



Over 350,000 Free Food and 9,000 Drink Recipes

## Discovering Vegan Supplements For Better Health

Personal well-being and health has long been an essential issue to a number of individuals worldwide. Lots of health-conscious individuals all over the world will almost always be looking for the most effective vegan supplements that can help them shed weight and stay healthy. There will also be other people who explore proper dieting and different kinds of exercise routines, looking for the perfect mixture that can aid them in keeping fit and staying young. Generally, most of these activities that people get into while taking supplements can do. The matter, however, is the particular kinds of supplements that people end up using, as a few of these supplements aren't as effective and will not make the most out of anybody's investment.

Vegan supplements are fantastic for lots of people who're looking for effective supplements to add to their daily diet and exercise. There are a variety of vegan supplements that could change lives in a person's goal of getting healthier and feeling younger. Vegan items are much better in countless ways.

One primary reason why individuals choose them over other



Over 350,000 Free Food and 9,000 Drink Recipes

products is they use a lot of plant based ingredients that tend to be natural and effective compared to the synthesized ingredients found in most of the supplements offered today. The greater ingredients within vegan supplements are just as effective, if not more, and will not cause one of the conditions that synthesized and chemical ingredients could possibly cause with long term use. Two brands that are presently quite popular among vegan supplement supporters are VEGA and Lorna Vanderhaeghe.

VEGA's Whole Food Health Optimizer is a great vegan product, and is also a highly effective meal replacement. The VEGA Whole Food Health Optimizer could also be used as a dietary supplement that maximizes your body's functions. This supplement contains different proteins, in addition to essential fatty acids, quality carbohydrates, and a lot of fiber, all important nourishment that people can usually benefit from daily.

VEGA also provides a version of the Whole Food Health Optimizer in berry flavor. This supplement contains similar ingredients to the earlier mentioned item, but is offered in a more attractive berry flavor.

Lorna Vanderhaeghe also offers several different vegan supplements and other products that can offer positive benefits to many folks who want to live healthier lives.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

AdrenaSmart is one of their more popular products, and provides a great daily boost of energy and endurance. Additionally it is best for combating injuries and arthritis, because it effectively reduces inflammations.

ThyroSmart is yet another popular Lorna Vanderhaeghe product. This supplement enhances thyroid health, promotes fat loss and hormonal balance, and gives energy. ThyroSmart is beneficial against plenty of common problems, and even helps those people who are responsive to temperature changes.

There are several other great vegan supplements and health products on the market. Just remember to seek out products that are made with plant based ingredients and reap the advantages of cultivating an all-natural and healthy life.

Gary A. is a medical expert who has studied vitamins Canada. For more information, go to [NutrawaysCanada.com](http://NutrawaysCanada.com) now.

---

## **Boss Electric Pressure Cooker**

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

# “up” Technology Health Philosophy – The Boss, Electric

2006, the home appliance industry standard efforts to increase the standardization of the small appliance brand and technology in high demand, sought to create a kitchen environment, people's health.

The increasingly fierce market competition, so the manufacturers one after another raising brand awareness, innovative product technology. On the small household appliance market, more active this year, when the number of kitchen electric appliances industry, strong brand owner, not only in brand building, crowned “Top 500 Brands in Asia”, and its electric pressure cooker of the UP precise control of pressure techniques also allow the market to surprise.

sustained brand climb “Top 500 Brands in Asia” is not easily able to pass the bar. Asian brands in the first 500 of the presentation ceremony, electrical domestic kitchen appliance brand topped the boss, “500” list, is the industry's first electric kitchen selected brands. The boss name brand appliances from China to Asia and even the Sprint brand on the



Over 350,000 Free Food and 9,000 Drink Recipes

road to the world an important brand to climb the fulcrum.

On the small appliance industry, the 2006 standards, health through to the end, the state promulgated the "Residential Kitchen", "residential unit bathroom", on kitchen electrical products business and related industries to enhance brand value, to be more high demand. Boss Electric floor this year, "Standard Chinese" concept, product and brand building services to create a healthy kitchen environment.

Overview of brand building, brand development, the cornerstone of support for the final analysis, or product technology. High-quality products and continuously updated brand awareness and brand concept to enhance the dissemination of business from the inside out the brand appeal. A mosaic of small household appliance market, product characteristics, in order to come to the fore, technology and the appearance of improvement and innovation is one of the essential aspects.

upgrading technology Pressure cooker is 60 years since the last century there products, characterized by shorter cooking time, delicious. However, the pressure cooker is high-pressure high-temperature operation, there is potential safety problems, caused by the explosion incident has occurred frequently, bad master. In the context of this industry, electric pressure cooker a timely. Boss electric pressure cooker has reached "absolute braised chicken" with it, the

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

issue of security, boss electric pressure cooker is set to eight heavy protection. Currently, electric pressure cooker on the market the main types of mechanical switch to control and digital full intelligent control, cost is very high. Followed by "high price" 5,000 yuan "to do yoga for food," owner E electric pressure cooker meals entered people's vision. This Korean joint venture's products, using South Korea imported control chip, the combination of the two high-end technology, core technology is the unique digital preservation technology and pressure equalization technology.

According electrical technician with the boss, all the electric pressure cooker products have excellent performance from the original owner of the technology?? UP precise control of pressure technology.

"UP" Philosophy of Health Preservation

Electric pressure cooker products UP precise pressure control technology, crowned "Top 500 Brands in Asia" by the original owner of electrical appliances. It will be the pressure of the cooking process for the five levels of refinement?? Micro-pressure, low pressure, standard pressure, medium pressure and high pressure, according to different foods, different cooking modes, full self-regulating pressure cooking pot.

More importantly, it will completely solve the nutrition and delicious traditional cooking can not have both problems.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Precise control of pressure by UP Technical boss electric pressure cooker, to achieve fully sealed cooking?? Cooking process is not boiling, not steaming, undrained, quiet design; food nutrition and taste are firmly locked in the pan. Meanwhile, the boss of the UP precision electric pressure cooker pressure control technology easy to bring all intelligence operations experience.

In addition, UP precise control of pressure technology also provide employers with energy-saving electric pressure cookers, rice cookers year saving up to 30% to 60%, saving up to 50% to 80%. Break with traditional mechanical methods of artificial conditioning, full details of the work of each real-time monitoring, clearance by 0 seconds without signal butt, precise control of cooking conditions for each operating point, to ensure precise control of pressure UP technology, the stable operation of a number of system technology .

With precise control of pressure UP this sensitive sensor technology, to bring a variety of delicious food to enjoy.

The e-commerce company in China offers quality products such as red marble texture Manufacturer , black marble texture, and more. For more , please visit black marble texture today!



Over 350,000 Free Food and 9,000 Drink Recipes

---

## Changing Recipes for Health

Cooking is an adventure and it can be fattening, too. If you take a quick glance through your favorite recipe cookbooks or at your recipe file, you can see how the calories and fat can really add up. That is not to mention all the sodium in common recipes-that is no good for you either. The good news is that there are changes you can make to your everyday recipes that can help you lower the fat, calories and the sodium. This will help you stay fit, trim and healthy. Here is a look at common changes you can make in your recipes that will add up big in the end.

**Applesauce for oil:** If you are baking bread, cakes, muffins or quick bread, you can substitute regular flavored applesauce for the oil. It is easy to do, simply add the amount of applesauce instead of the oil. You can often do the same thing with butter. If you still like the taste and texture that the vegetable oil adds, you can substitute half of the applesauce for the oil. Making this simple change can save you both fat and calories. This is an easy and simple switch to make.

**Egg substitute for eggs:** There are several brands of egg





Over 350,000 Free Food and 9,000 Drink Recipes

substitutes that you can use in place of eggs in many recipes. These even taste just like eggs when scrambled. These are always lower in fat and calories and contain no cholesterol. Use egg substitute in your baking recipes as well as your casseroles and other dishes.

Broth for butter: Here is a great tip-instead of adding butter to your vegetables or rice, use broth. Chicken, beef and vegetable broth will all add a great flavor to your dishes without adding the big amounts of fat. If you are using bouillon cubes, then just add a couple to the water as you cook. If you are worried about your sodium intake, then you can buy low-sodium broth and bouillon cubes instead. That is a great change to make to all of your favorite recipes.

Lean ground turkey instead of ground beef: Lean ground turkey is tasty and cooks just like regular ground beef. Ground beef has a lot of fat and while you can drain the fat, it never eliminates it completely. How about using ground turkey instead? Look for ground turkey breast, which is leaner and has few calories and fat grams than ground beef.

Low fat cheese and dairy: A very easy switch you can make is to use low fat cheese and dairy products in your cooking such as low or no fat sour cream, cream cheese, yogurt and ricotta cheese. When you use them in recipes, you will hardly notice the different. It is important to note that some low fat or



Over 350,000 Free Food and 9,000 Drink Recipes

fat free cheese does not melt the same, but you can use it if you are just using a little in tacos or other recipes.

Making the switch to low fat, low calories and low sodium does not have to be hard. You can use these tips to make your recipes better for you.

Keep eating healthy, stay away from eating disorder, for more information about Treatment for Anorexia, please go to treatment for eating disorders.

Related [Beef Recipes Articles](#)

---

## Make Use of Easy Vegan Recipes to Benefit Your Bank Account, Health and Body

There are plenty of misunderstandings that take place with a vegan regimen and way of life. For starters, there are a whole host of benefits for eating nutritiously, abiding by a vegan diet, and choosing the best vegan recipes. However the major

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

misunderstanding is that eating vegan is instantly healthy. This is not always the situation since stability and finding good recipes are very critical when it comes to a vegan way of life. In theory you could indulge in a complete bag of potato chips at every meal and still be thought of as a vegan. But you most likely already understand that is the flip-side to healthy eating so standard should you be raising your level to? The best starting point is to seek out the best simple recipes and the best vegan recipes.

Having an assortment of online recipes on hand can be extremely beneficial for your diet strategy and your healthy road map. Being a vegan comes with a number of enticing means that are certain to regularly question your discipline. If you are unaware of the better balanced choices at your disposal then you will be more inclined to surrender and choose for fast, simple choices that can leave your health, and your body, suffering later on. Put temptation over and take advantage of the simple online recipes and you will feel in no time, and your heart will appreciate you later on.

Most professionals in the health department will support the notion that a proper diet that is full of fiber and low in fat is a recipe for success but as expected, following a proficient diet such as that is difficult to do. Having attainable goals is very important when it comes to planning

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

out your strategy. The chances of whether or not you'll succeed depend highly on how motivated you stay and how mentally tough you are..

It takes more than merely not eating meat to being a vegetarian. There is a great deal of temptation when it comes to fatty foods, but you need to remember that these quick, drive thru menus can often be the greatest in fat and calories. However, that does not always have to be the case. If you use logic and sensibility, you'll be able to simply determine the good foods from the destructive ones. By using the best online food recipes, you can indulge in appetizing dishes that are easy to make and healthy for your body.

The most essential component that you should take away from this post is that a vegan lifestyle is more than just a simple choice. To absolutely eat healthy and take advantage of good vegan recipes available to you, you need to be disciplined and willing. Many people who choose to turn to a vegan diet have no clue how to begin or how to improve their diet. Consuming healthy meals from simple food recipes will undoubtedly increase your physical and mental status. Ensuring that you consistently choose the best food recipes and being consistent with your diet are important factors for your overall health.

He has written numerous articles on many different cooking and recipe related articles and is a chef part-time.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

---

## **Vegan Cooking – A Benefit For Your Health Or a Restrictive Diet That Will Make You Ill?**

At the first glance, vegan cooking can well look like a quite restrictive diet. Well, in fact, it is one. All animal products are banned from the vegan menu. That's basically one and a half of our five main food groups: half of the protein rich foods (the meat) and all dairy products. And in general, all food groups are meant to be part of our diet, and all of them provide us with important nutrients.

Does then the vegan diet not rob us of foods and nutrients that we need badly? Can such a restrictive diet really be healthy, or is it not much closer to a fad diet that is rather health-harming?

### **What are the risks of being a vegan?**

It is a fact that vegans are more prone to a lack of certain nutrients which we normally mainly get from animal products, especially vitamin B12 which is important for the production



Over 350,000 Free Food and 9,000 Drink Recipes

of the red blood cells, calcium that we need to maintain strong bones and iron, a lack of which can cause anaemia.

It's also more difficult for vegans to meet their need of proteins, since they don't eat animal products which contain all the protein components that our body cannot build itself. Legumes, grains and nuts only contain some of these essential amino acids.

Although it is very important to be aware of these problems when you decide to eat vegan, there is not much need to worry about your health. If you eat a wide variety of foods, your body will still get all nutrients it needs. Make certain you combine at least two of the three food groups grains, legumes and nuts/ seeds so that you get enough proteins.

### **What are the benefits of vegan cooking?**

The vegan diet definitely has a number of health benefits too which we should not overlook. It is:

- low in cholesterol
- low in fat
- rich in healthy foods

### **Low cholesterol diet**

If you are suffering from high cholesterol levels, for



Over 350,000 Free Food and 9,000 Drink Recipes

example, this can be a good way of eating for you. Cholesterol is mainly found in animal products, and consuming excessively much saturated fat (also mainly in animal products) causes your body to build bad cholesterol. Vegans barely eat saturated fat, since vegetables contain mostly the healthier unsaturated fats. For this reason, a vegan diet can be very helpful in controlling your cholesterol level and preventing further diseases like arteriosclerosis which can later on lead to a heart attack or stroke.

### **Low fat diet**

Another great advantage of the vegan diet is that, besides consuming less of the health-harming saturated fats, vegans consume significantly less fat in general. Many “fat traps” vegetarians still face (generous cheese toppings and sour cream) are not an issue for vegans because they are animal products. The vegan diet only allows few foods that contain much fat, like vegetable oils, margarine, nuts, avocados and coconut milk. This results in a much lower risk of obesity and its dreadful follow diseases (heart attack, stroke, diabetes and many others).

### **Diet rich in healthy foods**

An unbeatable plus for vegan cooking is that it focuses on many of the healthy foods which should be a part every



Over 350,000 Free Food and 9,000 Drink Recipes

person's diet, but which meat lovers often neglect. Vegans eat plenty of fruits and vegetables which ensure they are well provided with vitamins and minerals. Grains and legumes provide a great amount of fibre and contribute to keep the digestive system in perfect working condition.

## **Conclusion**

The benefits of vegan cooking definitely outweigh the risks this way of eating carries. If you are healthy, you don't even have to use complicated plans and calculations about what to eat to ensure you get all nutrients you need. Simply eat a wide variety of grains, whole grain products, legumes, vegetables, fruit, nuts and seeds, and combine several food groups to get the maximum health benefit out of your diet.

Bettina Berlin is a health professional specializing in healthy nutrition even on a tight schedule. Eating healthy and thus maintaining a healthy weight can significantly improve your health and help prevent many diseases. Visit <http://www.elishas-quick-recipes.blogspot.com> to discover the healing power of food, and learn TODAY how to eat yourself to a healthy and long life! Get your healthy eating guide and exciting bonuses NOW!