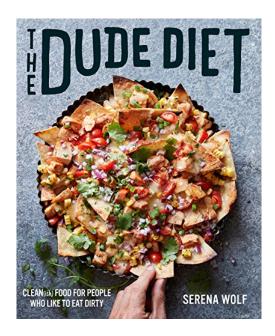
[Free PDF File] The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty





From chef and creator of the popular food blog Domesticate-Me.com, 125 outrageously delicious yet deceptively healthy recipes for dudes (and the people who love them), accompanied by beautiful full-color photography. Dudes. So well intentioned when it comes to healthy eating, even as they fail epically in executioninhaling a "salad" topped with fried chicken fingers or ordering their Italian hero on a whole wheat wrap (that makes it healthy, right?). There are several issues with men going on diets. First, they seem tobe misinformed about basic nutrition. They are also, generally, not excited about eating "health food." You can lead a dude to the salad bar, but you cant make him choose lettuce. Enter Serena Wolfchef, food blogger, and caretaker of a dude with some less than ideal eating habits. As a labor of love, Serena began creating healthier versions of her boyfriends favorite foods and posting them on her blog, where she received an overwhelming response from men and women alike. Now, in The Dude Diet, Serena shares more than 125 droolworthy recipes that prove that meals made with nutrient-dense whole foods can elicit the same excitement and satisfaction associated with pizza or Chinese take-out. The Dude Diet also demystifies the basics of nutrition, empowering men to make better decisions whether theyre eating out or cooking at home. Better still, each recipe is 100% idiot-proof and requires only easily accessible ingredients and tools. With categories like Game Day Eats, On the Grill, Serious Salads, and Take Out Favorites, The Dude Diet will arm dudes and those who love them with the knowledge they need to lead healthier, happier liveswith flattened beer bellies and fewer meat sweats. The Dude Diet includes 102 full-color photographs.

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