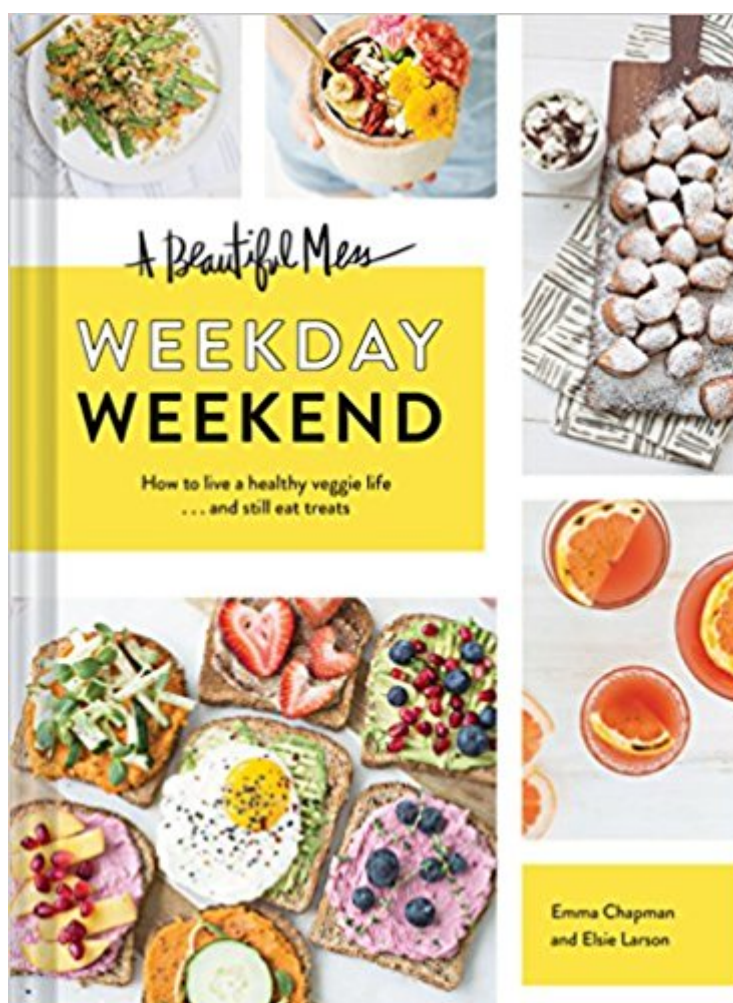


The book was found

A Beautiful Mess Weekday Weekend: How To Live A Healthy Veggie Life . . . And Still Eat Treats



Synopsis

A Beautiful Mess is one of the most popular DIY style blogs in the world, with more than 1 million readers. Co-creators (and sisters) Emma Chapman and Elsie Larson share their unique and approachable diet with fans and healthy eaters in this, their first cookbook. Their philosophy involves eating responsibly during the weekâavoiding refined flours, sugars, alcohol, and dairyâand indulging on weekends. Vetted by nutritionists and divided into four parts (breakfast, meals, snacks and sweets, and drinks), each containing a weekday and weekend chapter. Featuring an attractive textured case vibrant photographs, this one-of-a-kind book makes a special gift for yourself or a friend looking for a lifestyle changeâor simply more healthy and delicious go-to recipes!

Book Information

Hardcover: 208 pages

Publisher: Chronicle Books (November 7, 2017)

Language: English

ISBN-10: 1452154716

ISBN-13: 978-1452154718

Product Dimensions: 7.6 x 0.9 x 10.1 inches

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

Average Customer Review: Be the first to review this item

Best Sellers Rank: #136,986 in Books (See Top 100 in Books) #27 inÂBooks > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest #404 inÂBooks > Cookbooks, Food & Wine > Special Diet > Weight Loss #468 inÂBooks > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Eat Well and Feel Well Recipes built for a healthy lifestyle... and plenty of space for indulgences!

Stacked Apple and Kale Salad Recipe In a food processor, pulse the pistachios until well chopped. You can do this by hand if you prefer, but weÃÂre going for well chopped here, not a rough chop. You want the pieces quite small so you donÃÂt have a big crunch in the saladÃÂbut be careful not to over process them, or theyÃÂll get buttery. Set aside. In a large bowl, stir together the mayo, honey, lemon juice, and garlic. Taste and adjust the seasoning with salt and pepper. Add the kale to the bowl and stir so all the kale pieces are well coated in the dressing. Peel and core the apple, making sure the entire stem and all seeds have been removed.

Then cut the apple into 8 slices. If you are not going to stack your salad then after peeling and removing the core you can simply cube the apple into bite-sized pieces. To serve, place 1 slice of apple on each of 2 salad plates. Top each with a big spoonful of dressed kale, and then a sprinkle of pistachios. Repeat the entire process until 2 servings are completely plated. Serve immediately.

Note Rinse and pat dry the kale. Remove the big center veins as well as any other veins that don't excite you to chew through. Really chop the kale into very small pieces and give it all a big squeeze with your clean hands. Some recipes will instruct you to massage kale to soften it a bit, and that's exactly what we are going for by giving it a good squeeze. Ingredients

1 1/2 cup [35 g] shelled pistachio nuts 1 1/2 cup [60 g] mayonnaise 1 Tbsp raw honey
1 Tbsp fresh lemon juice 1 clove garlic, minced Salt and freshly ground pepper 2 1/2 cups [45 g] chopped kale 1 Granny Smith apple

About the Authors A Beautiful Mess is the blog founded by sisters Emma Chapman and Elsie Larson. Emma lives in Springfield, Missouri, and Elsie lives in Nashville, Tennessee.

A Beautiful Mess is the blog founded by sisters Emma Chapman and Elsie Larson. Emma lives in Springfield, Missouri, and Elsie lives in Nashville, Tennessee.

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

A Beautiful Mess Weekday Weekend: How to live a healthy veggie life . . . and still eat treats Veggie Vero and the Mysterious Soup Festival: Book #2 of the Veggie Vero series (The Adventures of Veggie Vero) Veggie Burgers: 150 Delicious Vegan Burger Recipes: Easy, Healthy Vegan, Vegetarian, Veggie Burgers (Plant Based, How Not to Die, The China Study) Veggie Vero and the Sandwich Imposter: World's First Vegan Superhero for Kids (Adventures of Veggie Vero) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) CLEANING UP YOUR HOUSE ON 2 WEEKEND DAYS OR 5 WEEKDAY NIGHTS: This is for your family's health - your living time - and to make your spouse only expects to be home after work. The Weekend Crafter: Mosaics: 20 Great Weekend Projects (Weekend Crafter (Rankin Street Press)) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Eat To Live Bible: 70 Top Eat To Live Diet Recipes (BONUS: Diet Diary & Workout Journal) Eat To Live Bible: The Ultimate Cheat Sheet & 70 Top Eat To Live Diet Recipes Taylor's Weekend Gardening Guide

to Soil and Composting: The Complete Guide to Building Healthy, Fertile Soil (Taylor's Weekend Gardening Guides (Houghton Mifflin)) Veggie Burgers Every Which Way: Fresh, Flavorful and Healthy Vegan and Vegetarian Burgers-Plus Toppings, Sides, Buns and More Still Life: Still Life Painting in the Early Modern Period Studies in still life: An in-depth study of still life painting using tube oil paints RITUXAN (Rituximab): Treats Rheumatoid Arthritis (RA), Wegener Granulomatosis, Microscopic Polyangiitis (MPA), and also treats Cancer, including Lymphoma and Leukemia Halloween Treats: Fun and Delicious Recipes For Halloween Parties, Dinners, Kids' Treats, and More Drawing: Beginning Still Life: Learn to draw realistic still lifes step by step - 40 page step-by-step drawing book (How to Draw & Paint) Jewish Holiday Treats: Recipes and Crafts for the Whole Family (Treats: Just Great Recipes) Caveman Dog Treats For Your BFF: Easy Step-By-Step Instructions For Making All Natural Dog Treats Using REAL Food And Your Dehydrator

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)