



# SELF-CARE: COOKING & EATING



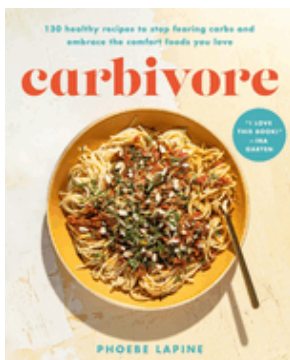
## every flavor tells a story



### **Afternoon Tea is the New Happy Hour / : More Than 75 Recipes for Tea, Small Plates, Sweets and More**

by Gail Greco

With teatime gaining popularity in the U.S., this cookbook features over 75 easy-to-follow recipes for high-tea food ideas including tiny sandwiches, scones, breads, cakes and dips along with tea etiquette, brewing tips and beautiful photo examples.



### **Carbivore : 130 Healthy Recipes to Stop Fearing Carbs and Embrace the Comfort Foods You Love**

by Phoebe Lapine

The good news is that carbs don't have to be the enemy of your blood sugar or hormone health, nor are they the secret agents of inflammation. *Carbivore* is a new way to reclaim your favorite comfort foods without the consequences.



**Clean(ish) : Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-clean**

by Gin Stephens

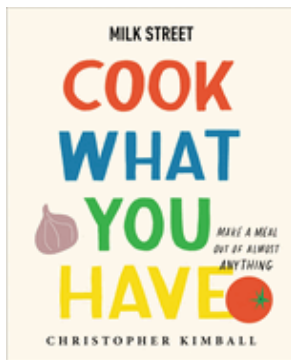
*Clean(ish)* leads readers to a focus on real foods and a healthier home environment free of obvious toxins, without fixating on perfection.



**Cook as You Are : Recipes for Real Life, Hungry Cooks, and Messy Kitchens**

by Ruby Tandoh

Not simply a recipe book, but a warm invitation to relax into and enjoy the experience of cooking and eating. Ruby Tandoh offers understanding, encouragement and completely glorious food.



**Cook what you have / : Make a Meal Out of Almost Anything: A Cookbook**

by Christopher Kimball

The Milk Street team solves the problem of making dinner, starting with what you have on hand in the kitchen.



**Cravings. : Recipes to Love / All Together**

by Chrissy Teigen

Chrissy Teigen has always found a big sense of fun in the kitchen, but more than ever, she turns to the stove for comfort and warmth.



## ***The Don't Panic Pantry Cookbook : Mostly Vegetarian Comfort Food That Happens to be Pretty Good for You***

by Noah Galuten

Delicious, nutritious, umami-heavy, well-balanced recipes for accessible whole-food meals, by the food writer and co-host of Don't Panic Pantry.



## ***The Feel Good Foodie Cookbook : 125 Recipes Enhanced With Mediterranean Flavors***

by Yumna Jawad

Jawad shares how to make even the most basic dishes feel fresh and modern by incorporating Mediterranean flavors and using easy-to-find ingredients.



## ***Everyday Grand : Soulful Recipes for Celebrating Life's Big and Small Moments***

by Jocelyn Delk Adams

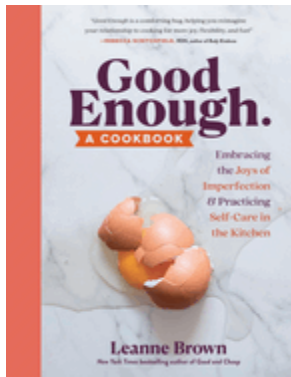
Jocelyn Delk Adams believes every day deserves to be celebrated, from seemingly mundane weekdays to exuberant weekends and holidays. Her approachable take on comfort food features Southern-steeped recipes that are jazzed-up, remixed classics, all sprinkled with the vibrant, colorful personality she's best known for.



## ***Fridge Love : Organize Your Refrigerator for a Happier, Healthier Life -- With 100 Recipes***

by Kristen Hong

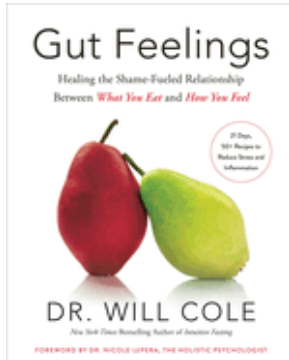
Practicing "fridge love" is a roadmap to eating healthier, saving money, and reducing food waste while enjoying a beautiful and harder-working fridge. This book -- part organizational guide and part food-prep handbook -- is your guide.



## **Good Enough : a Cookbook : Embracing the Joys of Imperfection & Practicing Self-care in the Kitchen**

by Leanne Brown

This is a cookbook, but it's as much about the healing process of cooking as it is about delicious recipes. It's about acknowledging the fears and anxieties many of us have when we get in the kitchen, then learning to let them go in the sensory experience of working with food.



## **Gut Feelings : Healing the Shame-fueled Relationship Between What You Eat and How You Feel**

by Will Cole

The definitive guide to understanding the connection between what you eat and how you feel, offering a 21-day plan to reset your relationship with your body and heal the gut inflammation caused by stress, shame, and trauma.



## **Half Baked Harvest Every Day: Recipes for Balanced, Flexible, Feel-good Meals**

by Tieghan Gerard

Balanced. Bold. Beautiful. Whether it's breakfast, lunch, snack time, dinner, or dessert . . . this book has tried-and-true recipes that will make you feel good about sharing them at your table.



## **Home is Where the Eggs are : Farmhouse Food for the People You Love**

by Molly Yeh

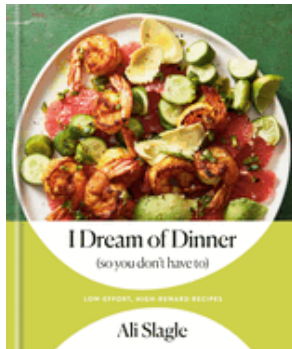
Yeh draws inspiration from her Chinese and Jewish heritage, her time living in New York, the family farm in the upper Midwest, and her husband's Scandinavian heritage to create fuss-free craveable meals.



## **How to Raise an Intuitive Eater : Raising the Next Generation With Food and Body Confidence**

by Sumner Brooks

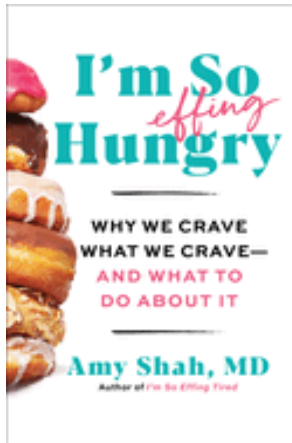
Nearly everyone is talking about what to do about the childhood obesity epidemic. Meanwhile, every proposed solution for how to feed kids to promote health and prevent weight-related health concerns don't mention the importance of one thing: a healthy relationship with food.



## **I Dream of Dinner (So You Don't Have to) : Low-effort, High-reward Recipes**

by Ali Slagle

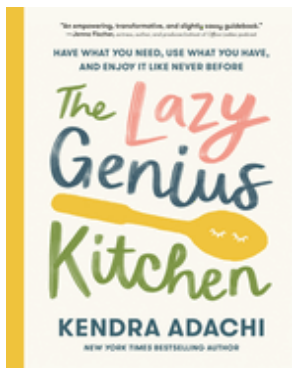
Organized by main ingredients like eggs, noodles, beans, and chicken, chapters include quick tricks for riffable cooking methods and flavor combinations so that dinner bends to your life, not the other way around (no meal-planning required!).



## **I'm So Effing Hungry : Why We Crave What We Crave -- and What to do About it**

by Amy Shah

Amy Shah, MD, shares her proven 5-step program for battling excessive hunger and food cravings by harnessing the power of psychobiotics and intermittent fasting.



## **The Lazy Genius Kitchen : Have What You Need, Use What You Have, and Enjoy it Like Never Before**

by Kendra Adachi

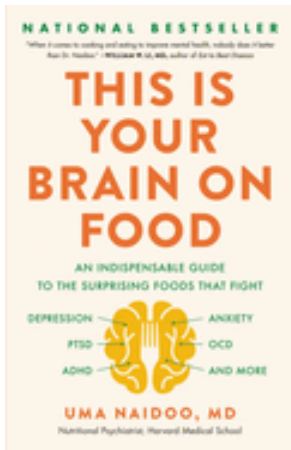
This book teaches you to apply a five-step process -- prioritize, essentialize, organize, personalize and systemize -- so that you can turn your hardest-working room into your favorite one, too.



## ***The Quick Fix Kitchen : Easy Recipes & Time-Saving Tips for a Healthier, Stress-free Life***

by Tia Mowry

As a busy mom, author, actor, and entrepreneur, Tia Mowry needed to find quick and easy solutions to a busy life, especially when it came to cooking for her family. She figured out a way to create nutritious, hearty dishes that work for everyone, allowing her to savor moments spent around the table.



## ***Your Brain on Food : an Indispensable Guide to the Surprising Foods That Fight Depression, Anxiety, PTSD, OCD, ADHD, and More***

by Uma Naidoo

When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains.

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