

Good Housekeeping Low Carb

Transform your salad from simple to super! The editors of Good Housekeeping have compiled their favorite, most creative recipes for turning salads into showstopping one-dish meals. The salads range from refreshing accompaniments and light starters to protein-rich main courses--including Rotisserie Chicken Cobb and Feta-Dill Greek Caesar. Whichever you choose, you'll discover a delectable combination of ingredients that make healthy eating exciting again.

First published in 1978, this book has proven results for dieters who discovered how to take the weight off and keep it off, following an easy plan using the simple basics of diet chemistry.

'Hi, my name is Davina, and I'm a sugar addict . . .' Davina McCall loves a challenge. And giving up sugar has been one of her toughest yet. In this beautiful cookbook, Davina shares her favourite super-healthy recipes that have helped her kick the sugar habit and cut out junk food for good. These recipes 'are easy to make but taste amazing *contain the foods that help you look and feel great *have no long lists of scary, hard-to-find ingredients This is real food for real life! 5 WEEKS TO SUGAR-FREE also includes a 5 week meal planner that works towards curbing sweet cravings and cutting out all processed foods. Davina is no guru, she's one of us, so her plan also includes pudding recipes that help the most sweet-toothed chocoholic kick the added sugar habit. Simple, delicious and brimming with flavour, these recipes take the fuff out of sugar-free!

We all need a little help in the kitchen, and there's no more reliable guidebook than the one you hold in your hands.

Start your journey to better health and fitness now with The Body Coach and the bestselling diet book of all time! Eat more. Exercise less. Lose fat. In his first book, Joe Wicks, aka The Body Coach, reveals how to shift your body fat by eating more and exercising less. **Lean in 15** – The Shift Plan features a hundred recipes for nutritious, quick-to-prepare meals – including his bad-boy burrito and oaty chicken – and guides you through Joe’s signature HIIT (High Intensity Interval Training) home workouts – revealing how to combine food and exercise to ignite intense fat-burning. It will teach you how to fuel your body with the right food at the right time so you burn fat, build lean muscle and never go hungry.

Updated with must-have new recipes, diet tips, and research. Discover the simple secret to permanent weight loss and optimal health, as seen on Dr. Oz. Fad diets come and go, but after more than two decades of success stories and media attention, The F-Factor Diet has stood the test of time. Now hailed as the go-to lifestyle program for anyone who wants to improve their health and lose weight for good, F-Factor’s scientifically proven approach allows you to achieve results without hunger, deprivation, or denial. Change your life without disrupting your lifestyle: dine out, drink alcohol, eat carbs, and work out less from Day 1. Now revised and updated with new recipes, diet tips, and research, The F-Factor Diet includes: · An easy to follow 3-step program to shed pounds, boost energy, and increase longevity, on which men lose an average of 15 lbs., and women 10 lbs., in just one month. · More than 75 quick and delicious F-Factor approved recipes plus a complete set of guidelines for dining out and ordering in. · Proven tips, tools, and solutions to keep you motivated, inspired, and on track. It’s time to change your life forever and join the F-Factor movement. Your journey to a happier, healthier you begins now!

Eat healthily. . . . and deliciously! The editors of Good Housekeeping offer 80 easy recipes perfect for anyone who wants to enjoy a Mediterranean diet. Lemny Hummus. Greek Style Tilapia. Roasted Baby Vine Tomato Grilled Chicken. You can have satisfying food and be heart-healthy, too! Using the guidelines of the Mediterranean Diet Pyramid, Good Housekeeping offers mouthwatering and nutritious recipes made with hearty grains and beans, lean proteins, beneficial fats, and delicious fruits and vegetables. With a primer on how to eat the Mediterranean way, and tips and tricks from the Good Housekeeping Test Kitchen, Good Housekeeping Mediterranean Diet will become your go-to cookbook for healthy living. Recipes include: Lemon-Cilantro Eggplant Dip, Roasted Red Pepper Dip, Quinoa Stuffed Portobellos, Chicken Souvlaki, Mediterranean Hummus Egg Smash, Cayenne Grilled Eggplant with Fresh Tomato Salad, Zesty Lemon-Herb Baked Flounder and more!

The nutrition experts at Good Housekeeping introduce an innovative, economical, easy-to-follow, and flexible approach to losing weight that explains how to create a healthy and balanced menu that is low in calories, high in fiber, and moderate in carbs, fats, and protein, accompanied by tips on reading food labels, selecting healthful packaged foods, and more. Original.

70 Easy, Healthy Recipes

More Than 1,000 Recipes, 1,800 Photographs, 500 Techniques

Discover the Secret to Permanent Weight Loss

Lose 20 Pounds (Or More!)

How to combine rapid weight loss and intermittent fasting for long-term health

400 Calorie Fix

375 Delectable Recipes for Everyday Meals

Good Housekeeping Light & Healthy Cookbook

The Complete Scarsdale Medical Diet

The "I Love My Air Fryer" Keto Diet Recipe Book

Easy, Nutritious, Low-Carb, High-Fat Meals for Busy People

How to enjoy fats with over 50 simple, nutritious recipes for good health

Good Housekeeping Calorie Counter

Keto Power Bowls

The Supermarket Diet

Debunk diet myths and make better food choices with this helpful guide that will transform the way you think about nutrition and health. Whether it's a new fad, "detox" diet, news report or a celebrity-endorsed supplement, the constant flow of diet information is cluttered, conflicting, and often devoid of scientific research -- leaving millions of us confused, overwhelmed, and feeling totally helpless in taking ownership our health and making better food choices. In Dressing on the Side, Jacyn London -- the Nutrition Director of Good Housekeeping -- debunks the diet myths and mental blocks that keep you from reaching your health and weight-loss goals. Filled with accessible information, simple strategies, and practical application of scientific research, London breaks what's at the heart of the issue and offers tools, short-cuts, and solutions that work within any scenario, including: Using your schedule to inform your food choices Identifying "fake" nutrition news Eating to feel satisfied, not just "full" Making the choice to eat dessert -- daily London empowers us to form life-long habits that result in real, long-lasting change -- while meeting the demands of our busier-than-ever lifestyles. Dressing on the Side is the anti-diet book that will completely transform the way you think (and speak) about food and health -- and help you lose weight for good.

For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible - both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet, a food is medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet

(lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring 30 recipes, and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get and stay fit, healthy, focused, and happy - for life. Now, more than ever, we need to utilize the power of food to help our society overcome the epidemic of chronic disease. The Pegan Diet offers an easy-to-implement solution for anyone to get started on their health journey using 21 basic principles that show how we can use food as medicine. Arianna Huffington, Founder & CEO, Thrive Global

Collects recipes for low carbohydrate meals, including turkey meatball lettuce wraps, spicy ground lamb and veggie kabobs, and peanut chicken stir-fry.

Take the guesswork out of keto meal prep planning with over 60 low-carb recipes and 8 easy-to-follow weekly meal plans! Eating keto can be challenging, and cooking keto recipes that are satisfying can be even more challenging-you need to make sure you’re eating enough fat to stay in ketosis,

while still eating food that is satisfying. Weekly meal prep can help ensure that you stay in ketosis while still enjoying fresh, delicious, keto-friendly recipes that aren't the same every week. With Easy Keto Meal Prep, planning and preparing your weekly keto meals has never been easier!

Here's what you'll find inside: 8 weekly meal plans, each with a detailed step-by-step prep plan, shopping list, and equipment list, and each with four main recipes and four alternative recipes that can be swapped in Over 60 delicious recipes, each with specific macros and detailed nutrition information to ensure you're always eating the right ratios to stay in ketosis. Beautiful photography and visual meal grids that show you exactly what you'll be eating each day, along with the macros ratios for each day's meals Helpful guidance for eating keto, sticking with the diet, meal prepping like a pro, and safely storing your prepped meals

This handy book is filled with irresistible vegetarian entrées-- all for 400 calories or less per serving! Includes suggestions for tempting sides and desserts, to help with your meal planning.

Creating a balanced diet for the family can often be tricky, and eating on-the-go is a minefield when you're trying to lose weight. Now it couldn't be easier to work out exactly what's in your food, with the Good Housekeeping Calorie Counter. This is a compact, comprehensive collection of up-to-date calorie information and nutritional data that you can use any time, and place, to help you make informed food choices. Clearly organized and easy to use, each food is listed according to average portion size, along with saturated fats, protein, carbohydrate, fat and dietary fibre for every one. Packed with thousands of entries, including fast food, takeaways and beverages, plus sensible, nutritional advice, the Good Housekeeping Calorie Counter is an essential companion for every health-conscious shopper.

This is the original, official international diet best-seller used by celebrities such as Adele, heavyweight champion David Haye, and Pippa Middleton. The science-based program will help you lose seven pounds in seven days while experiencing lasting energy and enjoying the foods you love including chocolate, red wine, strawberries, and more. Over the past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people lose about thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body's energy stores activate what is known as sirtuins, or the "skinny gene," and many positive changes ensue. Fat storage is switched off, and our body stops its normal growth processes and goes into "survival" mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating. Ranging from chocolate and red wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers. Nutritionists Aidan Goggins and Glen Matten have created The Sirtfood Diet to help you effectively lose weight and improve your resistance to disease, while still giving you incredible energy and glowing health.

Presents 375 recipes for everyday meals, each of which contains less than thirty percent calories from fat, including appetizers, soups, pastas, main dishes, salads, side dishes, sandwiches and pizzas, sauces and condiments, breads, desserts, and beverages.

Easy Keto for Busy People

Good Housekeeping Super Salads

Good Housekeeping 1001 Recipes

15 Minute Meals and Workouts to Keep You Lean and Healthy

Over 100 Healthy and Delicious Ketogenic Recipes

The Reverse Your Diabetes Cookbook

The 21-Day Sugar Detox

Keto Friendly Recipes

The Fast 800

Dressing on the Side (and Other Diet Myths Debunked)

11 Science-Based Ways to Eat More, Stress Less, and Feel Great about Your Body

Easy Keto Meal Prep

Good Housekeeping Calorie Counter Cookbook

7 Years Younger: The Anti-Aging Breakthrough Diet

Good Housekeeping Cookery Book

The keto diet is taking over the weight-loss world. Followers claim the wildly popular plan helps them quickly shed pounds, while also boosting energy and relieving various ailments. Using the guidelines of the keto diet, Good Housekeeping offers flavorful recipes made with healthy fats, delicious low-carb vegetables and fruits, and lean proteins. With a primer on how to kick-start your ketogenic eating, and tips from the Good Housekeeping Test Kitchen, this book will become your essential reference.

Thanks to circulating hot air, air frying allows you to roast, bake, and enjoy the taste and crunch of fried foods without as much oil or grease. Who better than Good Housekeeping to explain all the basics of using this miracle machine? More than 60 recipes offer family-pleasing healthy alternatives to your favorite comfort food dishes—including Chicken Caprese, Rye-Crusted Pork Chops with Apple Slaw, Finger Lickin’ Fish and French Fries.

Six years ago, Dr Michael Mosley started a health revolution with The 5:2 Fast Diet, telling the world about the incredible power of intermittent fasting. In this book he brings together all the latest science – including a new approach: Time Restricted Eating -- to create an easy-to-follow programme. Recent studies have shown that 800 calories is the magic number when it comes to successful dieting - it's an amount high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes. The secret of this new programme is that it is highly flexible - depending on your goals, you can choose how intensively you want to do it. Along with delicious, low-carb, Mediterranean-style recipes and menu plans by Dr Clare Bailey, The Fast 800 offers an effective way to help you lose weight, improve mood and reduce blood pressure, inflammation and blood sugars. Take your future health into your own hands.

175 fast, easy, and delicious meals combining the hottest diet trend—the low-carb, high-fat keto diet—with the latest must-have kitchen appliance—the air fryer. While an appliance that promises a lower-fat cooking method like the air fryer may seem counterintuitive to the high-fat keto diet, you ’ ll be pleasantly surprised to learn that air fryers don’ t remove fat from foods. Instead, they use the natural fats in the foods to cook them without adding additional fat or oil that comes from traditional frying methods. An air fryer offers a healthy cooking option for keto dieters and is the perfect tool to cook a wide range of keto-friendly foods from steak to tofu, bacon to vegetables, and even desserts. The I Love My Air Fryer Keto Diet Cookbook will introduce you to 175 tasty and easy keto meals you can make with your air fryer. Learn how to make a whole-food meal from breakfast to dinner, appetizers, to side dishes and desserts, and of course, great snacks. With this guide, you ’ ll discover how perfectly the air-fryer fits into your keto diet!

The 21-Day Sugar Detox is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 80 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle. The 21-Day Sugar Detox even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions. What you'll experience on this program will be different from a lot of other "diet" programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program should be to support your body in naturally cleansing itself of substances that create negative health effects—and that's exactly what The 21-Day Sugar Detox does. By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way you palate reacts to sweet foods. You'll likely complete the program and continue eating this way much of the time thereafter because you'll feel so amazing. After changing your everyday eating habits, you will begin to gain a new understanding of how food works in your body—and just how much nutrition affects your entire life. There's no reason to wait! SUGAR IS TAKING OVER OUR LIVES. But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story? Let's be honest. The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories, but no real nutrition. In our world, these are the substances that go to the gut, but they leave us fat, sick, tired, and downright unhappy. The effect that sugar, "hidden" carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting—or needing—to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle? The 21-Day Sugar Detox is here to help.

The 2-Day Diet is the original, clinically proven 5:2 diet to get you slim and healthy, as developed by acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention (all author proceeds go to this charity). To reach your perfect weight, all you need to do is follow this low-carb intermittent diet for two days a week. For the rest of the week just eat normally but sensibly. It really is that simple, and the science proves it: in trials followers lost more weight than those on continuous calorie-controlled diets, almost twice as much fat, and more centimetres around their waist - and they were more successful at keeping it off! The 2-Day Diet is packed with clear, safe and simple guidance, plus meal planners and 100 delicious and filling recipes to help you on your way. You'll find out how and why the diet works, and the numerous proven health benefits associated with it, including: reducing cancer risks; lowering high blood pressure; anti-aging effects; and improving well-being, mood and energy levels. This is a unique way of eating that can completely restrain your appetite and rejuvenate your body on a cellular level. Finally, you can enjoy your food and stop worrying about your weight for good.

Jane Plan, the UK's only truly bespoke diet delivery service, is known for its no-nonsense approach and delicious meals. This book distils the Jane Plan for all. Its aim is to help you reach your weight-loss goals. No gimmicks. No false promises. Just simple, down-to-earth, easy-to-stick-to advice, plus many of the recipes that have made Jane Plan so popular. This is no fad diet - we all know that a diet that works long-term and if it's hard to stick to then it isn't worth the effort. The Jane Plan Diet is different - it makes everything simple and convenient and it's packed full of recipes that your family will want to eat too. Simply follow Jane's advice and her delicious trademark recipes and, like her, you will lose those hard-to-shed pounds and stay slim - for good.

Meal prep is as easy as 1, 2, 3! Good Housekeeping's 100+ make-ahead recipes are quick, healthy, and delicious and will transform your weeknight meals! Want to sit down to incredibly tasty, nutritious, homemade meals every single day? Who doesn't! But who has the time? Now you do, with this meal-planning guide and cookbook that will help you get yummy dishes on the table in minutes. Whatever your goal -- eat better, spend (and waste) less, get out of a dinner rut -- some simple meal prep can make it reality. From batch cooking and freeze-ahead meals to ready-to-serve dinners and grab-and-go breakfasts and lunches, Good Housekeeping Easy Meal Prep includes: · 100+ easy recipes like Crispy Caesar Cakes, Citrus Shredded Pork, and Mustard-Crusted Mini Meatloaves, all developed and approved by the Good Housekeeping Test Kitchen · Meal plans that give you 4 weeks' worth of ideas; they're customizable to suit your family's size and tastes · At-a-glance cooking charts for whipping-up staples to use all week · Recipe ideas that allow you to cook once, eat twice (and halve your time spent cooking) · Vegan, keto, and gluten-free options Packed with cooking and storage tips and brimming with delicious recipes, Good Housekeeping Easy Meal Prep makes weeknight dinners nearly effortless.

Lean in 15 - The Shift Plan

The Pegan Diet

Life-changing weight loss, from the woman who knows

Yummy, easy recipes to help you kick sugar and feel amazing

Bust Sugar & Carb Cravings Naturally

The Easy New Rule for Permanent Weight Loss!

Good Housekeeping Air Fryer Cookbook

Recipes for Every Occasion

Your Ultimate Guide to Fat-Burning

70 Delicious Recipes

Plus fat, saturated fat, carbs, protein and fibre

Keto Life

70 Fresh and Simple Recipes

Dava's 5 Weeks to Sugar-Free

60 Low-Carb, High-Fat Recipes

Embrace the keto lifestyle with over 200 effective and delicious recipes designed to improve your health. Unlike other diets, ketogenics is all or nothing. You need to be committed in order to convert your body from a carb-burning to a fat-burning mechanism. By building your meals and snacks around "good fat" and high-protein foods you will not only lose weight but improve your overall health and mental focus. Eating in a very specific way, however, doesn't mean you can't eat well. Sahil Mahjibia is a keto cooking rock star, literally. But his band isn't the star of this show. With over 300,000 YouTube subscribers, the people have spoken about his yummy and accessible recipes. Inside you'll find: · Over 100 recipes, covering all meals, snacks, and desserts from Almond Flour Waffles to Buffalo Wings, Pulled Pork, Indian Butter Chicken, and Berry Swirl Cheesecake - A detailed explanation of ketogenics · All original photography Whether you're new to this way of eating or are in need of fresh recipes to keep up ketosis, as well as keep your taste buds happy, embrace Keto Life!

Banish the belly bloat 400 ways with Good Housekeeping! Everyone wants a flat tummy--and this entry in Good Housekeeping's popular 400-recipe series is the go-to book for anyone trying to slim down or stay slim. All these recipes focus on complex grains, lean meats, fish, fruit, and veggies, while cutting out white refined starch such as bread and pasta and many processed foods. From Huevos Rancheros and Autumn Squash Salad to Mussels in Saffron-Tomato Broth and Beef Burgundy, these dishes make looking good very tasty! And in addition to the delicious recipes, you'll get helpful strategies for losing the belly fat. . . . and keeping it off, forever.

The follow-up to The Sunday Times bestseller The Diabetes Weight-loss Cookbook Katie and Giancarlo Caldesi are back to guide you through how to reverse the progress of type 2 diabetes, lose weight and bring your blood sugar down to a normal level. This new book is full of simple, delicious recipes that encourage and help you to sustain permanent lifestyle change.

The Reverse Your Diabetes Cookbook is packed full of mouthwatering low-carb dishes using easy-to-source, inexpensive ingredients. With recipes to address common pitfalls, such as food on the go and take-to-work lunches, alongside takeaways providing healthy alternatives to takeaway favourites, this is food to fill you up without fattening you up. With a foreword by pioneering GP and diabetes specialist Dr David Unwin, this life-changing book shows you how you too can prevent and reverse type 2 diabetes by adopting a low-carb way of life and choosing lifestyle medicine over lifelong medication.

Easy keto recipes from one of the most popular keto experts on Facebook

This bumper recipe book contains 1001 recipes suited for every possible situation. Whether you've got 20 minutes to rustle up a delicious meal for two using ingredients you have in your cupboard, or are planning a dinner party for six friends, you'll find all you need to inspire and guide you here. Chapters include delicious and triple-tested Good Housekeeping recipes for salads, snacks, starters, main courses, desserts, breakfasts, brunches, lunches, teas and soups. There is also clear and practical recipes for vegetarian dishes and for those who are on low-sugar, low-carb or low-fat diets.

Discover how to identify hidden sugar traps in your food while reducing your sugar intake, losing weight, and improving your overall health Did you know that you may be consuming the equivalent of 22 teaspoons of added sugar a day? Added sugars are in practically everything you eat, and you probably eat much more of them than you think. In fact, 80 percent of the 600,000 consumer packaged foods sold in the United States contain added sugar. Most of us are eating way too much of the sweet stuff and don't even know it. Sugar Shock is the ultimate resource you need to break the hold sugar has on you. This easy-to-use guide will help you understand and gain control of the amount of added sugar you consume. It shares the science behind sugar: what it does to you, why your body is wired to crave it, and how to keep track of your intake. Plus, the extensive at-a-glance photo gallery shows hundreds of sugary packaged foods in the market, along with smart swaps for less sugary (but still delicious) options. There are also surefire low-sugar swaps for kids' cereals, snacks, and drinks that even your pickiest eater will love. Sugar Shock is packed with hundreds of nutritionist-approved sugar-zapping strategies: · Get Your Sugar Score - Take the Sweet Tooth Quiz and find out if your daily sugar dose is okay or out of whack. · 7-Day Sugar Tracker - Crack the deceptive code words and measurements that food labels use to fool you, and uncover the truth about your food choices. · Clean and Lean - Wear yourself from added sugars with an easy, painless 7-Day Sugar Step-Down Plan. Go further with a 21-Day Sugar-Detox full of hearty meals and satisfying snacks. · 50 Shades of Sugar - Discover the 50+ (!!) types of sugar disguised in many of the foods you eat (hint: Just because a sweetener like honey is "natural" doesn't mean it's better!). · Smart Sugar Swaps - Trade up to healthier foods that are just as crave-worthy with the Sugar Shock photo guide to beverages, snacks, breakfast, baked goods, soups, sauces--even cocktails! With everything you need take back control of your well-being and your waistline. Sugar Shock is your path to sweet victory and a slimmer, healthier you! Keto is one of the biggest diets of modern times. It's a low carb, high-fat diet which encourages your body to burn fat for energy. On a keto diet, you'll be saying goodbye to carb-loaded bread and pasta, plus many fruits, grains and starchy vegetables. This book will give you a foundation of keto appropriate recipes covering drinks, snacks and main meals, plus an introductory guide to the reasoning behind it. You should consult a dietician before fully committing to a keto diet.

A delicious and -yes! - proven-to-work big time weight loss plan with cutting edge anti-aging benefits. An innovative weight loss plan for men and women, the 7-week diet is built on the foods science shows delivers anti-aging benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies show many of the anti-aging foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to many, but it's a scientific fact: Eating certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for breakfast, lunch, and dinner. Throughout, there is abundant, proven advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Get ready to turn back the scale--and the clock!

Good Housekeeping - 400 Flat Tummy Recipes and Tips

Good Housekeeping Low Carb!

75+ Plant-Based, Low-Carb, High-Fat Recipes

Lose weight and eat to beat type 2 diabetes

Good Housekeeping Mediterranean Diet

Good Housekeeping Step-by-step Cookbook

21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World

Sugar Shock

Healthy Keto: Prevention Healing Kitchen

The Good Housekeeping Cookbook

Simplify Your Keto Diet with 8 Weekly Meal Plans and 60 Delicious Recipes

Good Housekeeping Easy Meal Prep

The Ultimate Playbook for Make-Ahead Meals

The Hidden Sugar in Your Food and 100+ Smart Swaps to Cut Back

The Cook's Classic Companion

Eat Your Way to Health with 75 Quick and Easy and Gluten-Free LCHF Recipes for Busy People on a Keto Diet Keto power bowls are the perfect way to pack a ton of nutrition into a single balanced meal for busy individuals and families on a keto diet! High-quality proteins, healthy fats, and non-starchy fruits and vegetables are the base of these customizable bowls. Use bases like zucchini noodles, cauliflower rice, and stir-fry, and add a protein, flavorful sauce, and nutrient-dense sides for one-bowl meals that are satisfying, easy to whip up (and can be made ahead of time), budget-friendly, and crowd-pleasing! Featuring 75 easy-to-follow ketogenic recipes (that are also gluten-free and grain-free with no added sugar), Keto Power Bowls is for everyone--busy parents looking for their families, singles who pack a healthy lunch for work, people who are trying to bulk up in the gym, and anyone who is short on time but doesn't want to sacrifice health. Learn to make breakfast, dinner, salad, soup, and desert bowls, as well as components like sauces and sides, with a variety of international flavors and dairy- and nut-free options. Poached Eggs with Pan-Fried Summer Squash Turkey Sausage Breakfast Hash Sweet and Sour Chicken Stir Fry Rosemary Lamb Greek Meatballs with Creamy Cucumber Salad and Feta Chipotle Lime Shrimp Cauliflower Rice Bowls Classic Taco Salad Bowls Thai Coconut Curry Bowls Kiwi Raspberry Smoothie Bowls And More! Including information on how to meal prep power bowls, what a balanced meal looks like on a low-carb diet, how to swap out components to create new flavor profiles, and how to use power bowls to achieve different health goals (weight maintenance, weight loss, and weight gain), Keto Power Bowls is your ultimate guide for keto cooking and eating that will help you meet your macros.

We've switched to low-fat foods, but are we any healthier? Research suggests not! Nicola Graimes in her new book suggests that now s the time to make a stand for fat but explains that we have to be eating the right types in the right amounts for good health in the long term. Fat is an important source of energy and vital for cell growth, hormone regulation, cognitive development and supports good heart, gut and skin health.

"Healthy Keto: Prevention Healing Kitchen shows you how to go keto the healthy way, with delicious high-fat, low-carb, plant-centric recipes to help you burn fat, lose weight, and boost your energy--without ever feeling hungry or deprived. With this sensible, science-based plan, you don't have to compromise your health to lose stubborn pounds. Instead of loads of cheese, bacon, and butter, this collection of recipes showcases Prevention's 15 all-star ingredients--like salmon, Greek yogurt, lean meats, avocados, and mushrooms--for keto-compliant comfort meals your whole crowd will love! And while some recipes with meat are included, this keto plan is ideal for people who want to cut down on their overall meat consumption"

The latest research shows that controlling calories is consistently the most successful weight loss method. Of course, counting calories is nothing new. But only 15 percent of us know how many calories we should eat to maintain a healthy weight. Most of us don't know how many calories are in the foods we eat. And most of us don't really want to have to count calories. Now from Flat Belly Diet! author Liz Vaccariello comes 400 Calorie Fix, which makes it easy to spot and control calories. 400 Calorie Fix has no banned ingredients, no magic foods, and no complicated rules. You'll learn how to eat with the 400 calorie "lens"—the essential tool they need to assess portion sizes for all types of food at a glance. The book makes calorie control easy and delicious with 400 tasty 400-calorie recipes, quick-fix (nooch) meals, and options that make it easy to dine out, whether you're chowing down on a fast-food burger or hosting a family cookout.

Since it was first published in 1948, the GOOD HOUSEKEEPING COOKERY BOOK has sold millions of copies and has become firmly established as the cook's bible. This major new edition, featuring completely new photography throughout, has been thoroughly revised and updated to meet the needs of today's cooks, while still offering the unerring accuracy and practical advice for which Good Housekeeping is famous. Whatever the occasion, you can be certain you will find the perfect recipe within these pages. Whether you want to know how to create the lightest of souffles, the flakiest pastry or the most vibrantly spiced dish, the GOOD HOUSEKEEPING COOKERY BOOK will show you how. Classic family favourites mingle with unusual and more adventurous dishes for special celebrations and build into a compendium that is truly indispensable. Information on a broad range of subjects such as healthy eating complete the picture. All the recipes are double-tested to the rigorous standards of Good Housekeeping and are illustrated throughout with colour photography. The GOOD HOUSEKEEPING COOKERY BOOK is the only book you will ever need for imaginative ideas, a huge range of recipes and guaranteed results-every time.

Carefully diagrammed recipes are presented together with information on cooking techniques, advice on microwave cooking, and a dictionary of herbs and spices.

Whether you are watching your weight or trying to create healthy balanced meals, keeping your calorie intake under control can feel impossible. Now it couldn't be easier to be calorie-smart with this brilliant new book from Good Housekeeping. Discover delicious ideas for breakfasts, lunches, dinners and sweet treats under 300, 400 and 500 calories. Plus the comprehensive collection of up-to-date calorie information and nutritional data will help you make savvy food choices for the whole family. Clearly organised and easy to use, each food is listed according to average portion size, along with figures for saturated fats, protein, carbohydrate, fat and dietary fibre. Packed with delicious recipes, over 1,000 food and drink entries and practical nutritional advice, the Good Housekeeping Calorie Counter Cookbook makes calorie-cooking a breeze.

With more than one thousand recipes and eighteen hundred color photographs, this in-depth cookbook provides aspiring cooks with all the basics, as well as innovative and unexpected foods, instruction in hundreds of cooking techniques, nutritional guidelines, entertaining advice, and tips on selecting wine.

Good Housekeeping Keto Diet

The Jane Plan Diet

The F-Factor Diet

Plus Dr. Tarnower's Lifetime Keep-Slim Program

Keto-friendly cooking made easy

Diet Two Days a Week, Eat Normally for Five

400 Calorie Vegetarian

90 Easy & Satisfying Recipes

From Veggie Frittata to Classic Mini Meatloaf, 175 Fat-Burning Keto Recipes

The Sirtfood Diet

The Good Housekeeping Illustrated Cookbook

Going Keto