

Effortless With You 1 Lizzy Charles

Elsewhere
 The By You Series, #1
 Paradise
 An Anthology
 Loving Mr. Darcy
 Betsy
 The Sparrow
 The Opposite of Nothing
 Bittersweet
 A 7-Step Style Strategy For Ambitious Women
 Highly Illogical Behavior
 Love, Lucas
 The Events at Branxbourne
 Effortless Ball Canning Recipes. Make Home Canning and Preserving Easy. Save All the Nutritions in a Proper Way
 Wrong Side Girl
 Perfectly Messy
 A Novel
 The Hundred Lies of Lizzie Lovett
 The Blacksmith Queen
 Shades of White
 Plant Based Diet Cookbook for Weight Loss
 At Home with Country
 Look Like The Leader You Are
 Reasons to Be Cheerful
 Canning Cookbook
 The Orphanage
 Ruined by You
 Make it Easier to Do what Matters Most
 Plant Based Diet Cookbook for Two: 2 Books in 1- The Beginner's Guide on How To Eat Healthy and Cheap for Him and Her
 Commune
 How Sorrow and Longing Make Us Whole
 Mobile Intelligence Team
 Seasonal Fears
 Son of a Preacher Man
 Tell Me How This Ends
 One Town's Struggle to Survive an American Wildfire
 Tasty and Easy Low-Carb Recipes for Busy People. Start Losing Weight and Feeling Better Enjoying Your Favorite Fried Food.
 Stain on the Earth
 You Can Go Your Own Way

Effortless With You 1 Lizzy Charles

Downloaded from ftp.wtvq.com by guest

ALYSON LEWIS

Elsewhere Effortless with You "A definite MUST READ! EFFORTLESS WITH YOU left me smiling like a doofus and hugging my Kindle." -- Cassie Mae, bestselling author of REASONS I FELL FOR THE FUNNY FAT FRIEND and the forthcoming HOW TO DATE A NERD "A fun summer read. Highly recommended." -- Sheralynn Kwong "A quick, fun and flirty read. Thanks for sharing." -- Julie Ann Marra EFFORTLESS WITH YOU is the story of Lucy, a girl who needs an attitude adjustment, and Justin, the boy who just might give it to her. School is out and Lucy is ready for the perfect summer: lazy days at the pool, invitations to the most exclusive parties, and romantic dates with her hot new boyfriend. That is, until she lands in trouble one too many times and her parents issue the ultimate punishment: a summer job. Suddenly, the summer can't end fast enough. To make matters worse, the job is painting houses with Justin, the most popular, egotistical guy in school. Spending all summer with Justin might be other girls' dreams, but definitely not Lucy's. After all, Justin is cocky, annoying, and a jerk. So what if he's the most beautiful jerk Lucy's ever seen? Or that his grin makes her forget she's mad at the world? Or that maybe, just maybe, there's more to Justin than everyone thinks. Only one thing is certain: it won't be the summer she wanted, but it might be exactly the one she needs. Preview chapters from Cassie Mae's HOW TO DATE A NERD and Linda Budzinski's THE FUNERAL SINGER. Perfectly Messy Popularity isn't everything it's cracked up to be. Justin Marshall knows this better than most. For the captain of the basketball team, small business owner, and son of Minnesota's next governor, life can get pretty overwhelming. But Justin can handle anything as long as he has Lucy, the girl who fell for the man he's trying to be. But for Justin and Lucy, finding time together proves challenging. Stolen kisses and whispered promises just aren't enough. That is, until scandalous photos of the couple are leaked to a press intent on creating a juicy scandal during Justin's dad's gubernatorial campaign. And when Lucy becomes fair play for the tabloids and gossip pages, Justin does the only thing he can to protect her: he breaks her heart. Falling For His Badass Brothers Jude and Ryan McAllister are inseparable. When Jude stepped in to raise Ryan after the death of their mother, it became the two of them against the world. But the scars it left were bone-deep. Then Lizzie Price comes along. Lizzie hopes Ryan's kindness can help heal her wounds from a toxic relationship. But when she meets Jude, their powerful attraction makes him difficult to resist. The problem is, Lizzie doesn't realize Jude and Ryan are brothers, and they don't know they're falling for the same girl. By the time the truth comes out, everyone is in too deep. Ryan is in love, Jude is in denial, and Lizzie wants both brothers. All of them agree that no one deserves to get hurt. But love and desire have a way of testing even the strongest bonds.

[The By You Series, #1](#) Bookouture

Like it or not, your image plays an important role in your career success. But what if you are ready to upgrade your image, but feel stuck in a rut or don't know where to start? Featuring practical style, wardrobe and shopping tips and activities, this is the book every career woman should read to leverage their image to their advantage.

Paradise Monarch; Kregel

When the prophesy about a blacksmith ascending to the throne of the Black Hills proves true, Keeley must protect her younger sister from the enraged sons of the Old King with the help of the Amichai, kilt-wearing mountain warriors.

[An Anthology](#) Penguin

NEW YORK TIMES BESTSELLER • Pulitzer Prize winner Elizabeth Strout explores the mysteries of marriage and the secrets we keep, as a former couple reckons with where they've come from—and what they've left behind. ONE OF THE TEN BEST BOOKS OF THE YEAR: Maureen Corrigan, NPR's Fresh Air • ONE OF THE BEST BOOKS OF THE YEAR: The New York Times Book Review, The Washington Post, Time, Vulture, She Reads "Elizabeth Strout is one of my very favorite writers, so

the fact that Oh William! may well be my favorite of her books is a mathematical equation for joy. The depth, complexity, and love contained in these pages is a miraculous achievement."—Ann Patchett, author of *The Dutch House* I would like to say a few things about my first husband, William. Lucy Barton is a writer, but her ex-husband, William, remains a hard man to read. William, she confesses, has always been a mystery to me. Another mystery is why the two have remained connected after all these years. They just are. So Lucy is both surprised and not surprised when William asks her to join him on a trip to investigate a recently uncovered family secret—one of those secrets that rearrange everything we think we know about the people closest to us. What happens next is nothing less than another example of what Hilary Mantel has called Elizabeth Strout's "perfect attunement to the human condition." There are fears and insecurities, simple joys and acts of tenderness, and revelations about affairs and other spouses, parents and their children. On every page of this exquisite novel we learn more about the quiet forces that hold us together—even after we've grown apart. At the heart of this story is the indomitable voice of Lucy Barton, who offers a profound, lasting reflection on the very nature of existence. "This is the way of life," Lucy says: "the many things we do not know until it is too late."

[Loving Mr. Darcy](#) Harlequin

What happens when a socially awkward campus DJ "catfishes" her bad boy BFF? Callie Evans would rather hide out in her DJ sound booth than face the fact that she's in love with her best friend, notorious campus hottie Tayber King. Tayber turns hooking up into an art form—no drama, no commitment, no lies, and nobody gets hurt. Nobody but Callie, that is. When she sees an opportunity to explore his sexier side using a fake online profile, she grabs it. Now her uninhibited alter-ego 'Sasha' is steaming up the screen, and Callie is breaking all of Tayber's rules. As Callie and Tayber get closer, online and off, she knows she has to confess. And risk losing him forever. *Betsy* Penguin

A Navy SEAL Steamy Instalove Standalone Chivalry is not dead to this Navy SEAL. Goodreads Review - "Your heart responds... That is the sexiest way I have ever heard of falling in love and by golly, this book demonstrates just that! Amazing!" Behavioral Analyst Brody Andrews, B.A. for short, Badass to his Navy SEAL team, finds himself at life's crossroads. It's time to re-up to the Navy, or get out and find a woman to marry. Taking some time off to consider what he really wants for the remainder of his life, Brody visits his brother's place, and learns he's been set up for a blind date. Not particularly interested because the women he's dated only want bragging rights to having banged a SEAL, decides to scope her out. If she's doable, he'll take one for the team. If not, he'll go into the city to his buddy's bar, Suds After BUD/S. But when he sees her ... she's just his type. A plus-size, curvy girl who is gorgeous with a sweet, sincere smile. She makes the decision easy. * * * * * Lizzy Mayers lives a low-key life. Her only goal is to marry a decent man and make beautiful babies together. But there's a problem. The men that she's been dating are all duds. Dudes who are looking for a good time, but not a long-term relationship. After her latest breakup, her best friend convinces her to come with her for the weekend. "You need a change of scenery and selection." When they arrive, Lizzy discovers she's been set up on a blind date with the brother of her best friend's boyfriend. But her heart is too tender from the last stomping it received, and she balks before she meets him, going into the city for dinner and dancing alone. Where she accidentally crashes into a WALL that utters ... "Oomph!" Goodreads Review - "She thinks this is just a one night fling. Ahhh, just grab the book!" _____ From the queen of sexy military stories comes FALLING FOR HIS BADASS, a steamy contemporary novel about acceptance and trust and is part of the Born To Fight Heroes For Hire Secondary Standalone Romance Series of interconnected novels. "This is the kind of book you want to read when you're tired and dispirited - you'll feel so good afterwards!" ~ Kindle customer Goodreads Review - "Jessika Klide takes you on a fast-paced adventure with amazing storytelling and her stories tie in together perfectly!"

The Sparrow Createspace Independent Publishing Platform

Hawthorn wasn't trying to insert herself into a missing person's investigation. Or maybe she was. But that's only because Lizzie Lovett's disappearance is the one fascinating mystery their sleepy town has ever had. Bad things don't happen to popular girls like Lizzie Lovett, and Hawthorn is convinced she'll turn up at any moment—which means the time for speculation is now. So Hawthorn comes up with her own theory for Lizzie's disappearance. A theory way too absurd to take seriously...at first. The more Hawthorn talks, the more she believes. And what better way to collect evidence than to immerse herself in Lizzie's life? Like getting a job at the diner where Lizzie worked and hanging out with Lizzie's boyfriend. After all, it's not as if he killed her-or did he? Told with a unique voice that is both hilarious and heart-wrenching, Hawthorn's quest for proof may uncover the greatest truth is within herself.

The Opposite of Nothing Victoria Green, Elizabeth Baker

Still mourning the loss of Lucas Nelson, the boy she loved in secret for years, seventeen-year-old Emmy Martin turns to her passion for mountain biking to try to fill the empty void in her life. But just when things start looking up, Emmy discovers her mom has been diagnosed with early-onset Alzheimer's. Confused and angry, she throws herself into mountain biking like never before. She wants to improve on the trails, get a sponsor, and finally beat her nemesis, Whitney. When Cole Evans, a boy from school who usually doesn't care about anything but himself, offers to train her for the biggest race of the season, she accepts, determined to beat Whitney. The more time she spends with Cole, the more she realizes he's different than she'd expected, and, to her surprise, she's falling for him. Torn between the deep feelings she still has for Lucas and her growing ones for Cole, she knows she must choose a path. As she drifts further away from her family and closer to her dream of being sponsored, a terrible accident threatens any semblance of peace and happiness she has left. Instead of closing herself off to the people she loves, Emmy must learn to rely on those she has pushed away if she's going to have any chance of picking up where she left off before the accident.

Bittersweet Crown

This Book Include: 1st Book - Plant Based Diet Cookbook for Women - The Smith's Meal Plan Protocol - Quick Recipe under \$3, Easy to Prepare to Reach your Ideal Weight Naturally and Kickstart your Long-Term Transformation 2nd Book - Plant Based Diet Cookbook for Men - The Smith's Meal Plan Protocol - Quick Recipe Under 3\$, Easy To Prepare For Busy People - Build & Sculpt Your Body Without Hating What You Eat Have you recently started following the plant-based diet and have been experiencing the benefits but you have had inconveniences because you don't know how to adjust meals to fit just two people - for you and your partner for example? And are you looking for a cookbook that takes away all the guesswork from adjusting recipes, allowing you to stick to the plant-based diet without messing up your recipes? If you've answered YES, keep reading... Let The Over 200 Plant-Based Diet Recipes Specially Meant For 2 People In This Cookbook Make Following The Plant-Based Diet Seamless For You! If you and your partner have recently started following a plant-based diet, perhaps finding a collection of recipes specially meant for men and those specially meant for women should give you the much-needed comfort that you will truly achieve your weight loss goals. The fact that you are here means you are looking for just that and lucky for you, this book won't disappoint. So if you are wondering... Are there plant-based recipes specially meant for men and those meant for women? Are the recipes in the book easy to follow and structured well, with all the information a couple looking to optimize their health with the plant-based diet would need? Are there recipes specially meant for busy people? Are the recipes with just enough servings for two people to ensure you don't end up spending unnecessarily long adjusting recipes? The answer to all these questions is a resounding YES! In this 2 in 1 book, you will discover: The benefits of the plant-based diet for you and your partner More than 200 mouthwatering recipes for men and women that you can enjoy throughout the day, including breakfast, lunch, dinner, snacks, and desserts Enough servings for just two people A 21-day plant-based diet plan for men and another for women to help you enjoy and have higher chances of sticking to the diet and enhance weight loss Recipes complete with step by step instructions, servings, cook time, nutritional information and more to ensure you have an easy time choosing which recipes to try depending on a number of factors And much more... Yes, even if you've never been a good cook, this book will literally transform your cooking and make your adoption of the plant-based diet with your partner effortless! Scroll up and click Buy Now With 1-Click or Buy Now to get started!

A 7-Step Style Strategy For Ambitious Women Ryland Peters & Small

'What an emotional read!... At parts I found myself shouting "no". At others I just cried... Absolutely loved it.' Goodreads reviewer [Shilling Grange Orphanage](#), England, 1948. She was their only hope. Now they are hers. A gritty, heartbreaking and unforgettable story of love and hope in the darkest of times. Clara Newton is the new Housemother of Shilling Grange Orphanage. Many of the children have been bombed out of their homes and left without families, their lives torn apart by the war, just like Clara's. Devastated by the loss of her fiancé, a brave American pilot, she is just looking for a place to start again. But the orphans are in desperate need of her help. Funds are short, children cry out in the night, and tearful Rita tells Clara terrible stories about the nuns who previously ran Shilling Grange. Clara cannot bear to see them suffer, but what does she know about how to look after eight little ones? Clara can't get anything right, and then she accidentally ruins Rita's only memento of her mother. Overwhelmed, she wonders if they'd be better off without her. But she's not completely alone. Living next door is Ivor: ex-Shilling Grange resident, war hero, and handyman with deep brown eyes. He doesn't trust Clara and she is fiercely independent, but he has a way with the children. And with his support and the help of other locals, Clara begins to find her way. As she heals from her grief and adjusts to her new life, Clara wonders if she has finally found her home and family among the orphans. Can she find the strength to fight for them when nobody else will? And dare she open her heart to love again? A heart-wrenching and totally gripping read. Fans of *Before We Were Yours*, *Diney Costeloe* and *The Orphan Sisters* won't be able to put this book down. Readers absolutely love *The Orphanage*: 'My heart is full! Oh, I adored this book so much!... There were moments of pure joy and the book left me feeling uplifted and with a full heart.'

Motherhood for Slackers ['Exceptional... hits you for six... I am over the moon... brilliantly written and you fall in love... a feel good book that will make you cry... oh my word I loved this.'](#) Goodreads reviewer ['Wow... this book is outstanding... I couldn't put it down.'](#) Goodreads reviewer ['I took to all the children with all my heart, such an emotional tale... full of love, compassion and humour... a truly remarkable touching story.'](#) Goodreads reviewer ['Absolutely loved this... I could hardly bear to finish it... Highly recommend!'](#) Jill Mansell ['It took me about two pages to fall in love with Clara... this book just kept me wanting to know more.'](#) Goodreads reviewer ['This book warmed my heart... Each character is so very special. You will laugh at their childish pranks, their little escapades and cheer at their successes... A delightful, heart-warming story.'](#) Goodreads reviewer ['All I can say is I can't wait for book 2, I'm dying to know what happens next. The writing is gripping... As a child survivor of children's homes I wish we had had a Clara!'](#) Goodreads reviewer ['Highly illogical Behavior'](#) Macmillan

It's normal to feel overwhelmed by the hard things in life, but lately doesn't it seem like we're feeling this way a lot more often than we used to? The problem isn't a lack of motivation or effort, but that motivation and effort are limited resources. The more we deplete them, the more burnt out we get, making it even harder to produce the results we want. In 'Effortless', Greg McKeown show us how to

make essential tasks easier so that we can accomplish more of what matters, without burning out. From the author of 'Essentialism'.

Love, Lucas Ryland Peters & Small

"The definitive firsthand account of California's Camp Fire—the nation's deadliest wildfire in a century—and a riveting examination of what went wrong and how to avert future tragedies as the climate crisis unfolds. On November 8, 2018, the people of Paradise, California, awoke to a mottled gray sky and gusty winds. Soon the Camp Fire was upon them, gobbling an acre a second. Less than two hours after the fire ignited, the town was engulfed in flames, the residents trapped in their homes and cars. By the next morning, eighty-five people were dead. San Francisco Chronicle reporter Lizzie Johnson was there as the town of Paradise burned. She saw the smoldering rubble of a historic covered bridge and the beloved Black Bear Diner and she stayed long afterward, visiting shelters, hotels, and makeshift camps. Drawing on years of on-the-ground reporting and reams of public records, including 911 calls and testimony from a grand jury investigation, Johnson provides a minute-by-minute account of the Camp Fire, following residents and first responders as they fight to save themselves and their town. We see a young mother fleeing with her newborn; a school bus full of children in search of an escape route; and a group of paramedics, patients, and nurses trapped in a cul-de-sac, fending off the fire with rakes and hoses. Johnson documents the unfolding tragedy with empathy and nuance. But she also investigates the root causes, from runaway climate change to a deeply flawed alert system to Pacific Gas and Electric's decades-long neglect of critical infrastructure. A cautionary tale for a new era of megafires, Paradise is the gripping story of a town wiped off the map and the determination of its people to rise again!"--

The Events at Braxbourne Random House

Can one summer change your life? Maggie Simpson has one summer left before college starts. And the last place she wants to spend it is in Green Falls, TX with her mother's family. She was annoyed when her mother announced the change of plans at the last moment, but as she reconnects with her cousin Sarah, she realizes a summer away might be exactly what she needs. Maggie decides to find a summer job to keep herself occupied, and to help pay for college. She is ecstatic when Scottie gives her a job at a local watering hole, The Hill Country Saloon, to find a band to headline the annual Battle of the Bands competition. One night, Maggie meets sexy and mysterious Haden, and he agrees to help her find a band for the competition. As Maggie and Haden work side by side, secrets are unleashed that make Maggie question everything she thought she knew about Haden, and the reason for her summer in Green Falls. Secrets, so powerful, that her life may never be the same.

Effortless Ball Canning Recipes. Make Home Canning and Preserving Easy. Save All the Nutritious in a Proper Way Sourcebooks, Inc.

A realistic story of first love, told by an idealistic young man. Winner of the 2019 Kentucky Indie Author Project for adult fiction.

Simon and Schuster

In her new masterpiece, the author of the bestselling phenomenon *Quiet* reveals the power of a bittersweet outlook on life, and why we've been so blind to its value. "Bittersweet grabs you by the heart and doesn't let go."—BRENÉ BROWN, author of *Atlas of the Heart* "Susan Cain has described and validated my existence once again!"—GLENNON DOYLE, author of *Untamed* "A sparkling ode to the beauty of the human condition."—ADAM GRANT, author of *Think Again* ONE OF THE MOST ANTICIPATED BOOKS OF 2022—Oprah Daily, BookPage Bittersweetness is a tendency to states of longing, poignancy, and sorrow; an acute awareness of passing time; and a curiously piercing joy at the beauty of the world. It recognizes that light and dark, birth and death—bitter and sweet—are forever paired. If you've ever wondered why you like sad music . . . If you find comfort or inspiration in a rainy day . . . If you react intensely to music, art, nature, and beauty . . . Then you probably identify with the bittersweet state of mind. With *Quiet*, Susan Cain urged our society to cultivate space for the undervalued, indispensable introverts among us, thereby revealing an untapped power hidden in plain sight. Now she employs the same mix of research, storytelling, and memoir to explore why we experience sorrow and longing, and how embracing the bittersweetness at the heart of life is the true path to creativity, connection, and transcendence. Cain shows how a bittersweet state of mind is the quiet force that helps us transcend our personal and collective pain. If we don't acknowledge our own heartache, she says, we can end up inflicting it on others via abuse, domination, or neglect. But if we realize that all humans know—or will know—loss and suffering, we can turn toward one another. At a time of profound discord and personal anxiety, *Bittersweet* brings us together in deep and unexpected ways.

Wrong Side Girl TorDotCom

"A definite MUST READ! EFFORTLESS WITH YOU left me smiling like a doofus and hugging my Kindle." -- Cassie Mae, bestselling author of REASONS I FELL FOR THE FUNNY FAT FRIEND and the forthcoming HOW TO DATE A NERD "A fun summer read. Highly recommended." -- Sheralynn Kwong "A quick, fun and flirty read. Thanks for sharing." -- Julie Ann Marra EFFORTLESS WITH YOU is the story of Lucy, a girl who needs an attitude adjustment, and Justin, the boy who just might give it to her. School is out and Lucy is ready for the perfect summer: lazy days at the pool, invitations to the most exclusive parties, and romantic dates with her hot new boyfriend. That is, until she lands in trouble one too many times and her parents issue the ultimate punishment: a summer job. Suddenly, the summer can't end fast enough. To make matters worse, the job is painting houses with Justin, the most popular, egotistical guy in school. Spending all summer with Justin might be other girls' dreams, but definitely not Lucy's. After all, Justin is cocky, annoying, and a jerk. So what if he's the most beautiful jerk Lucy's ever seen? Or that his grin makes her forget she's mad at the world? Or that maybe, just maybe, there's more to Justin than everyone thinks. Only one thing is certain: it won't be the summer she wanted, but it might be exactly the one she needs. Preview chapters from Cassie Mae's HOW TO DATE A NERD and Linda Budzinski's THE FUNERAL SINGER.

Perfectly Messy Penguin

A visionary work that combines speculative fiction with deep philosophical inquiry, *The Sparrow* tells the story of a charismatic Jesuit priest and linguist, Emilio Sandoz, who leads a scientific mission entrusted with a profound task: to make first contact with intelligent extraterrestrial life. The mission begins in faith, hope, and beauty, but a series of small misunderstandings brings it to a catastrophic end. Praise for *The Sparrow* "A startling, engrossing, and moral work of fiction."—The New York Times Book Review "Important novels leave deep cracks in our beliefs, our prejudices, and our blinders. *The Sparrow* is one of them."—Entertainment Weekly "Powerful . . . *The Sparrow* tackles a difficult subject with grace and intelligence."—San Francisco Chronicle "Provocative, challenging . . . recalls both Arthur C. Clarke and H. G. Wells, with a dash of Ray Bradbury for good measure."—The Dallas Morning News "[Mary Doria] Russell shows herself to be a skillful storyteller who subtly and expertly builds suspense."—USA Today

A Novel Crown Publishing Group (NY)

Shades of White is a pure celebration of all the brilliant white hues, and how they work in harmony with different textures inside the home. White is magical. It can illuminate a space, or it can be a blank slate, allowing other décor in the room to shine. Whether your style is rustic, modern, romantic, vintage or classic, Fifi O'Neill will show you that there is a perfect shade of white for you. With beautiful commissioned photography, Fifi showcases twelve dazzling homes that have

mastered using shades of white throughout. From fresh to cosy, sophisticated to shabby chic, white is classy, adaptable and timeless. Shades of White showcases interior inspiration for using white in any setting, pairing the infinite shades with different textures such as wood and metal, or even with other colours, to create stylish and stunning interiors.

The Hundred Lies of Lizzie Lovett Sourcebooks, Inc.

Homeschooled by Renaissance Fair enthusiasts, eleven-year-old Imogene has a hard time fitting in when her wish to enroll in public school is granted.

The Blacksmith Queen Pennyblox Press

This Book Include: Plant Based Diet Cookbook for Women - The Smith's Meal Plan Protocol - Quick Recipe under \$3, Easy to Prepare to Reach your Ideal Weight Naturally and Kickstart your Long-Term Transformation Plant Based Diet Cookbook For Athlete - The Smith's Meal Plan Protocol - Affordable & Delicious Recipe for Quickly Switch From a "Toned" Body to a "Sculpted" Body Have you recently adopted a plant-based diet as part of your weight loss plan but feel you are lacking in options as far as the foods to prepare are concerned? If you've answered YES, keep reading.... Let This Book, With Its Collection Of Over 200 Mouthwatering Plant-Based Diet Recipes, Make Your Weight Loss Journey Easier! If you are tired of following fad diets that you cannot stay on for the long term to lose weight

and keep it off, it makes sense that you've decided to adopt a plant based diet, owing to its many health benefits, with weight loss being one of them. The fact that you are here means you've probably tried following a plant-based diet but feel you still don't have enough meal options and are wondering? Are there meals that are especially good for weight loss? How can I follow the meals for fast, stress-free weight loss? How do I ensure I don't end up spending too much time in the kitchen? Can I adopt the diet while on a budget? If my guess is right, and you have any or all of these questions, keep reading, as this 2 in 1 book will address them all! Here's what you will discover in this cookbook: ● The basic concept of the plant-based diet, including what it is and how it works ● More than 200 yummy plant-based diet recipes that you can cook for breakfast, lunch, dinner, snacks, dessert and much more to initiate weight loss ● Complete recipes with clear step by step instructions, nutritional information, cook time, prep-time and affordable & ready to find ingredients ● Mouthwatering recipes specifically meant for women for weight loss ● A 21-day meal plan to bring about effortless weight loss without worrying about what you need to eat next ● And much more... Take a moment and imagine how it would feel to achieve a healthy weight and know that you are no longer at the risk of suffering weight-related conditions. This can be true for you if you follow the recipes in this book, even if you are not a good cook or don't like cooking! Scroll up and click Buy Now With 1-Click or Buy Now to get started!