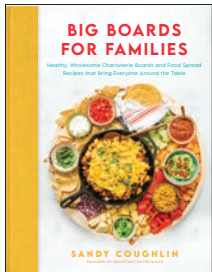
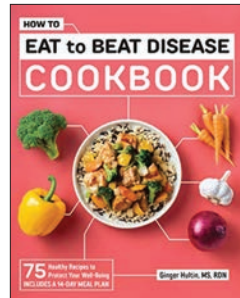


**Big Boards for Families: Healthy, Wholesome Charcuterie Boards and Food Spread Recipes That Bring Everyone Around the Table**



*Sandy Coughlin*  
 Arrange and serve healthful meals and snacks with more than 50 food board recipes including European breakfast charcuterie, make-your-own lasagna ramekins, chocolate fondue and more. The guidebook also includes a list of kitchen tools, time-saving tips shopping lists.

**How to Eat to Beat Disease Cookbook: 75 Healthy Recipes to Protect Your Well-Being**

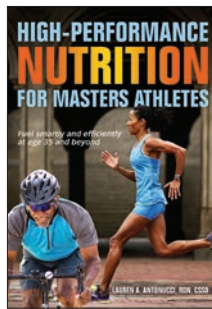


*Ginger Hultin, MS, RDN*  
 Learn about the “Eat to Beat Disease” program by William Li, MD, and how to implement it using the provided 14-day meal plan and recipes. The book also includes an overview of the body’s major disease-fighting systems, how they work and ways that food supports them.

**High-Performance Nutrition for Masters Athletes**

*Lauren A. Antonucci, RDN, CSSO*

Explore research and the latest guidelines for properly fueling athletic training and competition, plus expert advice on meeting hydration needs, building muscle, avoiding underfueling and eating for recovery. Sample meal plans are provided, along with personal accounts of people who changed their eating and training habits to achieve enhanced performance.



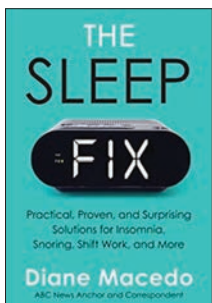
**The Everything Green Mediterranean Cookbook: 200 Plant-Based Recipes for Healthy—and Satisfying—Weight Loss**

*Peter Minaki*

After a primer on the Mediterranean diet and why it is considered one of the healthiest, this cookbook explains how to stock a plant-based kitchen, cooking techniques and creating an eating plan with its recipes. The book uses colorful boxes to call out warnings, quick tips, important information and answers to common questions.



**THE SLEEP FIX: Practical, Proven, and Surprising Solutions for Insomnia, Snoring, Shift Work, and More**



*Diane Macedo*  
 Sleep disorders are prevalent among the U.S. population. With an understanding of the connection between sleep and overall health, this book’s author uses humor and science to explain sleep biology, identify habits that can negatively affect sleep and offer actionable advice and approaches to rethink your bedtime routine and environment.



**THE WIN-WIN DIET: How to Be Plant-Based and Still Eat What You Love**

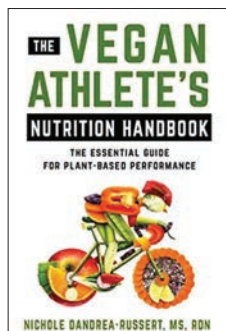
*Julie Wilcox*

Gain a better understanding of what it means to follow a plant-based eating style, its potential health benefits and how it can positively impact the environment. This book offers 95 recipes and sample meal plans for four eating pattern options: flexitarian, pescatarian, vegetarian or vegan. Readers can choose the approach that is best for them.

**The Vegan Athlete’s Nutrition Handbook: The Essential Guide for Plant-Based Performance**

*Nichole Dandrea-Russert, MS, RDN*

Featuring the latest research and expert guidance, this handbook is designed for athletes at all fitness levels to transition to a plant-based eating plan. Learn about the science, get vegan menus and recipes, read about common lifestyle concerns such as inflammation and osteoporosis, and more.



**Ultimate Baking for One Cookbook: 175 Super Easy Recipes Made Just for You**

*Kelly Jagers*

This book starts with the basics of baking for one, including techniques, kitchen tools and equipment, stocking your pantry, food safety tips and ways to avoid food waste. Recipes range from small-batch cookies and brownies to cakes, breads, pies, puddings and more. A conversion chart for U.S./metric measurements is included.

