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# Feel Good Food

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Skinny Southern

Feelgood Family Food

Comfort Food Fix

Salad Freak

Good to Glow

Rachel Ama's Vegan Eats

How to Be a Conscious Eater

Good Clean Food

PlantYou

Eat Happy: 30-minute Feelgood Food

At My Table

Simply Nigella

Good Food, Bad Diet

The Feel Good Effect

The Cannabis Kitchen Cookbook

Danielle Walker's Eat What You Love

Healthyish

Crying in H Mart

Pescan

Clean Soups

The Love and Lemons Cookbook

Feel Good Food

Love and Lemons Every Day

Food & Mood

Joe Wicks Feel Good Food

Good Good Food

Giada's Feel Good Food

Feel-Good Food

The First Mess Cookbook

My Healthy Dish  
The Feel-Good Family Food Plan  
Sophie Kooks  
Korean American  
Love and Lemons Simple Feel Good Food  
Good to Eat  
Beyond Foods  
Feel Good Food: Over 100 Healthy Family Recipes  
Good Food, Good Mood  
Cooking with Shereen from Scratch

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## **PORTER DARIO**

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*Skinny Southern* Simon  
and Schuster

"Part of the balance of  
life lies in  
understanding that  
different days require  
different ways of  
eating . . ." Whatever  
the occasion, food-in  
the making and the  
eating-should always  
be pleasurable. Simply  
Nigella taps into the  
rhythms of our cooking  
lives, with recipes that  
are uncomplicated,

relaxed, and yet  
always satisfying. From  
quick and calm  
workday dinners (Miso  
Salmon; Cauliflower &  
Cashew Nut Curry) to  
stress-free ideas when  
feeding a crowd  
(Chicken Traybake with  
Bitter Orange &  
Fennel) to the instant  
joy of bowlfood for  
cozy nights on the sofa  
(Thai Noodles with  
Cinnamon and Shrimp),  
here is food  
guaranteed to make  
everyone feel good.  
Whether you need to  
create some breathing  
space at the end of a

long week (Asian-Flavored Short Ribs), indulge in a sweet treat (Lemon Pavlova; Chocolate Chip Cookie Dough Pots) or wake up to a strength-giving breakfast (Toasty Olive Oil Granola), Nigella's new cookbook is filled with recipes destined to become firm favorites. Simply Nigella is the perfect antidote to our busy lives: a calm and glad celebration of food to soothe and uplift.

*Feelgood Family Food*

Abrams

From bestselling author Rebecca Katz comes this collection of 60 recipes for pure, cleansing soups intended to renew and restore. Soup has a unique ability to nourish and heal the body. In *Clean Soups*, author Rebecca Katz shows you how to use

wholesome stocks and soups to naturally detox and stay energized year-round. She also explains the building blocks for creating deliciously balanced soups, such as Moroccan carrot soup, kale soup with coconut and lime, and simplest chicken pho. With foundational broths, blended soups, and traditional healing soups, as well as a two-day cleanse, *Clean Soups* shows how one simple bowl can make a huge difference in how you feel.

### **Comfort Food Fix**

*Random House Food and Mood* will help you balance your moods, boost your energy level, and take back your life now! Why do you feel tired after eating a full meal? Why do you have so much trouble

concentrating? Why do you crave chocolate? Can diet affect depression? Is there a natural cure for insomnia? Nutrition expert Elizabeth Somer answers all these questions and more in this completely updated and revised second edition to her nutritional guide *Food and Mood*. The result of research encompassing thousands of the most up-to-date scientific studies, Somer explains how what we eat has a direct influence on how we feel, think, sleep, look, and act. She addresses specific food-related issues including health conditions, food cravings, diet struggles, stress, PMS, winter blues, energy levels, depression, memory, and sleep

patterns, as well as tackling the issue of supplements and providing the real story on those you need and those you don't. This entirely new edition covers the latest information on how to:

- naturally fight fatigue and stress - boost brain power and improve memory with the latest supplements - fight depression with exercise and special dietary fats called omega-3 fatty acids - satisfy your cravings for chocolate, ice cream, potato chips, and steak without sacrificing your waistline - sleep better naturally - and much more!

Included is Somer's revolutionary *Feeling Good Diet*, a program that shows you how to take control of your eating habits to benefit mood and

mental functioning now.

**Salad Freak** Random House

'Sarah's celebration of healthy eating is all about pleasure and enjoyment. Her love of good food is informed by her background as a doctor and now rooted in an on-going passion for growing and cooking with fruit and vegetables' Yotam Ottolenghi Sarah Raven is not only an inspirational cook, but she was also once a doctor. Here she brings together her unique talents to offer a magnificent canon of recipes, sharing her medical knowledge to explain exactly how and why certain foods help protect your body and give you the best possible chance of a longer, healthier life. The 250 sumptuous

and colourful recipes include Coconut sugar marmalade, Spiced aubergine salad with pomegranate raita, Lemon chicken and summer herb salad, Cashew hummus, Black bean burritos, Blood orange sorbet and Basil yoghurt ice cream. Woven through the book are 100 mini 'superfood' biographies, where Sarah draws on her expertise and experience to explain the science behind good-for-you ingredients such as kale, broccoli, salmon, red wine, blueberries, apples and seeds. With luminous photography by Jonathan Buckley, this generous and stylish book offers recipes to make you feel well, look well and live longer - by using the most beneficial

ingredients and without ever compromising on sheer deliciousness.

Good to Glow Women's Press (UK)

Dean Edwards' fail-safe recipes and down-to-earth style have made him a firm favourite with the millions of viewers who watch him cooking up a storm every week on ITV's 'Lorraine'. As a busy working dad, he's all too familiar with the never-ending challenge of getting wholesome, tasty, fuss-free meals on the table - the hectic demands of family life mean our wells of inspiration can often run dry! But now Dean's here to help us shake things up and get mealtimes back on track with his new collection of nourishing everyday recipes that the whole family will

enjoy. Whether you're searching for a quick breakfast idea for when you're late for the school run, a one-pot dinner to save on the washing-up or even a guilt-free version of the family's favourite takeaway, here you'll find easy-to-follow recipes, using simple-to-find ingredients. The results are so delicious you'll forget they're good for you too. Try a warming one-pot winner like Chicken and Sweet Potato Tagine, a twist on a family favourite like Caribbean Cottage Pie, or a melt-in-your-mouth treat like Raspberry Cheesecake Pots. Feelgood Family Food is all about appetizing ingredients, healthy meals and happy, well-fed families, so tuck in!  
*Rachel Ama's Vegan*

*Eats* Random House Food Network's most beautiful star shares her secrets for staying fit and feeling great in this gorgeous, practical book with healthy recipes including nutritional information, and personal lifestyle and beauty tips. The number one question that Giada De Laurentiis is asked by fans is, "How do you stay so trim?" Admirers then ask about her favorite recipes, her nail polish color, her exercise routine. . . and much more. In Giada's *Feel Good Food*, she answers all of these questions in her most personal and also most hardworking book yet. Here are 120 recipes for breakfasts, juices, lunches, snacks, dinners, and desserts—each with nutritional

breakdowns—that can be combined into 30 days of delicious feel-good meals. Special sections delve into Giada's everyday life, including her beauty and exercise routines, how she satisfies sugar fixes, what's always in her bag, and her ordering tips for eating in restaurants. With 100 color photographs, Giada's *Feel Good Food* is a beautiful guide to leading a happy, healthy lifestyle.

#### How to Be a Conscious Eater Mobius

The creator of the Clean Food Dirty City brand shares 100 simple, vibrant, gluten- and dairy-free recipes for looking and feeling your best. In her debut cookbook, *Good Clean Food*, health coach Lily Kunin shares plant-based recipes for irresistibly clean,

wholesome food. With Lily's less-is-more approach, you'll learn how to create nourishing dishes, bowls, salads, smoothies, and more using gluten- and dairy-free ingredients. Her delicious recipes are complemented by the same vibrant, textured, and stunning photography that has become a trademark of her popular site Clean Food Dirty City. Organized by the way that food makes you feel—awakened, nourished, cleansed, restored, sustained, and comforted—Good Clean Food highlights key ingredients that support healthy eating and clean living. The book contains a flavorful mix of recipes, including: Falafel Bowl with Mediterranean Millet and Green Tahini

Walnut Taco Salad + Avocado Pesto  
Zucchini Noodles  
Evergreen Detox Bowl  
Sunny Immunity  
Smoothie Bowl  
Salted Caramel Bonbons  
The book also features a "Bowl Builder" section that walks readers through the process of building the perfect grain bowl, and provides helpful advice on how to stock a healthy kitchen and prep for the week ahead. Helpful tips and recipes instruct on using the same ingredients from your pantry for beauty enhancement, like a raw honey-turmeric facemask and rosemary-coconut oil hair treatment. "I love this vibrant, welcoming cookbook! Instead of structuring itself around rigid rules and restrictions, it leads by



delicious example—first with Lily’s story of how she healed herself through food, and then, most importantly, with dozens of fresh, wholesome, super-enticing recipes.”

—Lukas Volger, author of *Bowl*

Balboa Press

In this science-based book, registered dietitian Abby Langer tackles head-on the negative effects of diet culture and offers advice to help you enjoy food and lose weight without guilt or shame. There are so many diets out there, but what if you want to eat well and lose weight without dieting, counting, or restricting? What if you want to love your body, not punish it?

Registered dietitian Abby Langer is here to

help. In her first-ever book, Abby takes on our obsession with being thin and the diets that are sucking the life, sometimes literally, out of us. For the past twenty years, she has worked with clients from all walks of life to free them from restrictive diets and help them heal their relationship with food. Because all food is good for us—yes, even carbs and fats. All diets are bad. Diets are like Band-Aids for what’s really bothering us: Although we might lose weight, they prey on our insecurities, rob us of time and money, and often leave us with the same negative views of food and our bodies that we’ve always had. When the weight comes back, we still haven’t solved the real issues behind our

eating habits—our “why.” This book is different. Chapter by chapter, Abby helps readers uncover the “why” behind their desire to lose weight and their relationship with food, and make lasting, meaningful change to the way they see food, nutrition, themselves, and the world around them. In this book, you’ll learn how guilt and shame affect your food choices, how fullness and satisfaction aren’t the same feeling, why it’s important to quiet your “diet voice” and enjoy food, and what the best way to eat is according to science. Empowering, inclusive, smart, and a must-have, *Good Food, Bad Diet* will give you the tools to reject diets, repair your relationship with food, and lose

weight so you can move on with your life.

### **Good Clean Food**

Simon and Schuster Comfort food made healthy, from the New York Times bestselling author of *Whole in One*. In *Comfort Food Fix*, Ellie Krieger presents a healthier take on classic American comfort food—without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without all the calories and saturated fat. With simple tricks and tips, Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the

fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, *Comfort Food Fix* is the perfect cookbook for healthy eaters with healthy appetites. · Ellie Krieger is the host of the popular show *Healthy Appetite*, which airs on the Cooking Channel, and the author of the New York Times bestsellers *So Easy* and *The Food You Crave*. · The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how great they taste. · 50 lavish full-color photographs beautifully illustrate finished dishes. When it comes to healthy cooking, Ellie Krieger is the chef you can trust.

In *Comfort Food Fix*, she takes the guilt out of guilty pleasures. “This accessible, health-minded cookbook is a welcome resource in a burger and bacon-obsessed moment... Krieger's simple, time-conscious recipes with easy-to-find ingredients will satisfy sophisticated eaters and down-home palates alike.”—Publishers Weekly  
PlantYou Flatiron Books  
This guide takes the reader on a whistlestop tour of modern-day food and the diet and health industries, and then offers a simple, step-by-step approach on how to awaken intuition, detailing which foods to choose and why. The book recommends an unprocessed raw food diet to tap natural

inner wisdom.

*Eat Happy: 30-minute Feelgood Food* National Geographic Books  
 "Delicious, nourishing recipes from the world's healthiest cafes, hotels, spas, experts and celebrities ... Tali Shine and Steph Adams have handpicked a selection of gluten-free recipes ... your go-to guide complete with useful health tips and a glossary of international hotspots all in one"--Publisher's description.

*At My Table* Macmillan + ORM  
 From the Creator of the Popular Food Blog My Healthy Dish, a Collection of Recipes for Everyone in the Family In 2012, My Nguyen—a mother of two with a background in finance and dreams of becoming a

dietitian—logged onto Instagram and started posting photos of meals she was making for her family on a regular basis. Her posts attracted more than 30,000 followers in four months, so she decided to give them more of what they were requesting via a blog titled My Healthy Dish. Two years later, she'd hit the one-million mark in followers and has never looked back! On her blog, My endorses the idea of a whole, healthy lifestyle while embracing a healthy diet. She posts recipes that are simple, delicious, and nutritious. Her approach of taking the dishes we already love and making them healthier with both beloved and new ingredients makes her

recipes attractive to anyone looking to go back to the basics, cook more, and choose real foods over processed ones. In her first cookbook, *My Healthy Dish*, My presents more than eighty-five new recipes perfect for any family. These recipes are not only healthy, but also easy—great for the busy parent who may not have hours to devote to menu planning each week. Dishes such as stuffed blueberry pancakes, cauliflower tater tots, chicken tortilla soup, orange coconut cream smoothies, and peanut butter and jelly cookies are sure to please every type of eater. With tips related to quality over quantity and organic versus nonorganic, as well as notes on meal

prepping and pages of stunning photos, home cooks will surely fall in love with this collection.

Simply Nigella

HarperCollins

#1 NEW YORK TIMES  
BESTSELLER • From

the indie rock sensation known as Japanese Breakfast, an unforgettable memoir about family, food, grief, love, and growing up Korean

American—“in losing her mother and cooking to bring her back to life, Zauner became herself” (NPR).

• CELEBRATING OVER ONE YEAR ON THE NEW YORK TIMES BESTSELLER LIST In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and

guitarist. With humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she

found the life she wanted to live. It was her mother's diagnosis of terminal cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread.

### **Good Food, Bad Diet**

Hardie Grant

The instant New York Times bestseller *Love and Lemons* is back with make-now and make-ahead vegetarian

recipes—including 100+ tested vegan options—for every kind of cook. What type of cook are you? That is the question Jeanine Donofrio, creator of the wildly successful blog Love & Lemons and bestselling cookbooks by the same name, asks her readers in her newest book, *Love & Lemons: Simple Feel-Good Food*. Jeanine is beloved for her bright and breezy cook-from-the-hip style where trips to the farmers market lead to impromptu, seasonal meals. But, as life has gotten busier (she's a mom now), meal plans and weekly prep have entered into the rotation, too. Over the last few years, Jeanine has realized that getting fresh, nourishing, and flavor-packed meals to the

table daily is doable through different approaches. After engaging with millions of her followers, two cooking camps crystallized: those who love easy, at-the-ready dishes that can be made at the drop of a hat and those who like to plan in advance (like Jeanine's mom who always has a whole lasagna in the freezer, a trick Jeanine has since adopted). Now, for the first time, she's put pen-to-paper serving up feel-good recipes for both types of home cooks, and those who toggle between, just like herself. In *Love & Lemons: Simple Feel-Good Food*, each chapter—Breakfast, Salads, Soups, Dinner, and Dessert—is divided into two parts: one for recipes made with

minimal prep and ingredients ("at the ready"), and the second for food prepared ahead of time ("in advance"), whether that be components or full dishes destined for the freezer. Here, morning meals can be met with quick-to-assemble Spiced Chickpea Waffles or Skillet Granola while pre-made pancake dry mix ensures a fluffy stack is just minutes away. Rainbow Blender Soups turn one base into four colorful bowls while Tortellini Soup with Lemon Peel Broth offers an elegant, no-waste trick. Quick, meatless mains include Spring Pea Fritters with Whipped Feta, Chickpea Cacio e Pepe, and a range of sheet pan dinners such as Eggplant Sheet Pan

Shawarma, while two different homemade veggie burgers (White Bean Swiss Chard and Sweet Potato Paneer) require some forethought but store brilliantly. Moreover, eight no-waste meal plans (what Jeanine calls 3-in-1 recipes -- three dinner dishes made with one whole vegetable) further provide kitchen ease without sacrificing flair or freshness. And, as with her previous books, scattered throughout are Jeanine's signature flow charts, offering visual guides to reusing, mixing, and matching ingredients to create fresh, must-eat dishes for grain bowls, lasagnas, tacos, and more.

The Feel Good Effect  
Random House  
Giada's Feel Good



FoodNational  
Geographic Books  
The Cannabis Kitchen  
Cookbook Ten Speed  
Press  
NEW YORK TIMES  
BESTSELLER • An  
homage to what it  
means to be Korean  
American with  
delectable recipes that  
explore how new  
culinary traditions can  
be forged to honor  
both your past and  
your present. IACP  
AWARD FINALIST •  
ONE OF THE TEN BEST  
COOKBOOKS OF THE  
YEAR: Simply Recipes  
ONE OF THE BEST  
COOKBOOKS OF THE  
YEAR: Bon Appétit, The  
Boston Globe, Saveur,  
NPR, Food & Wine,  
Salon, Vice, Epicurious,  
Publishers Weekly  
“This is such an  
important book. I  
savored every word  
and want to cook every  
recipe!”—Nigella

Lawson, author of  
Cook, Eat, Repeat New  
York Times staff writer  
Eric Kim grew up in  
Atlanta, the son of two  
Korean immigrants.  
Food has always been  
central to his story,  
from Friday-night  
Korean barbecue with  
his family to hybridized  
Korean-ish meals for  
one—like Gochujang-  
Buttered Radish Toast  
and Caramelized-  
Kimchi Baked  
Potatoes—that he  
makes in his tiny New  
York City apartment. In  
his debut cookbook,  
Eric shares these  
recipes alongside  
insightful, touching  
stories and stunning  
images shot by  
photographer Jenny  
Huang. Playful,  
poignant, and  
vulnerable, Korean  
American also includes  
essays on subjects  
ranging from the life-

changing act of leaving home and returning as an adult, to what Thanksgiving means to a first-generation family, complete with a full holiday menu—all the while teaching readers about the Korean pantry, the history of Korean cooking in America, and the importance of white rice in Korean cuisine. Recipes like Gochugaru Shrimp and Grits, Salt-and-Pepper Pork Chops with Vinegared Scallions, and Smashed Potatoes with Roasted-Seaweed Sour Cream Dip demonstrate Eric's prowess at introducing Korean pantry essentials to comforting American classics, while dishes such as Cheeseburger Kimbap and Crispy Lemon-Pepper Bulgogi with Quick-Pickled

Shallots do the opposite by tinging traditional Korean favorites with beloved American flavor profiles. Baked goods like Milk Bread with Maple Syrup and Gochujang Chocolate Lava Cakes close out the narrative on a sweet note. In this book of recipes and thoughtful insights, especially about his mother, Jean, Eric divulges not only what it means to be Korean American but how, through food and cooking, he found acceptance, strength, and the confidence to own his story. *Danielle Walker's Eat What You Love* Workman Publishing Company From international bestselling author and beloved UK fitness star Joe Wicks—"The Body

Coach”—a cookbook featuring 100 wholesome, easy-to-make, and delicious recipes that nourish your body and help you look good, accompanied by 100 full color photographs. The foods we eat each day have a huge impact on how we feel. From an energy-boosting breakfast to satisfying dinners for the whole family, the food you eat can transform your day. Britain’s fitness sensation Joe Wicks’ has created more than 100 flavor-packed, simple recipes to take the stress out of healthy home cooking. From go-to delicious and nutritious meals for everyday dinners, to family celebrations, and everything in between, this cookbook takes the

guesswork out of creating food that feels and tastes good. Feel Good Food is the solution for those looking to lead happier, healthier lives for good. This transformative cookbook is filled with delicious, flavorful meals, complete with suggestions for adapting recipes to specific diets, stunning four-color photos, and the most easy-to-prepare recipes on the shelf. Recipes include: Brilliant breakfasts to start the day right Home-cook hacks for when time is tight Easy weeknight dinners Energy-packed snacks Mood-boosting main meals Good food to feed a crowd Super-tasty sweet treats And more! Feeling good has never been this easy. *Healthyish* Page Street

Publishing  
 'this book is filled with recipes that look so very, very good to eat.'  
 NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself'  
 RUBY TANDOJ OBSERVER  
 RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy - and fun - in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's

recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure - whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more

environmentally friendly food choices, or just keen to eat more veg – Rachel’s genius cookbook is for you.

### **Crying in H Mart**

Abrams

“Take the hassle out of healthy eating with this new release from expert recipe developer Lindsay Maitland Hunt. A guilt-free guide to nutrition.” —Real Simple For anyone on the move, working long hours, and trying to eat a bit more healthfully, Healthyish offers 131 satisfying recipes with straightforward instructions, using as few pots and pans as possible, and ingredients that won’t break the bank. Not to mention, you can find the ingredients at your everyday grocery store (no garam masala or

açaí berries here!).

Emphasizing balanced eating rather than fad diet tricks, Lindsay Maitland Hunt includes guilt-free recipes for every meal of the day, from breakfast to snacks to dinner, and yes, even Healthyish treats, such as: Banana-Avocado Chai Shake Peanut Butter Granola Salty Watermelon, Feta, Mint, and Avocado Salad Miso-Butter Toast with a Nine-Minute Egg Pozole with Pinto Beans and Queso Fresco Spiced Chicken and Chickpea Flatbreads with Cucumber-Dill Tzatziki Single-Serving Chocolate and Peanut Butter Cookie Designed for novices and experienced cooks alike, Hunt’s meticulously considered recipes

offer crowd-pleasing flavor profiles and time-saving tips and tricks, and her vegetable-centric dishes, with an occasional dash of meat, dairy, and decadence, are showcased in vibrant, mouthwatering photographs. Destined to be an everyday kitchen essential, *Healthyish* is a call for simple ingredients, food that makes us feel good, quick prep, and even quicker cleanup, so we all can enjoy what's most important at the end of a long day: getting back to the couch. "This is THE cookbook for the modern generation . . . you'll be turning to this book for decades."  
—Sarah Copeland, author of *Instant Family Meals*  
*Pescan* Abrams

A cookbook of pescatarian, dairy-free recipes for healthy eating, inspired by macrobiotic and Mediterranean diets—includes photos. Actress Abbie Cornish and chef Jacqueline King are best friends who bonded over their love of food and self-care. A few years ago, Abbie, a novice cook, asked Jacqueline, a graduate of the culinary program at the National Gourmet Institute, for cooking lessons. Every Sunday, they would take trips to the local farmers' market, spend all day cooking, and then serve these dishes to their family and friends. *Pescan* is an extension of this tradition and all the food they explored together. Their way of eating—which they call

pescan—is centered on plant-based, dairy-free dishes, but with high-protein seafood and eggs incorporated. The recipes, like Veggie Tempeh Bolognese, Artichoke Hummus with Za’atar, and Miso-Ginger Glazed Black Cod, are highly

nutrient dense, incredibly energizing, and very accessible. Pescan is a collection of healthy recipes, but it’s also a story of friendship, healing, and developing a more positive relationship with food.

Best Sellers - Books :

- [A Court Of Thorns And Roses \(a Court Of Thorns And Roses, 1\)](#)
- [The Courage To Be Free: Florida's Blueprint For America's Revival By Ron Desantis](#)
- [Remarkably Bright Creatures: A Read With Jenna Pick By Shelby Van Pelt](#)
- [Stop Overthinking: 23 Techniques To Relieve Stress, Stop Negative Spirals, Declutter Your Mind, And Focus On The Present \(the](#)
- [Chicka Chicka Boom Boom \(board Book\) By Bill Martin Jr.](#)
- [The Seven Husbands Of Evelyn Hugo: A Novel By Taylor Jenkins Reid](#)
- [Beyond The Story: 10-year Record Of Bts By Bts](#)
- [The Woman In Me By Britney Spears](#)
- [The Subtle Art Of Not Giving A F\\*ck: A Counterintuitive Approach To Living A Good Life By Mark Manson](#)
- [Goodnight Moon](#)