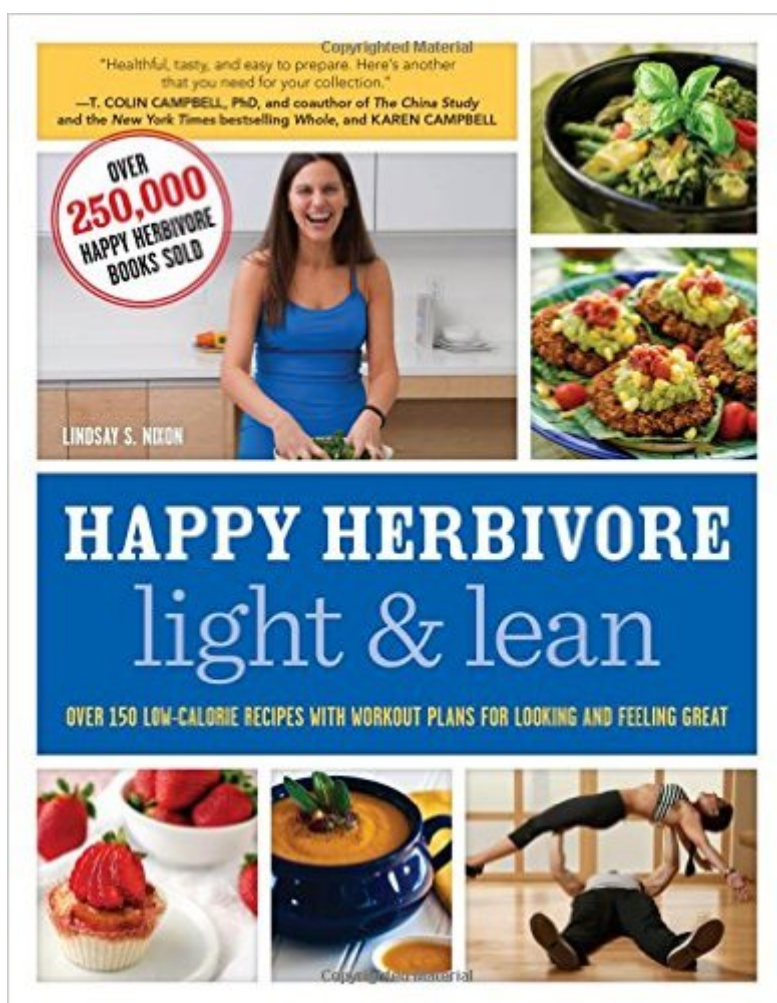


The book was found

Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes With Workout Plans For Looking And Feeling Great



Synopsis

With easy, no-fuss recipes, the bestselling Happy Herbivore cookbooks show how easy, affordable, and delicious eating healthy can be. Now, in her latest cookbook, Happy Herbivore chef Lindsay S. Nixon provides recipes that put a special emphasis on weight-loss and a set of exercises that, like her recipes, are quick, easy, and produce great results. Like all Happy Herbivore cookbooks, Happy Herbivore Light & Lean contains filling, flavorful, plant-based recipes that take 30 minutes or less to prepare. But this time, Nixon takes healthy to an all-new level, with low-calorie, satisfying meals that will help you achieve your weight-loss goals—and without deprivation. True to its title, Happy Herbivore Light & Lean also includes recipes for your body with basic workouts, plus tips and tricks that will inspire you to move more for a trimmer, more-toned you. As always, Happy Herbivore Light & Lean recipes are free from oils, processed foods, and diet chemicals such as artificial sweeteners. Happy Herbivore Light & Lean keeps it healthy, keeps it simple, and keeps it delicious.

Book Information

Paperback: 336 pages

Publisher: BenBella Books; 1 edition (December 3, 2013)

Language: English

ISBN-10: 1937856976

ISBN-13: 978-1937856977

Product Dimensions: 1 x 7.2 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars — See all reviews (424 customer reviews)

Best Sellers Rank: #35,182 in Books (See Top 100 in Books) #56 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #79 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #103 in Books > Cookbooks, Food & Wine > Celebrities & TV Shows

Customer Reviews

I have all of Happy Herbivore's cookbooks, but this may be my favorite! Like all of Lindsay's cookbooks, this is a plant based, no oil, low fat, quick-meals cookbook. The twist with this one is that it's geared to folks who might want to lose weight or achieve certain calorie targets, although the food is healthy and delicious even if you aren't. All of the meals are ginormous and filling and low calorie, even more so than her other books, which still had a lot of lean in them! Things I love in

general about this book:* Lindsay has a very positive, relatable writing style. It's like talking to a friend.* The look of the book is very bright and clean, with great graphics and color and tons of high quality photos. It is a very pretty cookbook.* All the recipes have calorie counts, nutritional details, and WW points if you need them.* I LOVE LOVE LOVE the part at the beginning where she lists which recipes are in certain calorie ranges. You can see this on the preview. It is nice because you can do your own meal planning! If you know you want a certain calorie target, you can pick things from each category to make your meal plans.* I love the recipe categories: breakfasts, baked goods, bowls and wraps (great section!), soups/stews, pastas, burgers, sandwiches/tacos, snacks, and desserts.* New snack category is awesome! I can't wait to tuck into these recipes. For appetizers, this is perfect.* I love the drink section. Some warm drinks, some cool, some cocktails. It's a nice touch from HHA and I hope it continues.* The Lean section is a great touch. The exercises are well thought out and photographed, and provide inspiration and several great ideas for how to incorporate exercise into your daily life.

[Download to continue reading...](#)

Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Everyday Happy Herbivore: Over 175 Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low

Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Weight Loss Transformation Book 251) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)