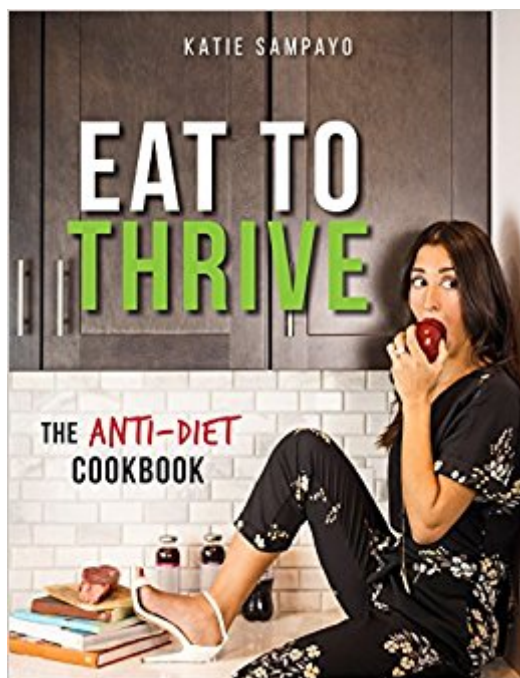


The book was found

Eat To Thrive: The Anti-Diet Cookbook



Synopsis

If you've ever tried a diet, and absolutely hated it, this book is for you. Katie explains in "no bullsh*t" terms how to live a healthy and thriving life without ever following another diet fad again. No fluff. No big words you can't pronounce. This book gets straight to the point and explains everything you need to know about developing healthy eating habits that fit you and your lifestyle. From understanding what types of fats are healthy, to choosing the perfect protein powder, Katie spills all the must-know nutrition secrets in this book. Best of all, she DOESN'T tell you what to eat! Katie simply provides the necessary knowledge and tools so you can decide for yourself. To help, Katie provides 50 mouth-watering breakfast, lunch, dinner, dessert, and snack recipes. Each takes 30 minutes or less to make, and they are LOADED with flavor. Plus, each recipe contains complete nutrition information, full-page photos, pro tips, and fun facts to help make the cooking process fun and easy. Katie also provides vegetarian, pescatarian, gluten-free, and dairy-free options for each recipe. This book is NOT a cookie-cutter guide on how to magically drop 20 lbs. in a week. This is the no-nonsense, straight-talk guide to taking control of your body and your life.

Book Information

Paperback: 193 pages

Language: English

ISBN-10: 0692855866

ISBN-13: 978-0692855867

Package Dimensions: 8.4 x 5.9 x 0.8 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars 32 customer reviews

Best Sellers Rank: #1,256,411 in Books (See Top 100 in Books) #94 in Books > Cookbooks, Food & Wine > Asian Cooking > Vietnamese #339 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #519 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers

Customer Reviews

If you've ever tried a diet, and absolutely hated it, this book is for you. Katie explains in "no bullsh*t" terms how to live a healthy and thriving life without ever following another diet fad again. No fluff. No big words you can't pronounce. This book gets straight to the point and explains everything you need to know about developing healthy eating habits that fit you and your lifestyle. From understanding what types of fats are healthy, to choosing the perfect protein

powder, Katie spills all the must-know nutrition secrets in this book. Best of all, she DOESN'T tell you what to eat! Katie simply provides the necessary knowledge and tools so you can decide for yourself. To help, Katie provides 50 mouth-watering breakfast, lunch, dinner, dessert, and snack recipes. Each takes 30 minutes or less to make, and they are LOADED with flavor. Plus, each recipe contains complete nutrition information, full-page photos, pro tips, and fun facts to help make the cooking process fun and easy. Katie also provides vegetarian, pescatarian, gluten-free, and dairy-free options for each recipe. This book is NOT a cookie-cutter guide on how to magically drop 20 lbs. in a week. This is the no-nonsense, straight-talk guide to taking control of your body and your life.

This book is life changing. I've tried a few "crash diets" like beach body and whole 30, but always felt that it was a struggle to meet all the diet restrictions... and then when it was over I was right back to old habits. Eat to Thrive has helped me change my mindset from the "crash and burn" diets to a healthy and manageable lifestyle 24/7. Time is also super important to me, so I love how simple and quick all the recipes are.

I am pleasantly surprised that a cookbook could actually be informative and fun at the same time. I have tried three recipes until now and WOW! healthy AND tastes excellent. Thank you for motivation as well. Looking forward to even more recipes in the future!!

A no nonsense guide to making healthy, FLAVORFUL meals that don't take all evening to make! Appreciate that the author doesn't compromise taste for fewer calories. Found it very helpful that she makes suggestions for substitutions in each recipe.

I truly enjoyed this book! It's to the point and full of information in order to eat right for your body. I've been looking for something just like this! People who know me know I love my food and this let's me do so. Also, I love the bit of spunk that's added. This author does not hold back and I love it!

Finally a cookbook that tells you what you need to know about the food you're putting in your body! Each chapter titled the "No BS Truth about (Fats, carbs, gluten, alcohol, etc.)" feels like you're getting off your couch and stepping into a personal motivation seminar that kicks your ass into gear on health and wellness. This book is great for anyone who wants to get serious about changing their daily habits to clean and healthy eating.

I'm into health and I exercise frequently, but I still struggle to eat healthy because I refuse to spend hours meal prepping or spend insane money on groceries. This book makes eating healthy 10x easier. The recipes have simple ingredients and they all take less than about thirty min. Just what I needed being so busy! She also explains complicated terms in a way that makes it easy to understand.

Katie's book Eat to Thrive really helped me understand the importance of balance. Feeling great and looking my best requires more than just completing the latest 'fad diet'. The author gives you the tools you need to understand the types of food you are putting into your body and she explains them in an informative and spunky style. Katie is able to take a complicated topic like macronutrients, and break it down in a simple, but conducive fashion.

I've finally found a book on nutrition that is easy to understand and full of fun and delicious recipes. I love knowing that if I have any question about what I am putting in my body, I can turn to this book as the perfect resource. Katie puts a fun spin on eating healthy and provides you with tons of knowledge and tips on healthy eating to incorporate in your every day life. Overall, great read!

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

Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet,

Cookbook Book 2) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Instant Pot Recipes CookBook: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle(Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure cooker cookbook,low carb diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)