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# High Protein Vegan Hearty Whole Food Meals Raw Desserts And More

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The Great Vegan Bean Book

The High-Protein Vegan Cookbook: 125+ Hearty Plant-Based Recipes

Hearty Whole Food Meals, Raw Desserts and More

Protein Ninja

The Vegan Meat Cookbook

The Plant-Powered Diet

Plant-Based Meats

The Vegan Bean Cookbook

Authentic and Appetizing Dishes from a Continent of Rich Flavors

The High-Protein Vegetarian Cookbook

How Our Obsession with Meat Is Killing Us and What We Can Do About It

The High-Protein Vegetarian Cookbook: Hearty Dishes that Even Carnivores Will Love

The Complete Vegetarian Cookbook

Nutrition Guide With 90+ Delicious Recipes (Including 30-Day Meal Plan)

More Than 200 Quick and Simple Recipes

The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today

The 80/10/10 Diet

Vibrant Plant-Based Recipes to Eat Well Through the Seasons

Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time

Celebrate Whole Grains with More Than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes!

Plant-Based on a Budget

Hearty, High-Protein Recipes for Vegetarians, Flexitarians, and Curious Carnivores

No Meat Athlete

100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul : A Cookbook

The Great Vegan Protein Book

5-Ingredient Plant-Based High-Protein Cookbook

High Protein Plant-Based Recipes for a Stronger, Healthier You

76 Quick & Easy Oil-Free Recipes

The Plant-Based Cookbook

The Vegetarian Athlete's Cookbook

The Hungry Student Vegetarian Cookbook

Vegan Yack Attack's Plant-Based Meal Prep

The No Meat Athlete Cookbook

Vegan, Gluten-Free, Oil-Free Recipes for Lifelong Health

Over 200 Healthy & Delicious Whole-Food Dishes

51 Plant-Based High-Protein Recipes: For Athletic Performance and Muscle Growth

Delicious Vegan Recipes for Under \$30 a Week, in Less Than 30 Minutes a Meal

100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food

A Fresh Guide to Eating Well With 700 Foolproof Recipes  
Diet for a Small Planet (Revised and Updated)

*High Protein Vegan  
Hearty Whole Food  
Meals Raw Desserts And  
More*

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## RIVERS FARRELL

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**The Great Vegan Bean Book** Skyhorse  
Healthy, Delicious Recipes with Plant  
Powered Protein Protein is the  
macronutrient that's on the tip of  
everyone's tongue these days, but a  
protein-rich diet doesn't have to mean  
chowing down on giant bowls of beans or  
plates of egg whites—nor does it have to  
include meat, fish, or poultry. In this  
book, the Vegetarian Times editors set  
the protein story straight, showing you  
how to meet all your protein needs with  
delicious, satisfying, easy-to-prepare  
recipes that fit seamlessly into any  
lifestyle.

*The High-Protein Vegan Cookbook: 125+  
Hearty Plant-Based Recipes* The  
Countryman Press

This collection takes a unique, flexible  
approach to soup making, with  
variations that make the recipes  
appropriate for low-carbohydrate, high-  
protein, lowfat, vegan, and vegetarian  
diets. Gorgeous full-color photographs  
and easy-to-follow techniques, make this  
a must-have.

*Hearty Whole Food Meals, Raw Desserts  
and More* The Countryman Press

As a vegan, where do you get your  
protein? Nuts, grains, vegetables, fruits,  
and seeds all provide healthy fuel for the  
body, and in combination they make  
complete protein powerhouses that  
easily deliver this essential nutrient.  
Whether it is Multi- Layered Avocado  
Toast for breakfast, Acadian Black Beans  
and Rice for dinner, or No-Bake  
Chocolate Peanut Butter Cookies to

satisfy a sweet tooth, blogger and recipe  
developer Ginny Kay McMeans has a  
protein-packed option for everyone. The  
High-Protein Vegan Cookbook highlights  
the ins- and- outs of vegan protein,  
including how to build muscle and lose  
weight, the best foods to eat to achieve  
a strong, healthy body, and recipes for  
DIY seitan. With more than 125 protein-  
rich, plant-based recipes, McMeans  
proves that vegans don't have to skimp  
on this important nutrient. Recipes  
include: Southwest Scramble Breakfast  
Burritos Artichoke Quinoa Dip Slow  
Cooker Seitan Bourguignon Chocolate  
Cake Munch Cookies

**Protein Ninja** High Protein Vegan Hearty  
Whole Food Meals, Raw Desserts and  
More

A student cookbook with a difference,  
The Hungry Student Vegetarian not only  
gives more than 200 quick and cheap  
meat-free recipes that are so tasty, even  
hardened carnivores will keep turning up  
for dinner. There are also indispensable  
tips on budgeting, lunchbox ideas,  
healthy eating and how to get creative  
with leftovers. With chapters dedicated  
to Bring on Brekky, Comfort Food,  
Roasted and Baked, Made in a Flash and  
All the Carbs, there are opportunities for  
impromptu parties, end of the month  
budget creations and comfort foods for  
one. All the recipes in this book are  
balanced for a healthy vegetarian diet,  
and they each have an affordability  
stamp to help with budgeting as well as  
detailed instructions to make them  
accessible to even the most novice cook.  
Forget the textbooks, this is the only  
book you'll ever need to get through  
your first year!

**The Vegan Meat Cookbook** Fair Winds

### Press

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

### *The Plant-Powered Diet* Da Capo Lifelong Books

Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian

recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

*Plant-Based Meats* Fair Winds Press (MA)  
A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with:

- Morning meals to power your day (Almond Butter-Banana Pancakes, Harissa Baked Tofu)
- Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink)
- Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen)
- Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice)
- Oil-free options for every recipe; gluten-free and soy-free options throughout

**The Vegan Bean Cookbook**

Bloomsbury Publishing USA  
Plant proteins that deliver all the meaty satisfaction of your favorite comfort foods

Authentic and Appetizing Dishes from a Continent of Rich Flavors FoodNSport

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

**The High-Protein Vegetarian Cookbook** Vertical Inc

The Great Vegan Protein Book showcases where and how vegans can find and prepare protein-rich foods, including over one hundred tasty and filling recipes.

*How Our Obsession with Meat Is Killing Us and What We Can Do About It*  
Penguin

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook,

Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

**The High-Protein Vegetarian Cookbook: Hearty Dishes that Even Carnivores Will Love** America's Test Kitchen

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-

term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. *A Couple Cooks | Pretty Simple Cooking* is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options. A full-color photograph for every recipe. Recipes arranged from quickest to more time-consuming. 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor.

*The Complete Vegetarian Cookbook*  
Rowman & Littlefield

"Discover the eating plan that revolutionized the way Americans think about their meals, updated for its fiftieth anniversary with new recipes for the modern meatless chef. "In the . . . years since the publication of *Diet for a Small Planet*, a movement dedicated to the reform of the food system has taken root in America. Lappé's groundbreaking book connected the dots between something as ordinary and all-American as a hamburger and the environmental crisis, as well as world hunger." --Michael Pollan. Upon its release in 1971, *Diet for a Small Planet* was truly groundbreaking.

This extraordinary book taught America the social and personal significance of a new way of eating : environmental vegetarianism. World hunger was not a matter of lack of food, it argued, but of lack of justice in our food systems. Half a century later, it is still a complete guide for eating well in the Twenty-First century. Sharing her personal evolution and how this revolutionary vegetarian-focused book changed her own life, world-renowned food expert Frances Moore Lappé offers a fascinating philosophy on changing yourself--and the world--by changing the way you eat. This edition features 85 modern meatless recipes, including more than a dozen new entries by celebrity chefs such as Mark Bittman, Padma Lakshmi, Alice Waters, José Andrés, Bryant Terry, Mollie Katzen, and Sean Sherman"--

**Nutrition Guide With 90+ Delicious Recipes (Including 30-Day Meal Plan)** The Experiment

Harness the power of whole-plant foods to lead a long and vibrant life—whether you're vegan, vegetarian or omnivorous. Eat more whole plants. This simple recommendation is at the heart of a building consensus: The healthiest diet is a plant-based diet. Plants have spent millions of years evolving their defenses against disease. Now, studies indicate that by eating whole, minimally processed plant foods, humans too can gain protection—against everyday illness, diabetes, obesity, depression, mental decline, heart disease, and even cancer. In *The Plant-Powered Diet*, registered dietitian Sharon Palmer marshals the most up-to-date findings in nutrition to explain both why you should fill more of your plate with whole-plant foods and how to do so, whether you're a longtime vegan or a committed omnivore. Here is: • Essential

information on the healthiest plant foods—whole grains, vegetables, fruits, nuts, legumes, and even herbs, spices, chocolate, coffee, tea, and wine • Advice for navigating the supermarket, kitchen, restaurant menus, on-the-go meals, exercise, and more • A 14-day meal plan, plus daily action alerts to get you started • And 75 original plant-based recipes for every meal—all with complete nutritional data. The Plant-Powered Diet is not a diet you'll go "on" today and "off" tomorrow. It is a simple, satisfying, and thoroughly delicious way of eating that can not only last your lifetime—but lengthen it.

*More Than 200 Quick and Simple Recipes* Penguin

**Build Muscle & Improve Your Physique**  
This science-fueled cookbook is a complete guide to prepping 90+ plant-based, high-protein recipes optimized for athletes and sports(wo)men.

[The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today](#)

Createspace Independent Pub

"One of the rock stars of the vegan cooking world" (Portland Oregonian), author of *Salad Samurai* and bestselling coauthor of *Veganomicon*, Terry Hope Romero is back with 100 recipes devoted to the nutrient that still bedevils vegans: protein.

[The 80/10/10 Diet](#) Countryman Press

The fitness influencer and creator of the #1 bestselling Food & Drink app, FitMenCook, shares 100 easy, quick meal prep recipes that will save you time, money, and inches on your waistline—helping you to get healthy on your own terms. We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat and how it's going to affect our bodies,

we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve wellness goals without breaking the bank. In *Fit Men Cook*, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day—from grocery lists to common dieting pitfalls to his ten commandments of meal prep—as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement. This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With *Fit Men Cook*, you can create exciting, satisfying meals and be on your way to losing weight for good. After all, bodies may be sculpted at the gym, but they are built in the kitchen.

**Vibrant Plant-Based Recipes to Eat Well Through the Seasons** Time

Home Entertainment

For anyone who takes fitness seriously--from committed to weekend athletes--the vegetarian recipes of bestselling author and nutritionist Anita Bean will fuel workouts and aid recovery. The way we eat is changing. More and more of us are opting to eat fewer animal products or to cut them out entirely. Eating well to support a training regimen presents its own challenges, but as celebrated nutritionist Anita Bean shows, it is possible to eat delicious, healthy food and reach your athletic potential. Her new cookbook offers athletes-from



weekend warriors to professionals—more than one hundred easy-to-prepare vegetarian and vegan recipes for breakfast, main meals, snacks, and more to allow the kind of performance every athlete aspires to, featuring gorgeous food photography and nutritional information for every recipe.

*Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time*

HappyHealthyGreen

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • 5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael

Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

**Celebrate Whole Grains with More Than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes!** Page Street Publishing

Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where *The Great Vegan Grains Book* comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as: - Quinoa Breakfast Pilaf - Apple and Oats French Toast - Sausage Smash Potato Hash - Spelt and Bean Burritos - Tempeh Buckwheat Bowl - Teff and Pea Fritters - Cracked Wheat Koftas - Roasted Corn and Barley Chowder - Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as: - Apricot Oats - Polenta Topped Mexi-Beans - Chickpea Millet Curry - Harissa Veggies and Rice Skillet - Spinach and

## Basil Quinoa - Sesame Purple Rice

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