coach** **The Energy Edge Clyde's Guide to Computerese and Weight Loss Smoothies og power-shakes Die besten Powersmoothies Shelf Life** *Smoothies en powershakes* **10 Hour Diet Overcoming OCD & Depression** *What You Have Left Cypress Grove*
The Imus Ranch Smoothies: die Gesund- und Schlank-Shakes ; das Beste aus Früchten und Gemüse: über 80 cremige Shakes für eine tolle Figur Hospitality **The Grapefruit Diet for Starters Die besten Smoothies Trim Healthy Mama's Trim Healthy Table** *On the Edge of Eternity* **Vampire Navy SEAL Collection The Relation of Ultramodern to Archaic Music Longer Than You're Alive** *Critical Reading, Critical Thinking*

As partners in the award-winning Fresh Restaurants, founder Ruth Tal and chef Jennifer Houston have been using whole, natural ingredients to create craveable and vibrant vegan meals, juices, and smoothies for almost two decades. In Super Fresh, Ruth and Jennifer share over 200 delicious and energizing plant-based recipes that are bursting with natural flavours and pure goodness. We all need food to fuel our bodies, so why not cook with natural ingredients with a high nutritional value? Inside you'll find brand new creations as well as the often-requested and long-awaited recipes for hugely popular Fresh favourites like the All Star

and Ace of Kales salads, BBQ Burger, Picnic Burger, Squash Tacos, and Tiger Bowl. Super Fresh soups include familiar flavours like the Vegan Chicken Noodle, plus exotic and interesting new flavour combinations like the Roasted Cauliflower with Sumac and the African Black Bean with Berbere and Hominy. Kick your nutrient intake into hyperdrive with Fresh's amazing collection of juices, smoothies, and hand-crafted nut milks. With combinations like the Lucky Charm, Pink Power, Green Candy, Premium Detox, and Every Day Almond Milk, healthy has never tasted so good! Simple and quick to prepare, these recipes will breathe new life into your home cooking. It's easy to eat super fresh every day! Want to lose weight without counting calories or cutting out food groups, and even still having the odd drink? Intermittent fasting is becoming one of the most popular trends in health. Backed up by science and weight loss results, it shows that our bodies respond as much to when we eat as what we're eating. Here, fully-qualified nutritionist and expert Jeannette Hyde unpacks the science to show how easily you can fold this into your daily routine to help lose weight and feel healthier. Simply by ensuring you're eating and drinking for 10 hours out of 24, you can completely change your body and health. Full of experienced insights, practical tips based on the latest research, and more than 25 recipes to get meals on the table quickly, this is the ultimate guide to time-restricted eating and making it work for the individual you are. As he has shown so often in previous novels, James Sallis is one of our great stylists and storytellers, whose deep interest in human nature is expressed in the powerful stories of men too often at odds with themselves as well as the world around them. His new novel, Cypress Grove, continues in that highly praised tradition. The small town where Turner has moved is one of America's lost places, halfway between Memphis and forever. That makes it a perfect hideaway: a place where a man can bury the past and escape the

pain of human contact, where you are left alone unless you want company, where conversation only happens when there's something to say, where you can sit and watch an owl fly silently across the face of the moon. And where Turner hopes to forget that he has been a cop, a psychotherapist, and, always, an ex-con. There is no major crime to speak of until Sheriff Lonnie Bates arrives on Turner's porch with a bottle of Wild Turkey and a problem: The body of a drifter has been found-brutally and ritualistically- murdered and Bates and his deputy need help from someone with big-city experience who appreciates the delicacy of investigating people in a small town. Thrust back into the middle of what he left behind, Turner slowly becomes reacquainted not only with the darkness he had fled, but with the unsuspected kindness of others. Brilliantly balancing Turner's past and present lives, Cypress Grove is lyrical, moving, and filled with the sense of place and character that only our finest writers can achieve. It is proof positive that the acclaim James Sallis has enjoyed for years is richly deserved. Critical Reading, Critical Thinking offers a brief review of important developmental reading skills followed by a sequence of chapters covering critical reading. This is the first developmental reading text to take a contemporary issues approach. The examples and readings are all taken from today's headlines and news shows. The readings in Critical Reading, Critical Thinking range from animal rights to European integration to teen pregnancy to religious and cultural clashes in the United States. Get all your greens with these delicious superfood green smoothies, salads, and more! Each of these naturally tasty recipes is completely gluten-free and packed with the nutrients your body needs. From dreamy Orange Creamie smoothies to protein-packed power shakes, this book is the perfect solution to help you eat right and feel great. Over the past five years, James Sallis has created three of the most acclaimed mysteries published in America, each of them featuring the complex John Turner--former cop, therapist, and an ex-con, trying to escape his past, yet ever involved in the small community somewhere near Memphis where he has sought refuge. The Turner Trilogy--concise, elegiac, memorable--collects these three classics in one paperback volume. From your blender, your

juicer, your kitchen—for your lifestyle! A power shake offers a shortcut to daily nutrition without cooking. You need so much energy these days, a healthy shake helps to start the day, to refresh you and to sustain you. Power shakes are perfect for athletes and kids with a busy schedule—a healthy alternative to fast food. Drinking your breakfast in the form of a power shake can both increase you metabolism and help curb your appetite for the rest of the day. The Best 50 Power Shakes will show you how. "A significant literary achievement that also happens to be a terrific page-turner."- Jonathan Lee "Elegantly written, darkly entertaining."- John Banville "An extraordinary writer of great compassion . . . Stunning."- Denise Mina In the aftermath of Brexit, the body of a young woman is found by the river Thames, and a neighbor, a retired teacher from Chapleton College, is arrested. An eccentric loner-intellectual, shy, a fastidious dresser with expensive tastes-he is the perfect candidate for a media monsterring. In custody he is interviewed by two detectives: the circumspect Ander, and his workaday foil, Gary. Ander is particularly watchful now, because the man across the table is someone he knows--someone he hasn't seen in nearly thirty years. Determined to salvage the truth as ex-pupils and colleagues line up against the accused, he must face a story from decades back, from his own time as a Chapleton student, at the peak of anti-Irish sentiment. With the momentum of classic crime fiction, Throw Me to the Wolves follows two mysteries-one unfolding in the media-saturated present, and the other bubbling up from the abusive past of the 1980s English school system. Beautifully written and psychologically acute, it is a novel about memory and childhood, prescient and piercingly funny, as wise as it is tragic. Longtime patrons of Fresh restaurant know what to expect: scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients designed to make them feel incredible. In the Fresh Essentials series, founder Ruth Tal and co-owner and head chef Jennifer Houston bring you contemporary vegetarian and vegan recipes perfect for every occasion. Loaded with nutritious recipes as well as time-saving tips , Fresh Essentials: Fruit Smoothies and Power Shakes contains fifteen recipes that will help you serve up delicious smoothies

and shakes including the Rise and Shine Smoothie, the comforting Hot Apple Pie Smoothie, the Aphrodisiac Power Shake and many more. Fresh Essentials: Fruit Smoothies and Power Shakes is the ideal guide to easy and delicious smoothies and shakes from one of Toronto's top vegetarian restaurants. The first scientifically proven, effective, all-natural nutritional alternative to the much-prescribed drug Ritalin Attention Deficit Disorder is a nutritional deficiency, not a psychological condition. This is the revolutionary discovery Marcia Zimmerman made during her ten years of research as a nutritional biochemist. That conclusion led her to develop a diet that addresses the specific needs of the 17 million adults and children suffering from ADD. Her easy-to-follow thirty-day plan has been proven just as effective as Ritalin in relieving the symptoms of ADD. Learn: - How women should boost their nutrition before conception to prevent ADD in their children. - Why boys are much likelier to be tagged as ADD than girls - How to get a reliable ADD diagnosis - The effects of brain allergies on attention span - Foods to avoid that may exacerbate ADD - The dangers of artificial food ingredients - and much more This important book will help us curb the epidemic growth of ADD in this country and change the way we treat those who have it now by addressing its source instead of merely treating its symptoms. "This book is must reading for every parent, physician, teacher and school nurse who deals with ADD and AD/HD children. ADD is not caused by a deficiency of Ritalin. Marcia Zimmerman's The A.D.D. Nutrition Solution is right on target!" -- Bernard Rimland, Ph.D., director of the Autism Research Institute, San Diego One of Canada's hottest restaurants puts a Fresh spin on vegetarian cuisine! Toronto's Fresh restaurants are consistently rated as among the most popular restaurants in the city. Appealing to vegetarians, vegans and those who enjoy meatfree meals as part of a healthy diet, Fresh has evolved from a humble juice bar into a chain of three dynamic and gorgeous downtown restaurants. reFresh is a new edition of Ruth Tal's first book, Juice for Life (Wiley 2000, 978-0-7715-7690-4). Completely revised and updated, reFresh offers the reader a sumptuous selection of the best recipes found on the restaurant's menu today, all in a gorgeous

full colour package that reflects the award-winning style and design of the restaurants themselves. New in this edition: Over 100 of the latest recipes from the three Fresh restaurants A fresh new design that calls attention to the health benefits of various menu items Information on nutritional supplements that can be incorporated into the recipes for an added boost! Up-to-date information on buying and using a juicer at home A complete recipe index A new foreword by renowned chef Susur Lee Fit durchs Jahr mit Power aus dem Glas Smoothies sind gleich in doppelter Hinsicht der Hit. Sie sind nicht nur köstlich, sondern mit ihren Vitaminen, Mineralstoffen, sekundären Pflanzenstoffen und Antioxidantien ideale Energielieferanten. Smoothies können eine ganze Mahlzeit ersetzen und machen leistungsfähiger und fitter. Dieses Buch beinhaltet 50 neue Rezepte für farbenfrohe Powersmoothies, mal in fruchtiger Form, mal als grüner Gemüsesmoothie, mal für den Sommer, mal als Helfer durch die kalte Jahreszeit. Und auch an besonders eilige Smoothie-Fans ist gedacht mit Blitzrezepten für den Vitaminschub zwischendurch. A diet plan for attention deficit disorder discusses proper diagnosis of the condition, the effect of brain allergies, and foods to consume and avoid in the treatment of ADD Lonely Planet Canada is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Hike the Rockies, marvel at the Northern Lights, or indulge in cultural delights from Montreal's cafe culture to the island villages of Haida Gwaii; all with your trusted travel companion. Offers facts on the calorie, fat, saturated fat, cholesterol, and sodium content of common dishes from restaurants and chains, highlighting best and worst choices and offering tips for ordering wisely. Learn first hand of author David White's own trials and tribulations suffered in his younger years before he was able to conquer OCD. White simply points out the things he did to conquer his obsessions and fears. He hopes to help as many people as possible understand the disorder and rid themselves of their anxiety--P. [4] of cover. Enjoy this paranormal military romance by bestselling author S.B. Alexander My first kiss could be my last. I once dreamed of high school dances and my first date. Now, as a newly formed vampire, I'm navigating a new world with an

animalistic hunger I must learn to control. A human boy wants to date me. Another wants to kill me. And a Navy SEAL vampire keeps sending me mixed messages. Yet as I adjust to my novel powers and battle to restrain my vampiric urges, an enemy is closing in. I thought I had my bloodlust in check. Until I'm kidnapped and left in the middle of a storm-tossed ocean with the human who has a crush on me. Can I get us both to safety before the sea swallows us whole? Or will I lose myself to the dark pull of my ravenous thirst? On the Edge of Eternity is the second book in The Vampire Navy SEAL series. Jo and Webb's story continues as Jo fights alongside Webb in this action-packed installment full of intrigue, suspense, and an emerging vampire romance. This is an upper young adult/new adult supernatural romance series. Series reading order: 1. On the Edge of Humanity 2. On the Edge of Eternity 3. On the Edge of Destiny 4. On the Edge of Misery 5. On the Edge of Infinity Praise for the series: "A FANTASTIC series that I was sucked into and binge read the five-book collection!!! The characters are really well written, with a lot of growth as the series progresses. Characters are fleshed out and you begin to understand their motivations and thinking. Friends, Family and Romance among these Vampire Navy Seals!" BookDragonGirl "Although character driven, the action and suspense keep you turning the pages wanting to see what will happen. I was so pulled in that I was completely oblivious to what was going on around me. There are shocks and surprises that really shake things up and my jaw would practically hit the floor!" Goodreads Reviewer "If you enjoy paranormal romance, military romance, suspense, action, surprises, plot twists and lots of amazing characters...then this is a FANTASTIC series that I'd highly recommend you check out!!" Goodreads Reviewer "These books are for anyone who likes Vampire paranormal stories. They are well written you can lose yourself in these books. You can imagine what each character looks like. They are well worth a read. I am disappointed I have finished them. Ten out of Ten." Goodreads Reviewer "I am a huge fan of both YA and Supernatural reads, especially ones that are able to set themselves apart from the rest, and this one takes the cake." Goodreads Reviewer Topics: vampire love story, vampire romance, paranormal romance novels,

paranormal romance vampires, supernatural, supernatural romance books, supernatural romance, urban fantasy, alpha vampire hero, military romance, navy seal romance, vampire romance series, coming of age, teen vampire romance, young adult vampire romance Give your health the Grapefruits light-based smoothies can help your health If you want to optimize your health, there is nothing simpler or more delicious than drinking a grapefruits vegetable smoothie. The Super Green Shake contains information on the benefits of eating green foods, as well as more than 80 delicious recipes that are rich in nutrition, low in sugar, and packed with flavor. No complicated equipment or special ingredients required! Empower your body and mind with nutritious vegetarian power shakes such as grapefruit turmeric, ginger, raspberry cocoa, and probiotic energy. The chapters are organized according to the main health benefits that shake provides: detoxification weight loss anti-inflammatories antioxidants digestive health energy enhancement healthy skin and a healthy heart For each recipe you will find nutrients, space to take notes to customize your shake to your liking, etc. Types of Grapefruits Smoothies Include Introduction to Types of Fruits and Vegetables - Understand the flavor profile and nutritional content of each fruit and vegetable used. Good Produce Choices - Learn how to choose the freshest, most delicious, and most nutritious produce for your Grapefruits smoothies. Superfood Scoop: Get helpful information on how to use bee pollen, flaxseed powder, maca, and other superfoods to increase the nutritional value of Grapefruits Grapefruits delicious, nutritious, and easy to make, taking your health to the next level. Why can't the people of America lose weight? Reports show that over 35% of the population is obese - and over 50% overweight! Other reports show that tremendous sums of money and effort are being spent on weight-reducing and fitness ploys of all types ranging from health clubs to weight-loss groups. Yet each year we get more and more plump! The answer is the Inner Voice! The Inner Voice also tells us that exercise can wait until tomorrow. And we pay heed! The average person, or Fellow Computer User, is just trying to live a life, not knowing which medical report to believe or which commercial to ignore. The Fellow Computer

realises that commercials and one's responses to them define the individual. This amusing yet piercing book looks at the kaleidoscope of diet, fitness and life through the eyes of 3 characters: 'Ol Clyde -- the advice giver; Inner Voice -- the voice of reason within each of us; Fellow Computer User -- each of us as we wrestle with today's computing and the stresses it brings to us. Vampire Navy SEALs, shifters, hot heroes, suspense, and romance - Welcome to the supernatural world where vampires are born, not made. Join Jo Mason as she fights to save humanity alongside the smoking hot Vampire Navy SEAL Webb London and his team of vampires. The series is full of action-packed scenes, intrigue, and a slow-burn romance with a guaranteed happily ever after. This is an upper young adult/new adult vampire romance box set. The boxset contains over 1500 pages of non-stop action in this paranormal romance collection. Books in this bundle: Book One: On the Edge of Humanity Dragged into the principal's office at my latest loathsome school, I meet the darkly appealing Webb London. My world as I know it implodes. Part of a secret Navy SEAL team of natural-born vampires, Webb reveals an evil cartel has abducted my twin brother Sam to claim an agent in his blood. But what flows through his veins runs through mine as well. A dormant gene, if activated, is all it will take to transform me into a vampire. Now, that could be my only hope to save Sam. Time is running out, and the stakes couldn't be higher. His life, or my humanity? One way or another, nothing will ever be the same. Book Two: On the Edge of Eternity A human boy wants to date me. Another wants to kill me. And a Navy SEAL vampire keeps sending me mixed messages. Yet as I adjust to my novel powers and battle to restrain my vampiric urges, an enemy is closing in. Book Three: On the Edge of Destiny I'm days away from standing trial for the death of my nemesis. My next home could be a cold dark cell in a vampire prison, and my DNA is the secret ingredient my enemy needs to build an army of vampires. But nothing can faze me. I have an expert lawyer on my case. The facts are indisputable. My powers are lethal and stronger to combat my enemy, and my relationship with the smoking hot Vampire Navy SEAL, Webb London, is thriving. Until the nightmares begin. Book Four: On the Edge of Misery My dreams warned

me of the danger coming for Webb. There's a chance they could lead me to him. If I only could fall into a restful sleep that now eludes me. The stress is taking its toll on my body and powers until the phone rings. They say they'll trade my life for his. Warn me that I must come alone. With the watchful eyes of my father and brother, it will be next to impossible to escape. Still, I will stop at nothing to save the man I love. Book Five: On the Edge of Infinity War is coming. I've dreamed of it. I feel it deep down in my bones. It's pulsing with a sinister strength deadlier than anything I've faced before. It's time to take a stand. To rise up against my adversaries who want me dead or enslaved. I want a family, an ordinary life, and that fable happy ending with my one true love, Webb. Now, I can only pray we both make it out alive. Praise for the series: "A FANTASTIC series that I was sucked into and binge read the five-book collection!!! The characters are really well written, with a lot of growth as the series progresses. Characters are fleshed out and you begin to understand their motivations and thinking. Friends, Family and Romance among these Vampire Navy Seals!" BookDragonGirl "Although character driven, the action and suspense keep you turning the pages wanting to see what will happen. I was so pulled in that I was completely oblivious to what was going on around me. There are shocks and surprises that really shake things up and my jaw would practically hit the floor!" Goodreads Reviewer "If you enjoy paranormal romance, military romance, suspense, action, surprises, plot twists and lots of amazing characters...then this is a FANTASTIC series that I'd highly recommend you check out!!" Goodreads Reviewer "These books are for anyone who likes Vampire paranormal stories. They are well written you can lose yourself in these books. You can imagine what each character looks like. They are well worth a read. I am disappointed I have finished them. Ten out of Ten." Goodreads Reviewer "I am a huge fan of both YA and Supernatural reads, especially ones that are able to set themselves apart from the rest, and this one takes the cake." Goodreads Reviewer Topics: vampire love story, vampire romance, paranormal romance novels, paranormal romance vampires, supernatural, supernatural romance books, supernatural romance, urban fantasy, alpha vampire hero,

military romance, navy seal romance, vampire romance series, coming of age, teen vampire romance, young adult vampire romance, romance bundle, boxset box set, Photographs of a ranch designed to host groups of children suffering from cancer and other serious ailments, accompany healthful recipes for a variety of dishes from simple soups and salads to main courses and desserts. Drink jezelf gezond! Smoothies en powershakes zijn pure energie uit het glas. Deze dranken, gemaakt van verse groente(n), fruit en vruchtensap, voorzien het lichaam van belangrijke vitaminen en mineralen. Vooral de trendy groene smoothies van bladgroenten en kruiden zijn ware energiebommen en ideaal voor wie zich gezond en uitgebalanceerd wil voeden. Fruitsmoothies, groentesmoothies, groene smoothies, powershakes en romige melk- en yoghurt drankjes - met de recepten in dit boek zet u ze in een handomdraai op tafel. Nooit was het gemakkelijker om ze snel voor tussendoor klaar te maken. Mixen, shaken en genieten - zorg dat u uw dagelijkse vitaminekick niet mist! - 80 eenvoudige en gevarieerde recepten die snel klaar zijn - Elk recept bestaat uit een prachtige foto en helder uitgelegde stap-voor-stap instructies - Voor iedereen die bewust en gezond wil leven Good things come to those who bake. Grayson used to love baking, but the recipe for running his parents' café changes every day. His dad, overwhelmed by grief, is no help. They can't even talk about Gray's mom, let alone the failing business. Of less help is the crush Gray has on Sporty—a trainer from the local gym. Gray barely has time for his friends, let alone scratching the itch Sporty inspires. Aaron suspects he's not Gray's type, meaning Gray probably isn't into fitness, board games, or redheads. Still, that doesn't stop Aaron visiting the café twice a week. The day Gray finally speaks to him personally could have been the start of something—if Gray hadn't immediately suffered a heart attack. The prescription for Gray's recovery includes exercise, but when Aaron steps in to help, Gray is dubious. He's never been fond of working out. The more he gets to know Aaron, though, the more they seem to have in common, especially when it comes to games. Aaron has been quietly designing his own, and when Gray shows interest, they embark on a quest to complete it together: a hero's journey complicated by

family, the demands of their careers, their fledgling relationship, and learning to be honest about what they want out of life. Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This "Fourth Wave of Wellness" will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, Building a Wellness Business That Lasts is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to Building a Wellness Business That Lasts. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success. 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! More nutritious, modern, and utterly delicious recipes from Fresh—the award-winning restaurant chain in Canada Longtime patrons of Fresh know what to expect: scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients designed to make them feel incredible. In their new cookbook, founder Ruth Tal and co-owner and head chef Jennifer Houston offer Fresh fans even more recipes from their enticing and healthy menu. Loaded with nutritious recipes as well as tips on maintaining a healthy and balanced vegan/vegetarian diet, Fresh balances good eating with

great taste on every page. For born food lovers or lovers of the new and trendy restaurant scene, the book also re-creates the dining experience at Fresh, with dozens of colour photographs that showcase the restaurant's funky urban decor. Fresh has been featured on Food Network's Best of Show as one of the top juice bars in North America and named one of Toronto's top 20 influential restaurants of the past 20 years by Now magazine The authors' previous book, reFresh, was a North American bestseller Fresh offers 150 new recipes for smoothies, salads, sandwiches, and other delights A cookbook designed to make healthy eating a daily inspiration, Fresh brings the revitalizing creations of the award-winning Fresh restaurants right into your kitchen. Zack Richards has just turned fifty. His mother passed away a year ago from breast cancer. Six months ago "the most beautiful girl in the world" (as Zack referred to her) his wife Julie was killed by a drunk driver. Now his father has become ill with some very peculiar symptoms. Then to top it off his job as an engineer at Hunter Motors is being seriously threatened. When all this is put together, Zack is going through a mid-life crisis of monumental proportions. After a series of foreign and unexpected events, Zack decides to begin a spiritual journey in the quest of nothing less than... the meaning of life! Why are all the important people in my life leaving me and where are they now that they're gone, are the questions that fuel Zack's mission. In the midst of his searching, Zack's sister-in-law introduces him to the beautiful, confident, but vulnerable Brenda. His best friend's wife introduces him to the perky, vivacious and extremely vulnerable Sara. Tired even after a full night's rest? Gaining weight and having trouble losing it? Craving sweets? Is your mind fogging when forced to make quick decisions? All these symptoms can result from a lack of energy. In The Energy Edge, you'll discover how to combat the energy "vandalizers" that drain your energy supply, including lack of sleep, depression, junk food, anxiety, and unhealthy relationships. You'll also find meal plans and recipes along with practical tips for: Eating well when dining out. Beating the afternoon energy slump. Strengthening your immune system. Increasing your sex drive. Boosting memory and concentration. Losing weight without losing vitality. And

much more with The Energy Edge, you'll go from exhausted to elated — and have energy that lasts as long as your days! 80 Rezepte für cremige Shakes aus Früchten, Gemüse, Milch, Yoghurt oder Eis, die sich auch als Mahlzeitersatz zum Abnehmen eignen.

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