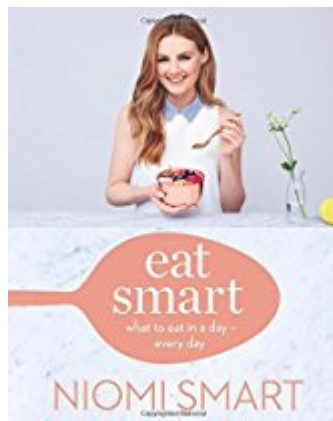


Read PDF Eat Smart: What to Eat in a Day--Every Day By Niomi Smart



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Eat healthy, all day, every day, with these delicious vegan meals tailored to your lifestyle! With its tempting all-natural, plant-based meals, Eat Smart makes it simple to boost your health and your energy. In her much-anticipated first cookbook, popular blogger Niomi Smart helps you learn to love a wide range of fresh fruits and vegetables, rather than advocating a rigid diet that restricts food options. She creates flavorful dishes filled with superfoods, herbs, and spices—and, thanks to her menus, you can tailor what you eat to coordinate perfectly with your level of physical activity. It's never been so easy, creative, or fun to EAT SMART! Recipes include: Smooth Banana + Blueberry Oatmeal * Açaí Smoothie Bowl * Roasted Fennel, Lentil, + Fig Salad * Farmhouse Vegetable Soup * Mexican Wild Rice Lettuce Wraps * Cauliflower "Steak" With Chimichurri * Shepherd's Pie * Spring Garden Risotto * Pecan Ice Cream with Salted Caramel Sauce * and much more!

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About the Author Niomi Smart is a lifestyle blogger and cofounder of the healthy snack delivery service SourcedBox. After transitioning to a plant-based diet in 2014, she began to create her own recipes and share them with her audience on her Instagram, YouTube channel, and blog. Some of the most popular videos in her "What I Eat in a Day" series inspired this, her first book. Niomi Smart lives in London.

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