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Quick Easy Simply Cookbooks

Sharon Gannon



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The Big 5-Ingredient Simple Cookbook Karen Lee Young, 2022-04-05 Simple recipes for satisfying meals in a snap Making tasty balanced meals for yourself and your family is faster than ever This big easy cookbook features 150 recipes that only require 5 main ingredients so you can make entire breakfasts lunches dinners desserts and more in just a few steps This super simple cookbook includes 5 ingredient meals Save time money and energy with 150 complete meals you can make with just a handful of grocery store basics Tips for a well stocked kitchen Be ready to cook when hunger hits with smart suggestions for basic ingredients to always keep stocked in your pantry fridge and freezer Options for every taste From Blueberry Cider Quick Bread to Quick Shrimp Fettuccine Cheesy Chicken Enchiladas and Roasted Red Pepper Salad you ll find something in this easy cookbook for everyone Simplify mealtime without sacrificing flavor with the ultimate five ingredient cookbook

Super Simple Autoimmune Cookbook Sophie Van Tiggelen, 2023-04-11 The Super Simple Autoimmune Cookbook shows beginners how to heal their autoimmune disease easily and successfully with delicious easy to prepare recipes

Simple Shortcut Recipes Gooseberry Patch, 2012-03-15 In Simple Shortcut Recipes we ve sped up all of our favorite dishes for you by using grocery store convenience products such as refrigerated bread dough frozen pasta and other prepared items from the deli and bakery guaranteed to save time money and your sanity There s also nearly 200 helpful tips for shopping cooking serving cleaning and organization plus lots of no stress fun ideas for sharing food with family friends Special sections include an updated listing of common kitchen substitutions and a second easy to use index of recipes organized by type of convenience food used

Autoimmune Protocol Made Simple Cookbook Sophie Van Tiggelen, 2018-06-12 Get excited about eating again with this essential Autoimmune protocol reference and cookbook featuring diet guidelines simple strategies for success and 100 enticing AIP compliant recipes Starting an AIP diet can be overwhelming Written by popular AIP blogger Sophie Van Tiggelen of A Squirrel in the Kitchen The Autoimmune Protocol Made Simple Cookbook makes the AIP clear and understandable with short succinct explanations of the different AIP approaches and 100 AIP compliant recipes that take you from feeling restricted to being amazed at the diet s delicious possibilities Mouthwatering color photography provides inspiration throughout Along with a wide variety of nourishing recipes this valuable resource provides a concise introduction to the AIP and its benefits tips on transitioning your diet happy gut guidelines a list of items to stock in your kitchen time saving techniques foods to eat and foods to avoid lists a one week meal plan and advice on reintroducing foods You ll start with basics and staples and continue with breakfasts small bites soups and salads vegetables meat based mains seafood dishes desserts and drinks Among the healing food you and your family will love Rosemary and Thyme Focaccia Fluffy Plantain Pancakes Pork Veggie Breakfast Skillet Dairy Free Vanilla Maple Creamer Lemongrass Chicken Soup Honey Lime Chicken with Peach Salsa Versatile Pulled Pork Carnitas Gut Healing Turmeric Gummies Mini Raspberry Cheesecakes With The Autoimmune Protocol Made Simple Cookbook you will find that

flavorful food can go hand in hand with reducing inflammation repairing your gut and restoring proper immune function

Sweet & Simple Cookbook Gooseberry Patch,2013-07-23 A birthday cake with swirls of buttercream icing frosty ice cream on a hot summer s day or warm chocolatey cookies with a glass of ice cold milk it seems sweet treats are simply irresistible We ve gathered some of our yummiest recipes in Sweet Simple along with lots of fun tips to make them extra special Why not host an oh so easy pie party Just set up a table outside in the shade fill pitchers with fresh lemonade and ask friends to bring a favorite pie to share try Glazed Apple Cream Pie Caramel Banana Pie or Fresh Peach Pie each is delicious Kids will love it when you set up an ice cream stand scoops of Apple Dazzle Frosty Peaches Cream or Velvety Lime Squares will cool them down in a jiffy And an old fashioned cake walk will be a hit whatever the occasion when you show off Tutti Fruitti Cake Apple Blossom Cake or Toffee Black Walnut Cake Take a peek inside and whip up a special dessert tonight it s easy as pie Hardcover 224 pages 9 1 4 x 6 1 2 **Taste of Home Simple & Delicious Cookbook All-New Edition!** Taste of Home,2013-05-02 With 350 all new recipes Simple Delicious All New Edition has a fresh emphasis on easy mealtime solutions for busy cooks Find recipes for all occasions most of which are table ready in 30 minutes or less Recipes include Hot Chili Dip Cheesy Cauliflower and Potato Soup Cider Pork Chops Slow Cooked Stuffed Peppers Greek Meat Loaves Mostaccioli Picante Beef Roast Enchilada Casserole Peanut Butter Pie German Chocolate Cupcakes Chapters such as Weekday Meals Freezer Pleasers Cook Once Eat Twice Slow Cooker Bread Machine Sides Salads Gatherings and Desserts make this time saving edition to the best selling series is a cook s favorite It s just real food by real cooks for real people **Best Simple Suppers for Two: Fast and Foolproof Recipes for One, Two, or a Few (Best Ever)** Laura Arnold,2017-07-11 Enjoy delicious small portion meals in minutes Whether you re preparing for a romantic night in cooking for you and a friend or just don t feel like packing up leftovers these quick and easy meals for two are sure to make dinner a whole lot easier You ll never sacrifice flavor for convenience when whipping up these simple salads starters and main dishes The fast and flavorful recipes include Taco Salad with Fresh Corn Honey Buffalo Chicken Wings BBQ Pork Chops Vegetable Fried Rice Once you ve discovered the joys of cooking for two you ll never go back **Simply Easy Chinese Vegetarian Cookbook** Mary Lai, Simple and Healthy Chinese Vegetarian Recipes Add Interesting Twist to your Vegetarian Dishes the Chinese Way Chinese cooking method is simple and quick to retain the natural goodness of the ingredients It is not complicated using just a few common sauces and ingredients Chinese method of cooking can also be very flexible You can change and switch the amount or ingredients without messing up your meal If you are a vegetarian and love Chinese dishes then you are in the right place This book has a variety of Chinese vegetarian recipes that are healthy and easy to prepare The vegetarian recipes includes appetizers main dishes rices noodles soups and desserts Download Today and Start Cooking Book keywords chinese home cookbook chinese vegetarian recipes chinese vegetarian cookbook chinese cooking vegetables chinese vegetarian cooking **Diabetic Air Fryer Cookbook: 200+ Quick, Healthy Recipes for Type 1, Type 2 & Prediabetes** Julian Elias Vance,2025-09-06 Enjoy

the crispy delicious foods you love while supporting your health This cookbook combines the amazing convenience of your air fryer with your diabetic dietary needs making meals easy fast and flavorful Diabetic Air Fryer Cookbook provides more than 200 quick and healthy recipes for people managing Type 1 Type 2 and Prediabetes This is your complete guide to creating satisfying meals that help you control your blood sugar without sacrificing taste This book makes your healthy lifestyle simpler than ever Get the wonderful texture of fried foods using a fraction of the oil You will spend less time in the kitchen and more time enjoying meals that are both delicious and good for you Unlock the full potential of your air fryer with this essential guide 200 Quick and Healthy Recipes Discover a huge variety of dishes that are ready in minutes Find everything from main courses and vegetables to snacks and appetizers Designed for Your Health Needs Every recipe is created to be diabetic friendly Cook with confidence knowing each meal supports your wellness goals Enjoy Crispy Foods Guilt Free Get the satisfying crunch you crave without the excess fat and calories of deep frying Healthy eating has never been so delicious Complete Nutritional Information All recipes include detailed nutritional facts including carbohydrate counts to make meal planning simple and stress free This cookbook is the perfect companion for anyone who wants to make their diabetic diet both easy and exciting Get your copy today and start making incredible healthy meals in your air fryer tonight

The Simple Comforts Step-by-Step Instant Pot Cookbook Jeffrey Eisner, 2022-04-12 NATIONAL BESTSELLER Easy comforting Instant Pot meals from 1 bestselling author and superstar blogger Jeffrey Eisner featuring color photos of every step in each mouthwatering recipe with variations to fit your lifestyle from keto to vegan Aren't we all hungry for a little comfort Fresh off of two 1 national bestsellers Jeffrey Eisner is back with a crave worthy collection of recipes that make it feel like everything's all right in the world You'll get his Pressure Luck spin on classics and brand new creations such as Cacio e Pepe French Onion Risotto Chicken Gnocchi Soup New York style Pastrami Garlic Mashed Potatoes Cream of Bacon Soup Reuben Rotini Korean Beef Bulgogi Tacos and a sinfully decadent Stuffed Smores Cake These heart warming super satisfying intensely flavorful dishes are easy to prepare in your Instant Pot pressure cooker Eisner also includes variations to adapt many dishes to your lifestyle from vegan to keto and a whole chapter devoted to recipes that use only 7 ingredients or less With hundreds of crystal clear pictures guiding every step and recipes featuring easy to find ingredients and even easier to master techniques The Simple Comforts Step by Step Instant Pot Cookbook combines the magic of your favorite comfort food with the speed and simplicity of your favorite kitchen appliance Get cooking and put a smile on your plate

The Whole30 Fast & Easy Cookbook Melissa Hartwig Urban, 2017-12-05 A New York Times bestseller featuring 150 all new Whole30 compliant recipes all fast and easy to prepare Millions of people have transformed their lives with Whole30 yet co creator Melissa Hartwig wants to make it even easier to achieve Whole30 success with delicious compliant fast and easy recipes This follow up to the best selling The Whole30 Cookbook is packed recipes designed to get you out of the kitchen fast so you can enjoy all the benefits of your Whole30 inspired lifestyle The Whole30 Fast and Easy Cookbook features Recipes perfect for

weeknight cooking lunches in a hurry and hearty breakfasts that still get you out the door on time Nearly effortless skillet meals stir fries sheet pan suppers and slow cook and no cook meals most of which can be made in 30 minutes or less Creative delicious meals using widely available ingredients found in any supermarket Melissa s favorite kitchen hacks designed to save time and money while maximizing flavor Whether you re doing your first Whole30 or your fifth or just looking for some healthy fast and easy recipes to try this collection is a must have for any kitchen **Fast & Easy GLP-1 Diet Cookbook**

Abigail Douglas,101-01-01 Food is more than fuel it s the rhythm of our daily lives the comfort that ties families together and the foundation of long lasting health Yet in today s fast paced world eating well often feels overwhelming Between endless diets conflicting advice and the temptation of quick but unhealthy meals many people find themselves stuck in cycles of cravings fatigue and frustration This book was written to simplify that journey Inside you ll find a 90 Day High Protein Low Carb Meal Plan designed for real life practical family friendly and flexible enough to fit into busy schedules With 5 ingredient recipes one pan dinners protein bowls smoothies and even guilt free desserts you ll see that healthy eating doesn t have to be restrictive or complicated The structure of this plan is intentional Phase 1 Reset it s about creating freedom around food You ll learn how to build plates that keep you full longer handle cravings without guilt and enjoy foods you love with balanced portions Whether you re a beginner in the kitchen a busy parent trying to keep the whole family on board or someone looking for a fresh start after years of yo yo dieting this plan is for you Every recipe shopping list and mix and match template has been crafted to save time reduce stress and inspire confidence in your own kitchen Along the way you ll discover protein packed snacks grab and go lunches family dinners made simple and even quick desserts that support weight loss instead of sabotaging it If you ve struggled with restrictive programs in the past you ll find this approach refreshingly different It s not about perfection it s about consistency And by the end of these 90 days you won t just have a slimmer waistline but also a stronger mindset healthier habits and the tools to thrive long term This is your invitation to reset rebuild and reimagine the way you eat The journey starts here with real food real results and a plan you can actually enjoy **Super Simple**

Mediterranean Diet Cookbook for Beginners: Quick, Healthy, and Delicious Recipes to Eat Better, Feel Great & Save Time Grayson Michael Sinclair ,2025-07-07 Eat Better Feel Stronger Even on Your Busiest Days Tired of confusing diets and complicated meals This beginner friendly cookbook makes healthy eating fast and easy The Super Simple Mediterranean Diet Cookbook for Beginners gives you quick flavorful recipes that support energy weight loss and long term health without sacrificing taste or time You ll learn What to eat and what to avoid on the Mediterranean diet Simple meal plans for busy mornings lunches and dinners How to prep fresh satisfying meals in 20 minutes or less Tips for saving time grocery money and stress No guesswork No strict rules Just easy to follow meals with clear steps and everyday ingredients Whether you re new to healthy cooking or want a no fuss way to eat clean this book helps you take control of your meals and feel better fast Why buy now If you re ready to lose weight boost energy and enjoy delicious food without extra work this

guide is your shortcut Start today and see results in your kitchen and your health Simple Recipes, Good Food Jesseca Hallows,2020-10-13 125 Delicious recipes and 5 approaches to extra simple cooking Getting a hearty meal on the table has never been easier Simple Recipes Good Food is an essential simple cookbook filled with delicious go to recipes for any occasion Whether you re searching for a slow cooker family dinner a one pot staple a 30 minute recipe a make ahead favorite or a 5 ingredient dessert this simple cookbook has 125 tasty dishes that are sure to please everyone in your family It s a deliciously simple cookbook that features Easy components From classic breakfasts to dinner party hits these recipes fit into any household menu requiring only basic kitchen tools and familiar accessible ingredients Fast prep 5 ways Every recipe in this simple cookbook can be made either with a slow cooker in one pot in 30 minutes with just 5 ingredients or can be prepared ahead of time and the organized index helps you quickly find the recipes for each category Level up your skills Practicing with easy recipes will help you build your confidence in the kitchen master culinary basics and find delight in cooking Make cooking fresh meals as fast as it is delicious with the essential recipes in this simple cookbook Bake Sale Cookbook Sandra Lee,2011-03-29 Sandra Lee is a long time spokesperson for Share Our Strength s Great American Bake Sale charity Just look on the back of any package of Domino brand sugar and you ll find one of Sandra s recipes prominently displayed promoting the cause This book will be published and promoted in partnership with the Great American Bake Sale giving it even greater reach than her books always enjoy thanks to her two popular Food Network shows Semi Homemade Cooking and Money Saving Meals Sandra s time saving dessert recipes have long been favorites among her legions of loyal fans who will be eagerly awaiting this publication The estimated 120 recipes will all be photographed in gorgeous full color

The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised Pamela Compart,Dana Laake,2012-04 Describes the elimination diet for autism and attention deficit hyperactivity disorder a regimen of eating and drinking that focuses on the elimination of gluten and casein and features recipes background information on autism and ADHD and tips on starting and maintaining healthy eating habits for the entire family **The Kid-Friendly ADHD & Autism Cookbook, 3rd edition** Pamela J. Compart,Dana Laake,2020-01-28 The Kid Friendly ADHD Autism Cookbook 3rd Edition explains the best diets for children with food intolerances and hypersensitivities that stem from altered biochemistry and which may be causing problems in learning behavior development attention sensory responses sleep and digestion The authors provide guidelines to help parents determine which diets may be helpful for their child s specific symptoms and needs One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that negatively affect their behavior focus and development Linked to this is the challenge of finding ways to get their children to eat the healthy foods that will improve their nutrition This book provides suggestions for feeding picky eaters including those with texture issues The 3rd edition of The Kid Friendly ADHD Autism Cookbook provides a current and greatly expanded review of the most commonly used diets that are important in the treatment of ADHD and autism There are recipes appropriate to specific diets

as indicated by icons and descriptors with each recipe The authors share details about just how and why each diet works examine specialty ingredients in depth and provide extensive resources and references The specialty diets covered include Gluten free casein free soy free Feingold diet low phenol low salicylate diet Specific Carbohydrate Diet SCD and Gut and Psychology Syndrome Diet GAPS Anti yeast candida diets or Body Ecology Diet Low Oxalate Diet LOD FODMAP Fermentable Oligo Di and Mono saccharides And Polyols Anti inflammatory diet Rotation diet Despite the restrictions of these diets this cookbook offers an array of tasty choices that kids and the whole family will love including shakes muffins breads rice and beans vegetables salads main dishes stews and even sweets and treats You ll also find recommendations for school lunches and snacks This comprehensive guide and cookbook is chock full of helpful info and research and includes more than 150 kid friendly recipes suitable to the variety of specialty diets The Whole30 Fast and Easy Cookbook Melissa Hartwig Urban,2017 Easy to prepare healthful and delicious recipes for the Whole30 and beyond **Simple Recipes for Joy** Sharon Gannon,2016-03-08 Incredible plant based recipes from the world renowned founder of the Jivamukti yoga method and the Jivamuktea Caf Since 1984 Jivamukti yoga has been synonymous with a new way of living peacefully healthfully and consciously In 2006 Sharon Gannon and David Life opened the Jivamuktea Caf in New York City to complement their yoga school as a living expression of how compassionate spiritual activism can be put to practical use The peaceful ambience the camaraderie and most of all the delicious hearty fare struck a chord with patrons who were thrilled to eliminate meat and dairy from their diets without sacrificing taste Gannon reveals the secrets behind the caf s acclaimed menu and showcases her own home cooking with recipes she s been making for family and friends for decades from Creamy Wild Mushroom Soup to Cajun Mexican inspired Jambalaya to her signature chocolate mousse Her recipes are paired with gorgeous color photos by award winning photographer Frank Guzman The hardcover is featured in Rachael Ray s 2015 Go Vegan Guide and was named a Best Fall Cookbook by Well Good Whether you re a stalwart vegan or one of the millions of people who eat vegan part time for health and environmental benefits Gannon s accessible delicious and spiritually powerful recipes will bring joy to your table and tranquillity to your life The Quick and Easy College Cookbook Adams Media,2016-05 300 quick easy and cheap recipes College life is busy While the dining hall or takeout can be convenient these shortcuts can take a toll on your maxed out bank account not to mention your waistline The Quick and Easy College Cookbook will help you create delicious and healthy recipes in a flash With low cost ingredients that still have high nutritional value you re sure to love cooking up these recipes The best part No experience or fully equipped kitchen required You ll find 300 recipes that range from hearty breakfasts to healthy study session snacks to fuel an all nighter Even first time cooks will succeed with the help of a glossary of cooking terms and checklists of essential kitchen equipment and pantry staples With hundreds of student favorites like Huevos Rancheros Korean Spicy Pork Tacos and Peanut Butter Cups this cookbook is required reading for any student who likes healthy home cooking

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