



The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty

Serena Wolf

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From chef and creator of the popular food blog Domesticated-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 execution—inhaling 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 to be 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 can't make him choose lettuce.

Enter Serena Wolf—chef, 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 boyfriend's 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 they're 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 lives—with flattened beer bellies and fewer meat sweats.

The Dude Diet includes 102 full-color photographs.

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Frank Johnson:

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Michelle Han:

The actual book The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty has a lot of information on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. This articles author makes some research ahead of write this book. That book very easy to read you can obtain the point easily after looking over this book.

Jackie Armstrong:

In this particular era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become among it? It is just simple approach to have that. What you need to do is just spending your time not much but quite enough to possess a look at some books. Among the books in the top listing in your reading list is definitely The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty. This book which is qualified as The Hungry Hills can get you closer in getting precious person. By looking way up and review this e-book you can get many advantages.

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