



# Up Your Veggies

*Flexitarian Recipes for the Whole Family*

Toby Amidor

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**What is the one thing we can all do to live healthier happier lives? Award-winning dietitian and bestselling author Toby Amidor would say “It’s easy, you just gotta up your veggies!”**

Whether you’re a vegetarian, flexitarian or just looking to eat more plants, this book’s for you. It’s designed to help you overcome popular barriers like taste, cost and time in order to eat more vegetables, which can help provide your body with the nutrition it needs to thrive and lower the risk of chronic diseases. In this cookbook, you will find **100 delicious plant-forward recipes** that you can personalize to your liking, making it perfect for families, individuals on a restricted diet, or anyone who wants to eat healthier without overhauling their lifestyle. Recipes range from appetizers to bowls and include *Roasted Carrot and Chickpea Dip*, *Speedy Vegetable Soup*, *Kale and Sweet Potato Salad with Shredded Chicken* and *Poached Egg Superfood Bowl*. *Up Your Veggies* is truly a celebration of vegetables and their important contribution to overall health.

## Did you know:

- In the U.S., only 1 in 10 adults meet the daily recommended vegetable intake while in Canada it’s just 3 in 10 adults.
- Toby has written this book to make increasing your daily vegetable servings both easy and fun.
- This book is for people who are looking for a way to up their veggies while not giving up meat.
- Flexitarian and/or plant-forward diets continue to trend upwards as people transition from restrictive vegan and keto diets.
- This book shows you how to incorporate easily accessible vegetables without increasing costs or food waste.

## About the Author

**Toby Amidor, MS, RD, CDN, FAND** is a *Wall Street Journal* bestselling cookbook author, award-winning dietitian. She is the author of nine cookbooks, including *The Best 3-Ingredient Cookbook* and *The Family Immunity Cookbook*, which won a Gourmand Award for Best Health Book. Toby is a nutrition expert for FoodNetwork.com. She lives in New York.

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