



Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great

By Lindsay S. Nixon

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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.

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Editorial Review

Review

"Lindsay Nixon knocks it out of the park with *Happy Herbivore Light & Lean*. Eat these delicious recipes, start engaging in these low-impact exercises, and watch a health kingdom emerge from within."

—**Rip Esselstyn** *New York Times* bestselling author of *My Beef with Meat*

"Lindsay Nixon now is a household name in developing cookbooks that have the kind of recipes...that are healthful, tasty, and easy to prepare. Here's another that you need for your collection."

—**T. Colin Campbell**, coauthor of *The China Study* and the *New York Times* bestselling *Whole*, and **Karen Campbell**

"*Happy Herbivore Light & Lean* provides inventive, easy-to-make recipes and sensible do-it-yourself exercises, to get you on the road to excellent health."

—**Brian Wendel**, executive producer, *Forks Over Knives*

"No comment can truly capture the totality of Lindsay's magic in the kitchen! Once again, in *Happy Herbivore Light & Lean*, she creatively proves that plant-based eating is not only delicious but also low-calorie and so satisfying."

—**Caldwell B. Esselstyn, Jr., M.D.**, author of *Prevent and Reverse Heart Disease*, and **Ann Crile Esselstyn**

"*Happy Herbivore Light & Lean* is a wonderful book full of simple, delicious meals to get you started on a healthy vegan diet. Lindsay not only provides a wealth of creative plant-based recipes but also gives great tips to help you lose weight, gain energy, and feel fantastic. I invite everyone to read this excellent new book and get started on your journey to health."

—**Neal Barnard, M.D.**, Founder and President of the Physicians Committee for Responsible Medicine

"I am thrilled to discover in her new cookbook what many of you have known for a while – that girl can cook!"

—**Del Sroufe**, author of *Better Than Vegan* and *Forks Over Knives – The Cookbook*

"Lindsay Nixon has done it again! Another fantastic cookbook filled with easy, delicious, low-fat vegan recipes that everyone will love."

—**John and Mary McDougall**, bestselling authors and founders of the McDougall Program

About the Author

Lindsay S. Nixon is the bestselling author of the Happy Herbivore cookbook series: "The Happy Herbivore Cookbook," "Everyday Happy Herbivore," and "Happy Herbivore Abroad." As of September 2012, Nixon has sold more than 100,000 cookbooks. Nixon has been featured on "Dr. Oz" and TheFoodNetwork.com, and she has spoken at Google. Her recipes have also been featured in "The New York Times," "VegNews," "Vegetarian Times," "Women's Health," Oprah.com, Bethenny.com, Fitness.com, Bust.com, WebMD.com, Shape.com, among many others. A rising star in the culinary world, Nixon is praised for her ability to use everyday ingredients to create healthy, low-fat recipes that taste just as delicious as they are nutritious. Learn more about Nixon and try some of her recipes on her award-winning site HappyHerbivore.com.

Users Review

From reader reviews:

Earnest Jennings:

Nowadays reading books be than want or need but also become a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The info you get based on what kind of guide you read, if you want get more knowledge just go with education and learning books but if you want really feel happy read one along with theme for entertaining including comic or novel. The actual Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great is kind of book which is giving the reader capricious experience.

Casey Larsen:

This Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great are usually reliable for you who want to be considered a successful person, why. The explanation of this Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great can be one of the great books you must have is definitely giving you more than just simple studying food but feed you actually with information that perhaps will shock your previous knowledge. This book will be handy, you can bring it everywhere and whenever your conditions in the e-book and printed people. Beside that this Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great forcing you to have an enormous of experience including rich vocabulary, giving you trial of critical thinking that we know it useful in your day pastime. So , let's have it appreciate reading.

Frances Hayes:

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Thomas Paine:

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