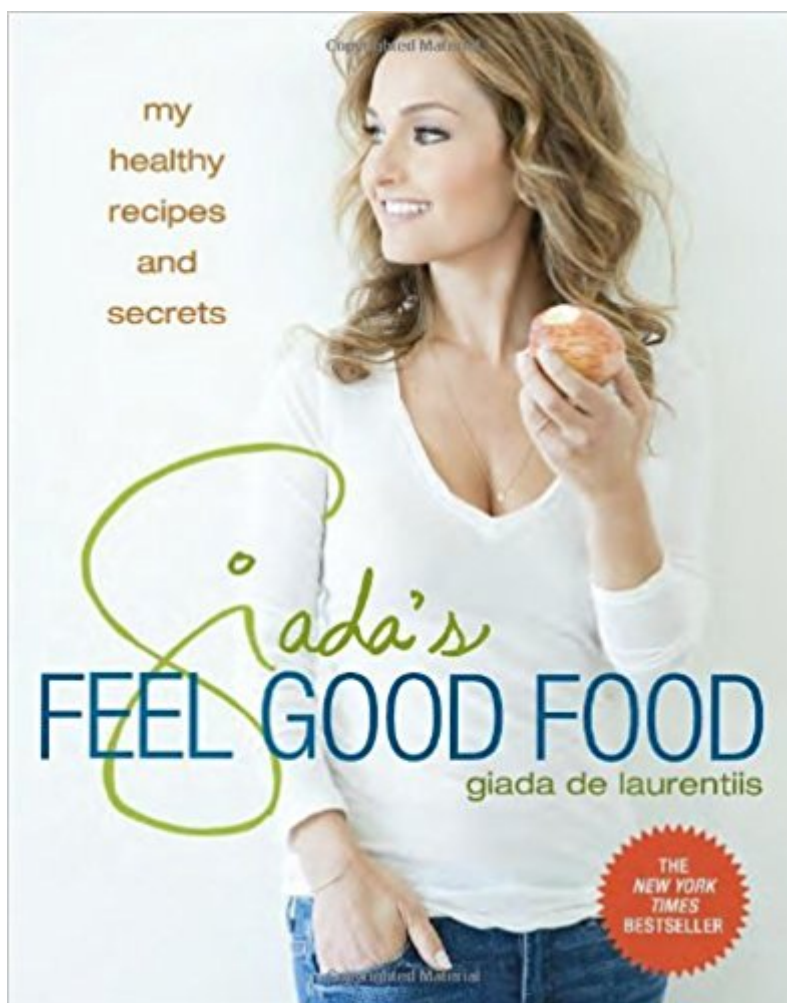


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Giada's Feel Good Food: My Healthy Recipes And Secrets



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

GIADA DE LAURENTIIS is the Emmy award-winning star of Food Network's Everyday Italian, Giada at Home, and Giada in Paradise; a judge on Food Network Star; a contributing correspondent for NBC's Today show; and the author of six New York Times bestselling books. She attended the Cordon Bleu cooking school in Paris and worked at Wolfgang Puck's Spago restaurant before starting her own catering company, GDL Foods. Born in Rome, she grew up in Los Angeles, where

she now lives with her daughter, Jade.

I am not a fan of "reviewers" who judge a book, either good or bad, without even trying the recipes! And I love reviews that get very specific! So here it goes! I have to admit, I am not quick to adopt food "trends" - quinoa and kale in specific! Some critics say this book is too "weird" and they may be in part referring to these ingredients. Even though I stick to recipes with more familiar ingredients, I **ABSOLUTELY LOVE THIS COOKBOOK**. I have tons of cookbooks, and some sit on the shelf with only a few tried and loved recipes. This is not one of them! Most but not all are quick and easy to put together with fresh ingredients. I love all these recipes! Giada has found ways to deliver tons of flavor and high nutrition. If you are hesitating due to unusual ingredients, don't! I am in love with this book! And have many more recipes which I will be trying. Dinner: Vegetable Meatloaf- awesome! So filling and flavorful! Southern Italian Style Chicken- tons of flavor! California Turkey Chili- I added crushed tomatoes, but awesome. Freezes well, too. Salmon with Lemon, Capers, and Rosemary- very good! Sole with Lemon Basil Pesto- amazing!!!! Pork Tenderloin with Honey Mustard Sauce- easy enough for everyday, awesome for company! A must try! Mahimahi with Mango Vanilla Sauce- made with halibut- delicious! (Push sauce through a strainer to eliminate pulp) Broiled Sole with Mustard and Chive Sauce- dinner on the table in 20 minutes! Yummy! Lunch: Butter Lettuce with Pear Dressing- omitted the tuna, but just delicious! Farfalle with Chicken and Mushrooms - good! Turkey, Kale, Brown Rice Soup- yummy! Used escarole (like often used in Italian Wedding Soup) instead of kale! Green Pea, lettuce, and Fennel Soup - surprisingly delicious!!!! Misc: Orange Scented Almond and Olive Oil Muffins- nice! Banana Walnut Smoothie Yummy

Giada's recipes are surprisingly simple yet sophisticated and tasty. Best of all they are healthy! The instructions are always easy to follow. There is also lots of personal information in this book which makes reading it a very personal experience. As a bonus, she includes lots of life tips and suggestions. I will definitely be buying extra copies to give as gifts!

Over the years, I have purchased nearly the entire collection of Giada books (for myself, as well as gifts for friends). But this book is one of my favorites because it features very excellent (and easy to prepare) "healthy" recipes. One of my favorite recipes here was the "grilled salmon and pineapple with avocado dressing." It was easy to prepare and the unique combination of flavors made this one of my all-time favorites. The pineapple flavor blends in wonderfully with the grilled salmon. I also enjoyed the "salmon with lemons, capers, and rosemary." This book demonstrates that "cooking

healthy" can be fun and creative as it allows you to explore the many different possibilities of new ways to prepare healthy and very satisfying meals.

Great book if you're aiming for a whole-foods/plant-based diet. I wish Giada would stop with the low-cut shirts though. I'm trying to teach my girls modesty and didn't expect a cookbook to show so much cleavage.

I love Giada and this book is ok, but not as detailed as what I expected. The recipes were not that impressive to me. If you are looking for insight into her diet and fitness routine, this book does not provide many details. If you are looking for recipes, then I would choose one of her other books instead.

This is one book I will be opening a lot ,Giada stresses in her introduction that this is not a diet book but rather a balanced way of cooking and eating for a healthy lifestyle .She has a lot of great recipes in this book along with icons for each recipe such as V for vegetarian ,VG for vegan etc. Her recipes are very easy to follow they are very detailed from breakfast, lunch,and dinner and even healthy snacks. she also puts the special equipment you will need for example a smoothie you my need an vegetable juicer or a high powered blender etc .Also she tells some of her beauty secrets hair,nails and face .This book is very easy to follow and the recipes are very healthy.

I've always loved Giada's food and TV presence.This book is full of recipes that are healthy, unique, and tasty. She includes vegan and gluten free recipes too, so everyone can tryout new diets, or someone will have access to these types of meals if they are ever needed.

Recipes are great and the photography ... which is throughout the book ... is outstanding. I especially liked Giada's comments about her life and family. My wife enjoy's the beauty tips as well.Her recipes are easily adapted to what we have on hand; and, I've become a smoothy lover thanks to her suggestions.Here's what I didn't expect that's wonderful: every recipe has an indicator to show if it's gluten free or vegetarian or dairy free and more. What at wonderful help.Why didn't I buy it on Kindle? I usually do but wanted a book to share with the family. Well worth the money.

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