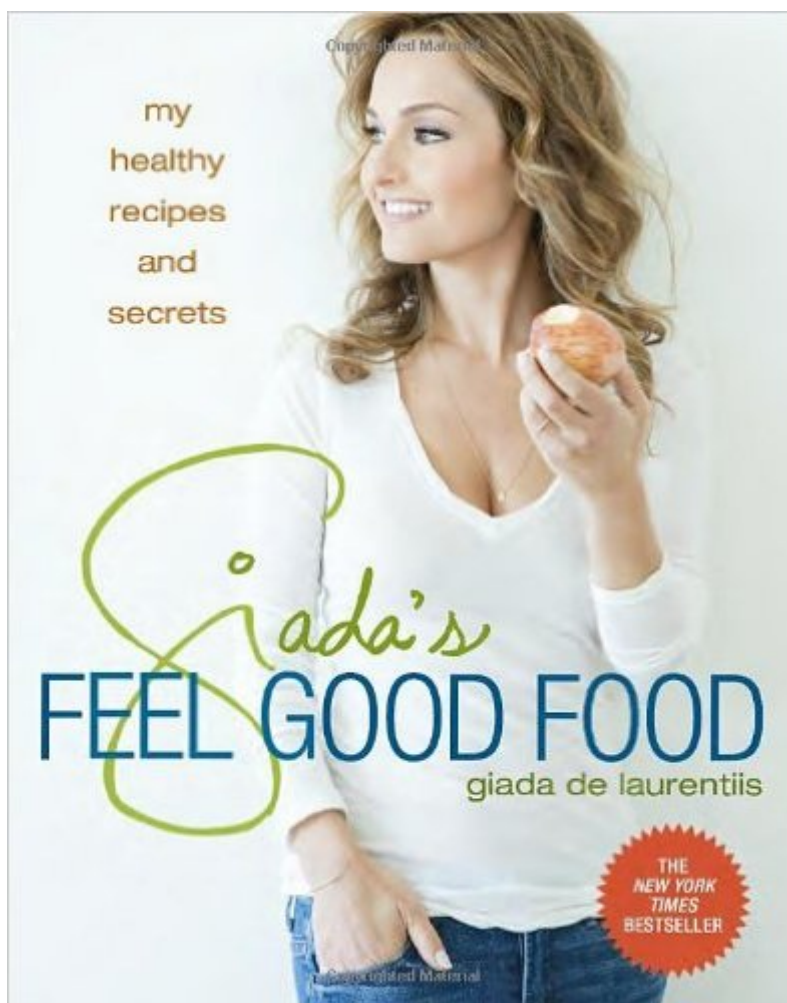


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Giada's Feel Good Food: My Healthy Recipes And Secrets



Synopsis

Food Network's most beautiful star reveals her secrets for staying fit and feeling great in this gorgeous, practical book with healthy recipes including nutritional information, and personal lifestyle and beauty tips. Finally answering the question her fans ask most often, "How do you stay so trim?" • Giada De Laurentiis shares the delicious easy recipes and tips she uses to maximize energy and remain fit. Here are 120 recipes for breakfasts, juices, lunches, snacks, dinners, and desserts that can be combined into a month of delicious feel-good meals. So that everyone can enjoy these dishes, many are gluten-free, dairy-free, vegetarian, and/or vegan, with helpful icons to call them out and, for the very first time, each recipe includes a calorie count and nutritional analysis. Special sections delve into Giada's everyday life, including her beauty and exercise routines, how she satisfies sugar fixes, what's always in her bag, and her ordering tips for eating in restaurants. With 100 color photographs, Giada's Feel Good Food is a beautiful guide to staying on track while still eating everything and enjoying life to its fullest.

Book Information

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Customer Reviews

First of all, let me just say -- cooking healthy is challenging, especially if you are looking for food that is both flavorful, healthy, and light on the calories. I've seen too many "diet" cookbooks that use too many weird "diet" ingredients, calling for ingredients such as artificial sweeteners, fat free dairy, and so on (ie. Rocco Dispirito in his "Now Eat this!" series -- although his Now Eat This! Italian is pretty awesome). I've always thought that they were pretty redundant, because I could have just

substituted fat free/sugar free ingredients with normal recipes and get similar results. Then there are these other cookbooks that emphasize on "a healthy twist on COMFORT foods". Seriously --I understand the whole need for comfort food recipes and all (because they are awesome of course), but I really don't need 10 "healthy" cookbooks that basically have different versions of the same old Mac & Cheese, Chilli, Sloppy Joes. It's like they (the cookbook writers) have to have a check list to check off when they are writing these cookbooks, instead of using a bit of creativity to maybe give their own twist onto them. Giada's Feel Good Food is great because she is very creative in coming up flavor combinations for her recipes, often giving her own twist on the classics. So, instead of the oh-so-boring "miso/ ginger-soy salmon" that a lot of the diet cookbooks tend to include, she comes up with a "Grilled salmon and pineapple with avocado dressing" that has the crunchiness from the seared salmon, the sweet and tangy-ness from the pineapple, and the creaminess from the avocado dressing.

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