



Super firm

Extra firm

Super Firm

CL Gary



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Yachting ,2008-08 **Asian Tofu** Andrea Nguyen,2012-02-28 From sleek silken tofu with delicate toppings to piping hot fried satchels in a robust sauce tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed America has embraced tofu as a healthy affordable ingredient And while it has been welcomed into sophisticated mainstream dining tofu is often hidden in Western guises and in limited applications In her third intrepid cookbook celebrated food writer and teacher ANDREA NGUYEN aims to elevate this time honored staple to a new place of prominence on every table Asian Tofu s nearly 100 recipes explore authentic ancient fare and modern twists that capture the culinary spirit of East Southeast and South Asia There are spectacular favorites from Japan Korea Thailand Singapore and India as well as delicious dishes from Taipei San Francisco Santa Monica and New York Andrea demystifies tofu and interprets traditional Asian cuisine for cooks sharing compelling personal stories and dispatches from some of the world s best tofu artisans along the way For those who want to take their skills to the next level the tofu tutorial clearly outlines tofu making technique encouraging readers to experiment with the unparalleled flavors of homemade varieties But time pressed cooks needn t fear while a few recipes such as Silken Tofu and Seasoned Soy Milk Hot Pot are truly best with homemade tofu most are terrific with store bought products Some traditional dishes combine tofu with meat in brilliant partnerships such as Spicy Tofu with Beef and Sichuan Peppercorn and Tofu with Kimchi and Pork Belly but this collection is predominantly vegetarian and vegan including the pristinely flavored Spiced Tofu and Coconut in Banana Leaf and vibrant Spicy Lemongrass Tofu Salad And innovations such as Okara Doughnuts reveal tofu s more playful side For health and eco conscious eaters and home chefs who are inspired to make the journey from bean to curd Asian Tofu is the perfect guide

Undo It! Dean Ornish, M.D.,Anne Ornish,2022-01-04 NATIONAL BESTSELLER By the pioneer of lifestyle medicine a simple scientifically program proven to often reverse the progression of the most common and costly chronic diseases Long rated 1 for Heart Health by U S News World Report Dr Ornish s Program has recently been shown to often improve cognition and function in patients with early stage Alzheimer s disease Dr Ornish s program for reversing heart disease is now covered by Medicare when offered virtually at home The Ornishes work is elegant and simple and deserving of a Nobel Prize since it can change the world Richard Carmona MD MPH 17th Surgeon General of the U S Dean Ornish M D has directed revolutionary research proving for the first time that lifestyle changes can often reverse undo the progression of many of the most common and costly chronic diseases Medicare and many insurance companies now cover Dr Ornish s lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle better clinical outcomes larger cost savings and greater adherence than have ever been reported based on over forty years of research published in the leading peer reviewed medical and scientific journals Now in this landmark book he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases

and how quickly these benefits occur They describe what it is why it works and how you can do it Eat well a whole foods plant based diet naturally low in fat and sugar and high in flavor Move more moderate exercise such as walking Stress less including meditation and gentle yoga practices Love more how love and intimacy transform loneliness into healing With seventy recipes easy to follow meal plans tips for stocking your kitchen and eating out recommended exercises stress reduction advice and inspiring patient stories of life transforming benefits for example several people improved so much after only nine weeks they were able to avoid a heart transplant Undo It empowers readers with new hope and new choices

Super Simple Plant-Based Recipes for Beginners Jenn Sebestyen,Kelli Foster,2023-04-25 Improved health more energy and a more sustainable approach to food Super Simple Plant Based Recipes for Beginners has everything you need to start your meat free lifestyle with confidence Maybe it s once a week maybe seven days a week but any level of commitment to eating less meat will benefit you and the planet This affordable adaptation of The Meat Free Kitchen includes simple starter recipes for busy weeknights packed weekends or whatever days you decide to designate as plant based From many different breakfast options to an array of vegetarian burgers these quick easy to make meatless meals will satisfy even the pickiest of palates Recipes for meals snacks and even desserts offer a well rounded meal plan that is high in protein low in fat energy boosting and that will help you live longer and better You ll find yummy breakfasts to start your day with strength power packed salads nutritious and delicious soups afternoon energy boosting snacks comforting and satisfying pasta dishes and easy to make one pan delights all of which are full of plant based goodness There is something for everyone in these recipes which include Banana Walnut Baked Oatmeal Black Bean Citrus Quinoa Salad Spicy Hummus Veggie Wraps Butternut Squash Mac and Cheese Tortilla Enchilada Casserole Embracing a plant based diet is easier than you think especially with these delicious recipes that will quickly become your favorites **Scoreboard Your Practice** Rick J.

Linley,2022-06-23 Are you an architect engineer interior designer landscape architect planner or other design professional Do you currently lead or aspire to lead a small or midsize design firm Do you want to know just enough about financials to effectively manage your practice but not much more Then you ll want to know the unique and surprisingly simple approach to financials taken in Scoreboard Your Practice The sole principal of a strong ten person firm pays herself a salary of 140 000 Her team does outstanding work and they re well paid She started the practice nine years ago and has no debt After retentions for the future profit sharing for the team and corporate taxes she receives another 240 000 in pre tax profits annually To top it all off the firm is worth about 2 000 000 Once you ve read Scoreboard Your Practice you ll understand the underlying financials of a firm like the one described above You ll gain a clear understanding of your own firm s numbers The book is intentionally brief information is presented in an accessible concise format accompanied by infographics Scoreboard Your Practice will become an essential resource offering you a shortcut to take control of your financials and guide your firm toward a thriving future **Living Vegan For Dummies** Cadry Nelson,2023-12-19 Vegan diet nutrition and lifestyle

demystified Living Vegan For Dummies provides a practical look at veganism for those who have already embraced the lifestyle for anyone who is on the fence about trying it or for those who want to understand the choices of the vegans in their midst You ll learn what it means to be vegan and why this animal friendly diet is on the rise Discover tasty vegan ingredients and easy recipes money saving tips advice for talking to people about veganism and ideas for dealing with the skeptics If you re ready to start transitioning to a vegan way of life you ll love this book s simple action plans for making the switch and making it stick With this friendly Dummies guide you ve got answers to all your questions Learn what veganism is how it s different from vegetarianism and why people choose to go vegan Decide whether veganism is for you and get pointers on cutting out animal products Help friends and loved ones understand your dietary and lifestyle choices Get ideas for vegan cooking eating out and being vegan on a budget Living Vegan For Dummies is a valuable resource for anyone who practices or is considering veganism as well as their friends and family who want to know more about the lifestyle **Burma**

Superstar Desmond Tan,Kate Leahy,2017-03-28 From the beloved San Francisco restaurant a mouthwatering collection of recipes including Fiery Tofu Garlic Noodles the legendary Tea Leaf Salad and many more Never before have the vivid flavors of Burmese cooking been so achievable for home cooks Known for its bustling tables the sizzle of onions and garlic in the wok and a wait time so legendary that customers start to line up before the doors even open Burma Superstar is a Bay Area institution offering diners a taste of the addictively savory and spiced food of Myanmar With influences from neighboring India and China as well as Thailand and Laos Burmese food is a unique blend of flavors and Burma Superstar includes such stand out dishes as the iconic Tea Leaf Salad Chili Lamb Pork and Pumpkin Stew Platha a buttery layered flatbread Spicy Eggplant and Mohinga a fish noodle soup that is arguably Myanmar s national dish Each of these nearly 90 recipes has been streamlined for home cooks of all experience levels and without the need for special equipment or long lists of hard to find ingredients Stunningly photographed and peppered with essays about the country and its food this inside look at the world of Burma Superstar presents a seductive glimpse of this jewel of Southeast Asia **The Calorie Counter, 6th Edition** Karen

J Nolan,Jo-Ann Heslin,2012-12-26 Completely revised with more than 20 000 food entries this latest edition features more than 80 national and regional restaurant chains hundreds of take out foods and the widest assortment of brand name generic and ethnic foods found anywhere Original **Healing the Vegan Way** Mark Reinfeld,2016-07-12 According to increasing

evidence plant based diets are better for the health of both people and the planet leading to a dietary revolution But with all the conflicting nutritional theories out there how do you decide which foods are truly best for you With contributions from leading medical professionals like Dr Michael Klaper Dr Michael Greger and Dr Joel Kahn Healing the Vegan Way demonstrates a Clear and Simple path through the latest medical research on different approaches With practical tips for plant based living 200 simple whole food recipes health supportive cleanses menu plans and more Healing the Vegan Way helps you maximize benefits for both body and mind **Yachting** ,2008-09 *Practically Vegan* Nisha Melvani,2022-03-29

More than 100 delicious easy and colorful vegan dinners on a budget from the founder of the massive social media platform Cooking for Peanuts with a foreword by Jonathan Safran Foer Nisha Melvani appreciates that it's hard for many people to commit to being 100% vegan But committing to one vegan meal a day dinner is much more feasible For those trying to incorporate more vegan meals into your diet Practically Vegan is your go to weeknight dinner cookbook and the perfect entry to veganism A registered dietitian nutritionist Melvani offers solid tested vegan recipes and a non militant approach for those wanting to eat less meat Plant based cooking will no longer feel intimidating with easy to find ingredients that you will use in the kitchen over and over again Inspired by the flavors she was introduced to while growing up in Jamaica England and Canada as well as her own Indian heritage Melvani shares over 100 delicious recipes including Creamy One Pot Cheesy Broccoli Pasta Soup Cauliflower Sweet Potato Curry Sesame Noodle Veggie Stir Fry Mushroom Bourguignon and more accompanied by a foreword written by bestselling author Jonathan Safran Foer who urged Melvani to write this cookbook after feeding his family her recipes With easy to follow directions and recipe substitutions as well as culinary tips and tricks Practically Vegan will be the helping hand you need to prepare a vegan dinner for yourself or your family with confidence

The Complete Idiot's Guide to Vegan Living, Second Edition Beverly Bennett, Ray Sammartano, 2012-11-06 The Complete Idiot's Guide to Vegan Living Second Edition explains the many benefits and dispels the myths that stand between readers and a healthy vegan lifestyle showing an easy way to adopt veganism as a lifestyle including Tips for transitioning your diet body and belongings to a vegan lifestyle in small steps Easy ways to get the protein calcium and other nutrients the body needs without consuming meat or dairy The benefits of raw foods and how to get more of them into the diet Vegan nutrition for expectant mothers How to peacefully coexist with non vegan family members at mealtimes holidays and when dining out How to stock a vegan pantry and substitute vegan ingredients in favorite recipes How to be an informed conscious vegan consumer of food clothing and personal care products The book also includes more than 50 completely updated vegan recipes for every meal of the day **The Everything Easy Anti-Inflammatory Cookbook** Emily Weeks, 2022-12-13 Simple recipes flexible meal plans and easy meal prep tips Cover **The Calorie Counter** Annette B. Natow, Jo-Ann Heslin, 2003 Now revised and updated this classic by two nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original **The Law and Economics of Corporate Governance** Alessio M. Paccas, 2010-01-01 In this timely book the law and economics of corporate governance is approached from a range of angles This study reveals that perspectives are changing they differ between the economic and the legal standpoint they vary across countries they evolve over time A group of leading scholars offer their views some provide fresh empirical evidence on existing theories and others attempt to develop new theoretical insights based on empirical puzzles They all analyse the economics of corporate governance with a view to how it should or should not be regulated Economic analysis of law proves to be the common language for understanding

corporate governance on both sides of the Atlantic The law and economics approach is applied to topical issues in the international debate such as the harmonization of company laws regulatory competition determinants of separation of ownership and control enforcement of investor protection and the political economy of corporate governance Pocket Posh Complete Calorie Counter The Puzzle Society,2010-12-28 A calorie counter like no other Just in time for the New Year New You promotions AMP offers a handy calorie counter that is beautiful as well as useful We ve taken our million selling Pocket Posh format and packed this pretty purse sized book with all the nutritional info you need for keeping your New Year s resolution while enjoying your favorite foods Complement your style while keeping an eye on your calories with the Pocket Posh Complete Calorie Counter Compact trendy and easy to use this handy guide includes all the nutritional information you need for keeping your New Year s resolution while enjoying your favorite foods With nutrition and calorie listings for more than 5 000 general and brand name foods and over 50 major fast food and family restaurant chains the Pocket Posh Complete Calorie Counter is the perfect accessory for every calorie conscious woman *The Diet Detective's Count Down* Charles Stuart Platkin,2007-01-02 THE COST OF A CALORIE REVEALED CALORIE SHOPPING with EXERCISE EQUIVALENTS The Diet Detective s Count Down Offers Readers Calories Carbs Fat and the Exercise Equivalents For More For Than 7 500 Foods Walk Run Swim Bike Yoga and Dance Ever find yourself debating whether or not to buy just one bag of chips Or grab a little candy bar for the road Consider this what if the nutritional labels on your favorite foods spelled out exactly what you d have to do to burn those calories Well nutrition and public health advocate Charles Stuart Platkin s new book THE DIET DETECTIVE S COUNT DOWN is the first of its kind that translates food into exercise giving readers a tool for deciding what a calorie means and which calories are worth it THE DIET DETECTIVE S COUNT DOWN lists more that 7 500 foods with exercise equivalents in minutes calculated using six forms of activity WALKING RUNNING BIKING SWIMMING YOGA AND DANCING All this information is listed in an easy to view table format The table also includes calories fat and carbohydrates This is no ordinary diet book it is a food fact bible giving readers tasty nuggets of information that make them think before they eat Translating food into calorie counts isn t enough translating calorie counts into exercises makes clear the consequence each bite has on the waistline Examples of an Exercise Equivalent The book contains more than 7500 listings in an easy to use table format w Calories Carbs and Fat walking running biking swimming yoga and dance 1 double stuffed Oreo cookie 18 minutes of walking 1 handful of chips 26 minutes of dancing 1 slice of chocolate cake 48 minutes of biking 1 candy bar 32 minutes of swimming 1 soda 48 minutes of yoga 1 tablespoon of butter 11 minutes of running **Ever-Green Vietnamese** Andrea Nguyen,2023-04-25 JAMES BEARD AWARD FINALIST IACP AWARD WINNER Plant based cooking meets the dynamic flavors of Vietnamese cuisine in these 125 recipes and variations from the James Beard Award winning author of Vietnamese Food Every Day A BEST COOKBOOK OF THE YEAR The New York Times Los Angeles Times Food Network Good Housekeeping San Francisco Chronicle Epicurious Although many people think of Vietnamese cooking as

beefy pho and meat filled sandwiches traditional Vietnamese cooking has always involved a lot of plants and seafood and a little meat In Ever Green Vietnamese Andrea Nguyen details how cooks in her home country draw on their natural resourcefulness and Buddhist traditions to showcase a wide array of herbs and vegetables in flavorful comforting recipes Filled with the brilliant advice and exceptional teaching Nguyen is known for the book offers recipes for flavor boosting condiments and sauces her incredible DIY vegan fish sauce exciting ways to enjoy tofu and dozens of vegetable driven sides and mains including a few that incorporate a bit of meat many with vegetarian or vegan options Home cooks will revel in Nguyen s ingenious recipes for favorite snacks like Smoky Tofu Nori Wontons and Steamed Veggie Bao Vietnamese classics like Fast Vegetarian Pho and Banh Mi with Vegan Mayonnaise and Bologna simple sides like Nuoc Cham Cabbage Stir Fry and Green Mango Beet and Herb Salad wholesome hacks like Sweet Potato and Shrimp Fritters and Oven Fried Crispy Shiitake Imperial Rolls Full of cultural context loads of instruction and practical cooking tips Ever Green Vietnamese is perfect for anyone looking to incorporate plant based Vietnamese cooking into their busy lives [The Middle Class in](#)

[Neoliberal China](#) Hai Ren,2013-02-11 Since the late 1970s China s move towards neoliberalism has made it not only one of the world s fastest growing economies but also one of the most polarised states This economic social and political transformation has led to the emergence of a new Chinese middle class and understanding the development and the role of this new social group is crucial to understanding contemporary Chinese society Investigating the new politics of the middle class in China this book addresses three major questions First how does the Chinese state deal with problems of national sovereignty and political representation to create the middle class both as a legitimate category of the people and as an ideal norm of citizenship Second how does the recognition of the middle class norm take place in the practice of everyday life Finally what kind of risks does the politics of the middle class generate not only for middle class subjects but also for the disenfranchised In answering these questions this book examines a set of practices bodies of knowledge measures and institutions that aim to manage govern control and orient the behaviours gestures and thoughts of Chinese citizens This investigation contributes not only to the understanding of the Chinese middle class society but also to the scholarly debate over the relationship between governmental apparatuses subjectification and life building Drawing on ethnographic information historical archives and the media this book will be of great interest to students and scholars working in the fields of Chinese studies Chinese politics ethnic studies and urban studies as well as those interested in culture society class and welfare **The 30-Day Vegan Challenge (New Edition)** Colleen Patrick-Goudreau,2014-12-24 Whether you want to

improve your overall health shed a few pounds demonstrate your compassion for animals or help the environment Colleen Patrick Goudreau dubbed The Vegan Martha Stewart by VegNews magazine holds your hand every step of the way giving you the tools resources and recipes you need to make the vegan transition healthfully joyfully and deliciously In this one stop comprehensive guide Patrick Goudreau debunks common nutrition myths and explains the best sources of such nutrients as

calcium protein iron and omega 3 fatty acids helps you become a savvy shopper eat healthfully affordably restock your kitchen read labels and prepare nutrient rich meals without feeling overwhelmed offers practical strategies for eating out traveling hosting holiday gatherings and attending social events provides delicious nutrient rich easy plant based recipes empowers you to experience the tangible and intangible benefits of living a healthy compassionate life including achieving healthful numbers for cholesterol blood pressure weight and more

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