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Leite s Culinaria The Wicked Healthy Cookbook Chad Sarno,Derek Sarno,David Joachim,2024-09-24 Healthy recipes that are easy to prepare and downright delicious in a cookbook that demonstrates the tantalizing potential of plant based food

Senator Cory Booker Hi we re Chad and Derek We re chefs and brothers who craft humble vegetables into the stuff of food legend Everything we create is a bold marriage of delicate and punchy flavors and crunchy textures all with knife sharp attention to detail We re proud graduates of the University of Common Sense who simply believe that eating more veg is good for you and good for the planet The Wicked Healthy Cookbook takes badass plant based cooking to a whole new level The chefs have pioneered innovative cooking techniques such as pressing and searing mushrooms until they reach a rich and delicious meat like consistency Inside you ll find informative sidebars and must have tips on everything from oil free and gluten free cooking if you re into that to organizing an efficient kitchen Chad and Derek give readers 129 recipes for everyday meals and dinner parties alike Their drool inducing recipes include Sloppy BBQ Jackfruit Sliders with Slaw and Grilled Peaches with Vanilla Spiced Gelato and Mango Sriracha Caramel They believe that if you shoot for 80% healthy and 20% wicked you ll be 100% sexy That s the Wicked Healthy way The next required reading in plant based cooking Michelle Davis and Matt Holloway New York Times bestseller authors of the Thug Kitchen series Derek and Chad have pulled off something quite difficult made a believer out of a confirmed omnivore Andy Ricker chef owner and author Pok Pok restaurants Everything the Sarno brothers create is out of this world delicious nourishing and filled with plant based innovation Kris Carr New York Times bestselling author of the Crazy Sexy series *Favorite Easy Healthy Recipes Cookbook* Heather Davidson,2020-11-20 Favorite Easy Healthy Recipes Cookbook Get your copy of the best and most unique recipes from Heather Davidson Do you miss the carefree years when you could eat anything you wanted Are you looking for ways to relive the good old days without causing harm to your health Do you want an ideal way to preserve your food Do you want to lose weight Are you starting to notice any health problems Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family If these questions ring bells with you keep reading to find out Healthy Weekly Meal Prep Recipes can be the best answer for you and how it can help you gain many more health benefits Whether you want to spend less time in the kitchen lose weight save money or simply eat healthier meal prep is a convenient and practical option and your family can savor nutritious delicious homemade food even on your busiest days Purchase The Print Edition Receive A Digital Copy FREE Via Kindle Matchbook In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required Learn how to shop for the right ingredients plan your meals batch prep ahead

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