



**RAINCOAST BOOKS**  
ALWAYS CONNECTED

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# WINTER 2018

## FIGURE 1

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or visit [www.raincoast.com](http://www.raincoast.com)*

## Figure 1 Winter 2018

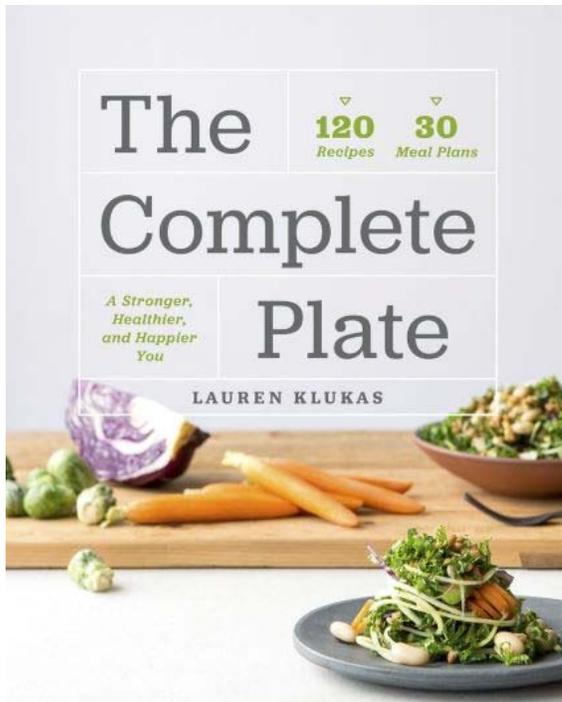


Figure 1

On Sale: Jan 2/18

8 x 10 • 308 pages

150 photos

9781773270159 • \$29.95 • pb

Cooking / Health & Healing / Weight Control

### Notes

### Promotion

## Figure 1



### The Complete Plate

120 Recipes - 30 Meal Plans - A Stronger, Healthier, and Happier You

by Lauren Klukas, contributions by Janine Elenko and Ashlee Gillespie

*This lavishly illustrated cookbook provides a science-based weight control program that is easy, healthy and delicious!*

Food wellness is a term used to describe the ideal state for adopting healthy eating habits into a busy day-to-day life. When food wellness is achieved, the body and mind performs optimally. When one of these areas is missing, it is almost impossible to establish sustainable healthy eating habits.

The Complete Plate shows that weight maintenance, and weight loss, can be achieved through a balanced diet of ingredients that come together to meet both nutritional and caloric demands. Featuring meal plans for a caloric diet of 1,500, 2,000, and 2,500 calories, it is a collection of 30 meal plans with each day perfectly balanced to provide 100% of your daily macro and micro nutrient needs (based on current daily recommended intake (DRI) values).

The 90 recipes range from an indulgent “Coconut and Flax Seed French Toast” to a savory “Portobello and Prosciutto Pizza” to a nourishing “Creamy Corn, Ham, and Roast Pepper Chowder,” and include additional snacks so that readers are satiated and energized throughout the day.

### Author Bio

**Lauren Klukas** was a competitive swimmer and personal trainer who was diagnosed with a rare heart condition known as arrhythmogenic right ventricular cardiomyopathy (ARVC), which prevents her from any physical activity. She began to look at ways to successfully manage weight through proper nutrition and created The Complete Plate. This is Lauren’s first cookbook and she currently lives in Calgary, Alberta, with her husband and daughter.

**Janine Elenko, RD**, is a registered dietitian with a bachelor of science (B. Sc.) degree in Human Nutrition and is currently working towards a master’s degree in Public Health. After a dietetic internship in Ontario, Janine went on to work in stroke rehabilitation. Her passion lies in advocating social change within communities.

**Ashlee Gillespie** is a red seal chef who specializes in pastry, Ashlee adopted a love for raw and fresh ingredients during her work in Australia and New



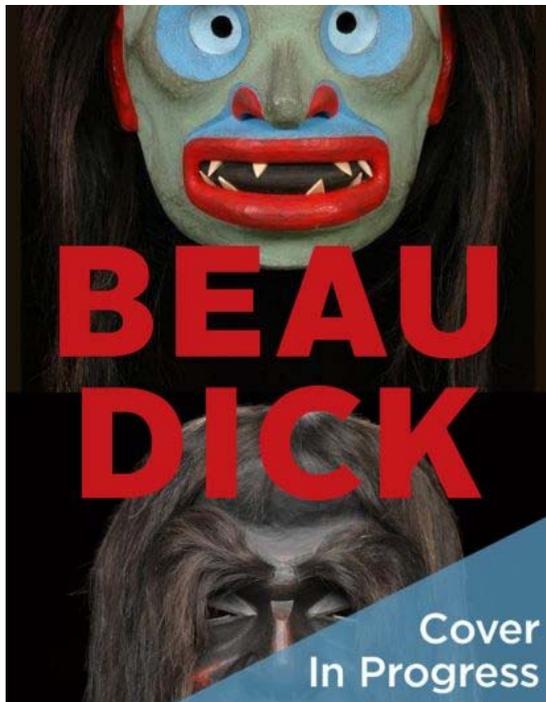


Figure 1

On Sale: Mar 15/18

7 x 9 • 160 pages

80 photos

9781773270401 • \$40.00 • cl

Art / American / Native American

## Notes

## Promotion

## Figure 1



### Beau Dick

by Darrin Martens

A stunning tribute to the art and life of one of the greatest Indigenous carvers of the last fifty years

Born in 1955 on Village Island, Kingcome Inlet, British Columbia, Beau Dick was a Kwakwaka'wakw artist, activist and teacher. He lived and worked in Alert Bay. Although foremost an artist, Dick was actively engaged in all aspects of Kwakwaka'wakw culture: studying and revivifying the traditions of carving, dancing, and storytelling. From the age of fourteen Dick trained with his grandfather and father. His skills were further enhanced when he spent a period in Victoria working with his uncle, Henry Hunt. Dick later worked with many other artists, including Tony Hunt, Bill Reid, Robert Davidson and Doug Cranmer. He was part of a team of carvers working under the direction of Cranmer that recreated the 'Namgis Big House in 'Yalis. Dick's appreciation for Kwakwaka'wakw heritage inspired him to become involved in ceremony and the Hamatsa society of his nation and it has both imbued his work with the long traditions of Kwakwaka'wakw culture and embedded it within them. In 1986 Dick created a transformation mask for Expo '86 which now hangs in the Canadian Museum of History, in Gatineau, Quebec.

Beau Dick presents eighty of the artist's finest masks and contextualizes his work within the Kwakwaka'wakw tradition, while also showing how Dick incorporated contemporary Western influences. Dick's craftsmanship and artistry have been noted for being strongly influenced by traditional pieces and techniques, but are particularly unique for their incorporation of contemporary and Western influences as well. As noted by artist Roy Arden, many of Dick's designs "reminds [me] of Japanese anime characters and commercial Halloween masks...An (...)

### Author Bio

Darrin Martens is the Gail and Stephen A. Jarislowsky Chief Curator at the Audain Art Museum in Whistler, British Columbia. He previously worked as the director of the Nisga'a Museum in Northern BC, and, prior to that, had a long stretch as the director-curator of the Burnaby Art Gallery. Through these positions, he has developed a reputation as a curator with a thoughtful approach to First Nations and historic Canadian art and the more complicated issues, such as repatriation, that surround presenting these objects.

