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Zehra Allibhai



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Low Sodium, Big Flavor Lara Ferroni,2021-02-02 Cooks who are watching their sodium but looking to spice up their lives should give this book a look Recommended to readers of all cooking levels who are looking to bring healthy but delicious foods into their lives Booklist These low sodium but flavor packed 115 recipes plus daily meal plans will improve cardiac health without sacrificing taste A lack of salt often means that food tastes ho hum which can ruin your appetite and adversely affect your quality of life Yet the reality is that sodium levels in packaged and processed foods such as ketchup canned broths and soups to name just a few are shockingly high To stick with a low sodium diet long term you want to savor the food you re eating so important which means finding new ways to replace the flavors that salt naturally highlights Author Lara Ferroni who adheres to a low sodium diet herself has spent years creating naturally flavorful recipes everyone will love In this book you will find 115 recipes for homemade condiments spice blends dressings cheeses breads prepared meats and other foods In addition she offers daily meal plans breakfast lunch dinner and even dessert which contain less than a total of 2 000 mg of sodium typically the daily amount allowed on a low sodium diet Ferroni who is also a food photographer has filled the book

with enticing photos and shares her experiences of maintaining and making peace with a low sodium diet There is no need to feel deprived on a low sodium diet These recipes will help you love the food you eat while at the same time feel good about taking care of your health Bismillah, Let's Eat! Zehra Allibhai, 2024-10-01 Welcome to Zehra's kitchen where good food family and nutrition meet Muslims from all around the world start each meal by saying Bismillah which means I begin in the name of God Similar to the practice of saying grace before you eat it is like a short practice of gratitude In her first cookbook beloved Toronto based hijabi fitness influencer and coach Zehra Allibhai welcomes everyone to her table sharing a new way to think about family food Zehra's own cooking evolution started in the kitchen with her Indian Kenyan family expanded through culinary adventures with her husband and grew again as a mother and fitness influencer Her style of cooking is flavorful accessible wholesome and above all meant to be shared with joy From her healthy spin on traditional dishes such as shakshuka and chaat to sumac chicken and lamb karahi her renowned hearty salads and treats such as the perfect one bowl chocolate cake Zehra makes being in the kitchen fun easy and incredibly delicious With more than 130 recipes for every meal and a healthy Ramadan guide for those who observe Bismillah is a go-to for everyday dishes to satisfy the whole family

Vegetarian Times, 2002-06 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **The Air Fryer Cookbook** Todd English, 2017-03-07 Air fryers are hot new kitchen appliances that use forced hot air to fry foods without oil This is a huge boon to home cooks who love the flavor and texture of deep fried foods but hate the fat calories mess and danger that accompany frying foods in a vat of hot oil *Hungry Girl Clean & Hungry* Lisa Lillien, 2016-04-05 Rejoice at the fact that pumpkin spice waffles barbecue meatloaf and fudgy flourless chocolate cake are now legit diet foods Publishers Weekly The instant New York Times and USA Today bestseller Complete with full color photos of EVERY recipe Hungry Girl Clean Hungry combines the best of Hungry Girl with the best of clean eating The food is still guilt free and the portions are still huge but now Lisa Lillien is highlighting CLEAN ingredients and doing away with artificial and processed foods This book gives mainstream America delicious satisfying and clean recipes using healthy ingredients found in supermarkets everywhere The best part The recipes are so easy anyone can make em Featuring 90 vegetarian recipes 108 gluten free recipes 56 recipes in 30 minutes or less 43 recipes with 5 ingredients or less Recipes like PB J Waffles 203 calories BBQ Meatloaf 196 calories Hawaiian Shrimp Fried Rice with Pineapple 229 calories Fudgy Flourless Chocolate Cake 100 calories Finally a real world and DELICIOUS approach to clean eating

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