

Laravel 4 Cookbook

The Food For Life Cookbook Applied OpenStack Design Patterns The 4x4 Safari Cookbook Expert Configuration Automation with Chef: A Detailed Roadmap for Mastery The 4 Day Diet Cookbook 4 Ingredients One Pot, One Bowl OpenGL – Build high performance graphics The 4 Day Diet Cookbook The Publishers Weekly Mastering OpenStack The Super Big Book of Easy, Delicious, & Healthy Recipes the Whole Family Will Love! Apache Solr High Performance The 4 X 4 Safari Cookbook The Practical Cookbook Favorite Brand Name 4 Ingredient Cookbook The Fat Free Living Family Cookbook Best Books for Children, Preschool Through the Middle Grades White House Cook Book The Publishers' Trade List Annual The 4 X 4 Cookbook Tim Spector Uchit Vyas Rita Van Dyk Adam Jones Victoria Wilkins Kim McCosker Muhammad Mobeen Movania Victoria Wilkins Omar Khedher Adams Media Surendra Mohan Rita van Dyk Margaret W. Howard Jyl Steinback Fanny Lemira Gillette Rita Van Dyk

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the only gut health cookbook you need from the 1 sunday times bestselling author of food for life and itv lorraine s gut health expert a book full of fantastic recipes and ideas yotam ottolenghi packed with food you will love and that your microbes will too dr clare bailey mosley flavours and

recipes you'll want to eat every day melissa hemsley delicious and astonishingly life changingly simple davina mccall tim s principles for eating well are totally transformative hugh fearnley whittingstall in 30 plants a week out calorie counting in fermenting out ultra processed foods but how the food for life cookbook takes the ground breaking guidance in tim spector s 1 bestselling guide to the new science of eating well and in over 100 delicious and achievable recipes created in collaboration with zoe the nutrition science company that he co founded shows just how simple and enjoyable it can be to adapt to a gut friendly way of eating shaped by tim s own experience of transforming the way he eats as well as common requests from readers and zoe members chapters include 15 minute meals ideas for eating well when the fridge looks bare and generous feasts and sweet treats for special moments with friends packed with plant led inspiration for delicious meals to feed you your family and your microbiome as well as tips for increasing plant diversity and science based explanations for the nutritional benefits of the ingredients and recipes included the food for life cookbook is a must have for every gut loving home and kitchen and the perfect gift for anyone who wants to embrace a new way of eating cook for life join the food revolution praise for food for life a fresh look at food jamie oliver fascinating nigella lawson no fads no nonsense just practical science based advice on how to eat well daily mail books of the year tim spector number 1 sunday times bestseller february 2024

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the 4 x 4 safari cookbook is a new collection of delicious recipes for the 4 x 4 enthusiast it follows the success of its predecessor the 4 x 4 cookbook which has been reprinted numerous times as with the previous book this one caters for the needs of those camping in the african bush where facilities and ingredients are not always readily available and if you re new to bush safaris the book has a section on planning and preparation and a reminder list to help you plan a successful first time expedition the 4 x 4 safari cookbook features more than 180 new simple to prepare recipes fr

expert configuration automation with chef a detailed roadmap for mastery is the definitive resource for it professionals seeking to revolutionize their infrastructure management with cutting edge automation positioned at the forefront of the devops movement this book delves deep into the sophisticated world of configuration automation with chef offering a comprehensive exploration of its core principles functionalities and advanced capabilities from the foundational steps of installing and configuring chef environments to mastering the art of cookbook development and attribute management this roadmap ensures a thorough understanding of every facet of chef s ecosystem the guide meticulously builds upon each chapter empowering readers to effectively utilize chef resources recipes roles and environments advanced discussions venture into custom resources libraries and ohai plugins enabling tailored solutions to meet specific operational demands a strong emphasis on testing guarantees the creation of robust dependable cookbooks a critical requirement for contemporary it infrastructures perfect for devops engineers system administrators software developers and it specialists this book serves as both a strategic tool and an inspirational guide for automating and optimizing infrastructure whether you re setting up chef for the first time enhancing your automation strategies or delving into advanced customizations this book is your trusted companion on the path to transformation through a blend of theoretical insights and practical scenarios it offers a hands on learning experience that prepares you to thrive in the dynamic realm of configuration automation expert configuration automation with chef is not merely a manual it s a transformative journey leading you toward innovating and excelling in infrastructure management embrace chef s potential to create a seamless scalable and self healing infrastructure and elevate your automation expertise with this essential roadmap

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from the coauthor of the internationally bestselling 4 ingredients series comes a new must have cookbook designed to bring joy and flavor back into the kitchen from a creator of the internationally bestselling 4 ingredients series comes a new must have cookbook designed to bring joy and flavor back into the kitchen 4 ingredients one pot one bowl is an ingenious collection of sweet and savory dishes full of fresh easy to find ingredients that require only one pot and one bowl that means less cleanup and more time enjoying life and delicious food with the friends and family you love in this book you ll find more than eighty recipes for tasty and deceptively simple casseroles roasts soups and stews pizzas pasta pies and desserts imagine creamy bacon sun dried tomato chicken french lamb casserole apple crumble and baked rice pudding all using four or fewer ingredients with one pot one bowl life just got easier and a whole lot more delicious

gain proficiency with opengl and build compelling graphics for your games and applications about this book get to grips with a wide range of techniques for implementing shadows using shadow maps shadow volumes and more explore interactive real time visualizations of large 2d and 3d datasets or models including the use of more advanced techniques such as stereoscopic 3d rendering create stunning visuals on the latest platforms including mobile phones and state of the art wearable computing devices who this book is for the course is appropriate for anyone who wants to develop the skills and techniques essential for working with opengl to develop compelling 2d and 3d graphics what you will learn off screen rendering and environment mapping techniques to render mirrors shadow mapping techniques including variance shadow mapping implement a particle system using shaders utilize noise in shaders make use of compute shaders for physics animation and general computing create interactive applications using glfw to handle user inputs and the android sensor framework to detect gestures and motions on mobile devices use opengl primitives to plot 2 d datasets such as time series dynamically render complex 3d volumetric datasets with techniques such as data slicers and multiple viewpoint projection in detail opengl is a fully functional cross platform api widely adopted across the industry for 2d and 3d graphics development it is mainly used for game development and applications but is equally popular in a vast variety of additional sectors this practical course will help you gain proficiency with opengl and build compelling graphics for your games and applications opengl development cookbook this is your go to guide to learn graphical programming techniques and implement 3d animations with opengl this straight talking cookbook is perfect for intermediate c programmers who want to exploit the full potential of opengl full of practical techniques for implementing amazing computer graphics and visualizations using opengl opengl 4 0 shading language cookbook second edition with version 4 the language has been further refined to provide programmers with greater power and flexibility with new stages such as tessellation and compute opengl shading language 4 cookbook is a practical guide that takes you from the fundamentals of programming with modern glsl and opengl through to advanced techniques opengl data visualization cookbook this easy to follow comprehensive cookbook shows readers how to create a variety of real time interactive data visualization tools each topic is explained in a step by step format a range of hot topics is included including stereoscopic 3d rendering and data visualization on mobile wearable platforms by the end of this guide you will be equipped with the essential skills to develop a wide range of impressive opengl based applications for your unique data visualization needs this learning path combines some of the best that packt has to offer in one complete curated package it includes content from the following packt products

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this comprehensive guide will help you to choose the right practical option and make strategic decisions about the openstack cloud environment to fit your infrastructure in production at the start this book will explain the openstack core architecture you will soon be shown how to create your own openstack private cloud next you will move on to cover the key security layer and network troubleshooting skills along with

some advanced networking features finally you will gain experience of centralizing and logging openstack the book will show you how to carry out performance tuning based on openstack service logs by the end of this book you will be ready to take steps to deploy and manage an openstack cloud with the latest open source technologies

more than 500 healthy quick easy and delicious recipes with limited sodium sugar and fat perfect for busy families what s for dinner with the super big book of easy delicious and healthy recipes the whole family will love the answer to that eternal question has never been easier in this comprehensive cookbook you ll find more than 500 recipes that are quick easy healthy and most importantly delicious each recipe limits sodium sugar and fat without sacrificing any flavor so you can feel good about feeding your family meals they ll love find detailed nutritional statistics along with each recipe as well as plenty of wholesome meals with minimal prep work including recipes for slow cookers casseroles and one pot meals that are perfect for your busy schedule the best part all meals included are ready in 30 minutes or less from quick and satisfying breakfasts to fast flavorful dinners to savory snacks with the super big book of easy delicious and healthy recipes the whole family will love it s easy to keep your family happy as well as healthy

this book is an easy to follow guide full of hands on real world examples each topic is explained and demonstrated in a specific and user friendly flow from search optimization using solr to deployment of zookeeper applications this book is ideal for apache solr developers and want to learn different techniques to optimize solr performance with utmost efficiency along with effectively troubleshooting the problems that usually occur while trying to boost performance familiarity with search servers and database querying is expected

the 4 x 4 safari cookbook is a new collection of delicious recipes for the 4 x 4 enthusiast it follows the success of its predecessor the 4 x 4 cookbook which has been reprinted numerous times as with the previous book this one caters for the needs of those camping in the african bush where facilities and ingredients are not always readily available and if you re new to bush safaris the book has a section on planning and preparation and a reminder list to help you plan a successful first time expedition the 4 x 4 safari cookbook features more than 180 new simple to prepare recipes from breakfasts and starters to delicious breads and desserts and has been adapted to suit outdoor cooking over an open fire

the book is beautifully illustrated throughout with full colour photographs

it's not always what you eat but how you prepare it includes techniques for nonstick cookware dry heat cooking microwaving moist heat cooking baking substitutes and more

this text provides recipes and hints for complete filling and tasty meals in the wilderness it explains simple ways to help you cope with the special requirements for cooking in the african bush

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