

Pure
recepten van
**RENS
KROES**

Voor een
happy & healthy
lifestyle

Power Food

VAN FRIESLAND
NAAR NEW YORK

Powerfood Rens Kroes

Rens Kroes



Powerfood Rens Kroes:

Power Food Rens Kroes, 2016-11-15 Pamper yourself with delicious organic and energizing Power Food With hectic and busy schedules it can be difficult to lead a healthy and balanced lifestyle Dutch superstar and best selling author Rens Kroes makes it easy with a combination of healthy food sufficient exercise and relaxation You ll find delicious on the go breakfasts that make you happy simple salads and pasta dishes and healthy takes on sinful sweets A guide showing nutritional information on each food is provided including what to eat for different beauty benefits like shiny hair or radiant skin Lead a happy and balanced life with Power Food

Power Food On the Go Rens Kroes, 2017-10-03 Power Food superstar Rens Kroes shows you how to leave unhealthy food behind and save money by making your own super meals with Power Food On the Go Grab these healthy and satisfying meals every day Power foodies are constantly on the go going to work going to the gym headed out to play and Rens Kroes wants you to take delicious and healthy food with you There s no reason to buy a smoothie at the spin class smoothie bar make your own favorite Power Food smoothie and bring it with you Busy days at work often mean finding a lunch at a food truck or dare we say it fast food But it doesn t have to be that way with Power Food On the Go and Rens make ahead meal ideas You ll be able to bring your own Power Food lunch with you to work Energetic in every way from the design to the recipes to the beautiful food and lifestyle photography within Power Food On the Go will inspire you to embrace the Rens Kroes enthusiasm for food health and life on the go

Power Food On the Go Rens Kroes, 2017-10 Power Food On the Go offers power foodies 49 quick easy and portable recipes from cooking superstar Rens Kroes for healthy and busy lifestyles

Powerfood - Van Friesland naar New York / druk 1 Rens Kroes, 2015-06-10

Powerfood - van Friesland naar New York Rens Kroes, 2015-06-10 Meer Powerfood van Friesland naar New York Rens Kroes biedt opnieuw een verzameling recepten voor een happy healthy lifestyle Haar jeugd in Friesland legde de basis voor Rens kennis van en interesse in gezonde voeding Nog steeds vindt zij daar volop inspiratie voor nieuwe recepten New York is de stad die ten grondslag lag aan Rens wens om voedingskundige te willen worden Het is de stad die haar eindeloos inspireert De stad die bovendien bakermat is van vele gezondheidstrends Het contrast tussen stad en platteland komt tot uitdrukking in Rens heerlijke en toegankelijke recepten en in de fraaie food en lifestylefotografie Foodcoach Rens Kroes heeft haar eigen praktijk Zij debuteerde in 2014 met Powerfood pure recepten van Rens Kroes voor een happy healthy lifestyle Met vele publicaties en media optredens weet Rens een enorme groep fans en volgers aan zich te binden

Powerfood / druk 12 Renske Kroes, 2014-07-03

[Well+Good Cookbook](#) Alexia Brue, Melisse Gelula, 2019-04-16 RECIPES TO IMPROVE YOUR SKIN SLEEP MOOD ENERGY FOCUS DIGESTION AND SEX From the trusted influential and famously trend setting website comes the first ever Well Good cookbook Founders Alexia Brue and Melisse Gelula have curated a collection of 100 easy and delicious recipes from the luminaries across their community to help you eat for wellness These dishes don t require a million ingredients or crazy long prep times They are what the buzziest and busiest people in every facet of the wellness world

fitness beauty spirituality women s health and more cook for themselves Enjoy Venus Williams Jalapeno Vegan Burrito Kelly LeVeque s Chia Flax Chicken Tenders Drew Ramsey s Kale Salad with Chickpea Croutons and Gabrielle Bernstein s Tahini Fudge among many other recipes for every meal and snack time Whether you want to totally transform your eating habits clear up your skin add more nutrient rich dishes to your repertoire or sleep more soundly you ll find what you need in this book Along with go deep guides on specific wellness topics contributed by experts this gorgeous cookbook delivers a little more wellness in every bite

RENS mijn lifestyle guide Rens Kroes, 2018-11-01 Food is mijn passie na een reeks kookboeken is dat vast geen verrassing Maar voor een cht gezond en gelukkig leven zijn meer factoren belangrijk In RENS Mijn lifestyle guide neem ik je mee in mijn bewuste positieve levensstijl Hoe ziet mijn ochtend er uit Hoe vaak sport ik Hoe deel ik mijn keuken in Hoe relax ik na een drukke dag Hoe verzorg ik mijn huid Hoe maak ik zo bewust mogelijk mijn keuzes In dit boek vertel ik je er alles over Naast voeding zijn ook positief denken en ontspanning key factoren in een gebalanceerde levensstijl Net als voldoende beweging een fijne woonomgeving en aandacht voor de planeet RENS Mijn lifestyle guide is hiervoor een inspiratiegids Om in n ruk uit te lezen om open te slaan bij het onderwerp dat je bezighoudt f om door te bladeren op zoek naar tips DIY s en inspiratie Uiteraard vind je in dit boek veel Powerfood maar ik deel ook recepten voor de lekkerste oli n body scrub deodorant n zelfs home made wasmiddel en vaatwastabletten Ik hoop dat dit boek je helpt om balans te vinden en motiveert om goed voor jezelf en je omgeving te zorgen Het is zo ontroerend om te lezen hoe Rens onze jeugd het opgroeien in Frysl n en het vinden van haar ware aard omschrijft Ze inspireert mij altijd met haar positieve kijk op het leven Voor iedereen die op zoek is naar balans is dit een must read Doutzen Kroes Rens is al jaren een inspiratiebron voor mij op het gebied van voeding maar ook als mens Met dit boek inspireert ze me opnieuw om nog meer van mezelf en van de wereld om me heen te houden Anke de Jong hoofdredacteur van Glamour Rens is erin geslaagd om in een verzadigde markt van gezonde kook en lifestyleboeken een eigenheid te vinden die een brede doelgroep aanspreekt Dat komt uiteraard door haar recepten maar vooral door haar levenshouding optimistisch positief en inspirerend Humberto Tan Rens Kroes is pionier van de food lifestyle influencers en een van de eerste foodbloggers en vloggers die zich focust op Powerfood onbewerkte producten met hoge voedingswaarden Ze onderscheidt zich door haar eerlijke transparante en positieve mindset Rens inspireert en bereikt dagelijks meer dan 450 000 mensen die zij een kijkje geeft in haar Powerfood Lifestyle In de afgelopen vijf jaar heeft Rens een groot platform opgebouwd en deelt zij haar tips tricks via persoonlijke blogs video s en haar vier bestsellerkookboeken In 2014 debuteerde zij met Powerfood dat een jaar lang onafgebroken in De Bestseller60 stond nummer 1 positie behaalde en ruim 1 5 jaar in de Top 10 Eten Drinken stond Haar tweede boek Powerfood Van Friesland naar New York kwam onmiddellijk binnen op nummer 1 in de Bestseller60 On the go en Powerfood The Party Edition werden opnieuw enthousiast ontvangen zowel door de lezers als door de media Gezonde voeding ontspanning en beweging staan centraal in haar levenswijze en hierop focust zij zich in haar nieuwste boek RENS Mijn lifestyle guide

The Shape of Spirituality Dick Houtman, Galen Watts, 2024-10-15 Around 20 percent of Americans fall into the category of spiritual but not religious. Yoga has become a ubiquitous pastime for middle class Westerners. Mindfulness is increasingly incorporated into school curricula, sports programs, and even corporate culture. Hollywood icons and Silicon Valley trendsetters tout the benefits of a spiritual life. These developments reflect a widespread turn away from religion toward spirituality. Yet the nature of this spiritual turn is still poorly understood and its consequences sorely underappreciated. *The Shape of Spirituality* brings together leading sociologists to challenge common notions that spirituality is individualistic, privatized, and apolitical, and to make the definitive case for its social and political significance. Contributors examine the sweeping influence of spirituality on a variety of realms including health care and therapeutic practice, popular culture, civic engagement, public protest, conspiracy culture, and progressive politics. Leveraging cutting edge quantitative and qualitative data, this authoritative book makes clear that far from being marginal and inconsequential, spirituality holds profound public importance today.

Powerfood Rens Kroes, 2014-06-11 Praktisch receptenboek van Rens Kroes. In *Powerfood* presenteert Rens haar favoriete recepten met verantwoorde ingrediënten voor een happy en healthy lifestyle. Zoals de talloze lezers van haar columns en blogs wel weten, staat bij Rens Kroes het genieten van het leven centraal. Een avondje feesten of een lekker stuk taart maakt je happy en is dus bijna een must. Zeker als je zelf een gezonde variant hebt gebakken. Gezond verwennen. Verwen jezelf met de juiste voeding. In *Powerfood* vind je deze gezonde varianten van ontbijtje tot smoothie to go en van salade tot snack, alles even lekker, healthy en gemakkelijk om te maken. Daarnaast geven praktische schema's aan waarom een ingrediënt zo gezond is of wat je moet eten als je bijvoorbeeld sterkere nagels, glanzend haar of een stralende huid wilt. Al op jonge leeftijd kreeg Rens Kroes een passie voor gezonde voeding. Haar grootvader was de eerste biologische boer van Friesland en haar oma was een kruidenvrouw. Haar moeder werd voedingsdeskundige en nu Rens studeert voor voedingsdeskundige en hormoontrainer en adviseert mensen in het aanpassen van hun lifestyle en voedingspatroon.

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