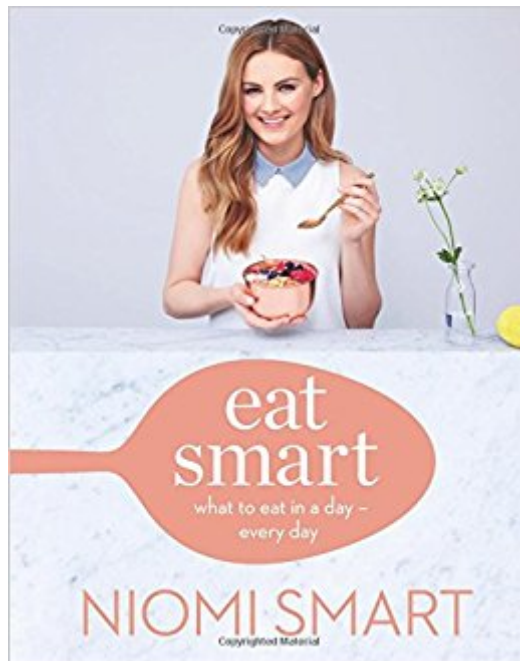




The book was found

Eat Smart: What To Eat In A Day--Every Day



Synopsis

Eat healthy, all day, every day, with these delicious vegan meals tailored to your lifestyle! With its tempting all-natural, plant-based meals, Eat Smart makes it simple to boost your health and your energy. In her much-anticipated first cookbook, popular blogger Niomi Smart helps you learn to love a wide range of fresh fruits and vegetables, rather than advocating a rigid diet that restricts food options. She creates flavorful dishes filled with superfoods, herbs, and spices—and, thanks to her menus, you can tailor what you eat to coordinate perfectly with your level of physical activity. It's never been so easy, creative, or fun to EAT SMART! Recipes include: Smooth Banana + Blueberry Oatmeal, Smoothie Bowl, Roasted Fennel, Lentil, + Fig Salad, Farmhouse Vegetable Soup, Mexican Wild Rice Lettuce Wraps, Cauliflower "Steak" With Chimichurri, Shepherd's Pie, Spring Garden Risotto, Pecan Ice Cream with Salted Caramel Sauce and much more!

Book Information

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Customer Reviews

Niomi Smart is a lifestyle blogger and cofounder of the healthy snack delivery service SourcedBox. After transitioning to a plant-based diet in 2014, she began to create her own recipes and share them with her audience on her Instagram, YouTube channel, and blog. Some of the most popular videos in her "What I Eat in a Day" series inspired this, her first book. Niomi Smart lives in London.

It becomes my bible for cooking as I thought becoming began is so difficult. I really want to make these recipes especially the desserts!

This book is beautiful, thorough and lovingly put together. Niomi not only includes her own recipes, but her story as well and important details about a proper balanced diet, what "superfoods" are and how to cook with them, and how to eat well for cheap. I have already successfully recreated some of her Youtube recipes and LOVED them, so I can't wait to try the ones in the book.

Great cookbook! Easy to make recipes. A good variety of recipes.

Great cookbook! Easy to follow directions, great photos, and delicious recipes. Her fruit and nut granola is the best ever granola!

Another gift for my daughter, she likes it.

just what my granddaughter wanted. cooks from it all the time

An amazing book that really changed my eating habits. If you love her videos you are sure to love this cookbook!

Great book.

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the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) The Dairy-Free and Gluten-Free Kitchen: 150 Delicious Dishes for Every Meal, Every Day Draw Every Day, Draw Every Way (Guided Sketchbook): Sketch, Paint, and Doodle Through One Creative Year Every Day On Earth: Fun Facts That Happen Every 24 Hours Modern Sauces: More than 150 Recipes for Every Cook, Every Day 5 Ingredients or Less Cookbook: Fresh recipes for every season plus clever tips for celebrating every day. (Everyday Cookbook Collection) The Great American Slow Cooker Book: 500 Easy Recipes for Every Day and Every Size Machine A Bird in the Hand: Chicken recipes for every day and every mood Whole Grains Every Day, Every Way Every Day for Every Man: 365 Readings for Those Engaged in the Battle

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