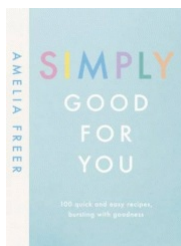


# Cut it out! Eat healthier and feel better

Cookbooks and other guides to help you cut down on calories and eat a little better

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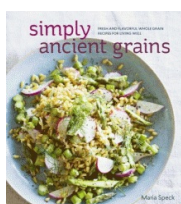


Simply good for you : 100 quick and easy recipes, bursting with goodness / Amelia Freer ; photography by Susan Bell.

Freer, Amelia, author.



EatingWell quick + clean : 100 easy recipes for better meals every day / the editors of EatingWell.



Simply ancient grains : fresh and flavorful whole grain recipes for living well / Maria Speck ; photography by Erin Kunkel.

Speck, Maria, author.



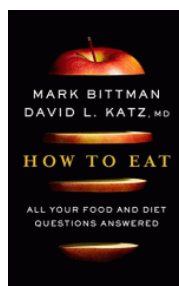
Simply vibrant : all-day vegetarian recipes for colorful plant-based cooking / Anya Kasso ; photography by Masha Davydova.

Kasso, Anya, author.



Simply keto : a practical approach to health & weight loss with 100+ easy low-carb recipes / Suzanne Ryan.

Ryan, Suzanne, author.



How to eat : all your food and diet questions answered / Mark Bittman, David L. Katz, MD.

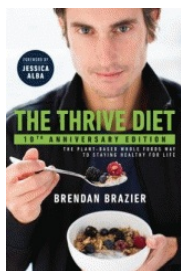
Bittman, Mark, author.

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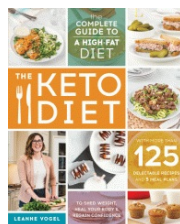
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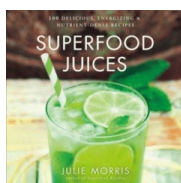
**Thrive diet : the plant-based whole foods way to staying healthy for life / Brendan Brazier.**

Brazier, Brendan, author.



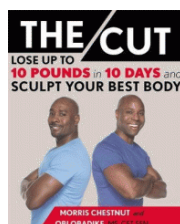
**The keto diet : the complete guide to a high-fat diet -- with more than 125 delectable recipes and 5 meal plans to shed weight, heal your body & regain confidence / Leanne Vogel.**

Vogel, Leanne, author.



**Superfood juices : 100 delicious, energizing & nutrient-dense recipes / Julie Morris.**

Morris, Julie (Chef), author.



**The cut : lose up to 10 pounds in 10 days and sculpt your best body / Morris Chestnut and Obi Obadike, MS, CFT, SFN.**

Chestnut, Morris, author.