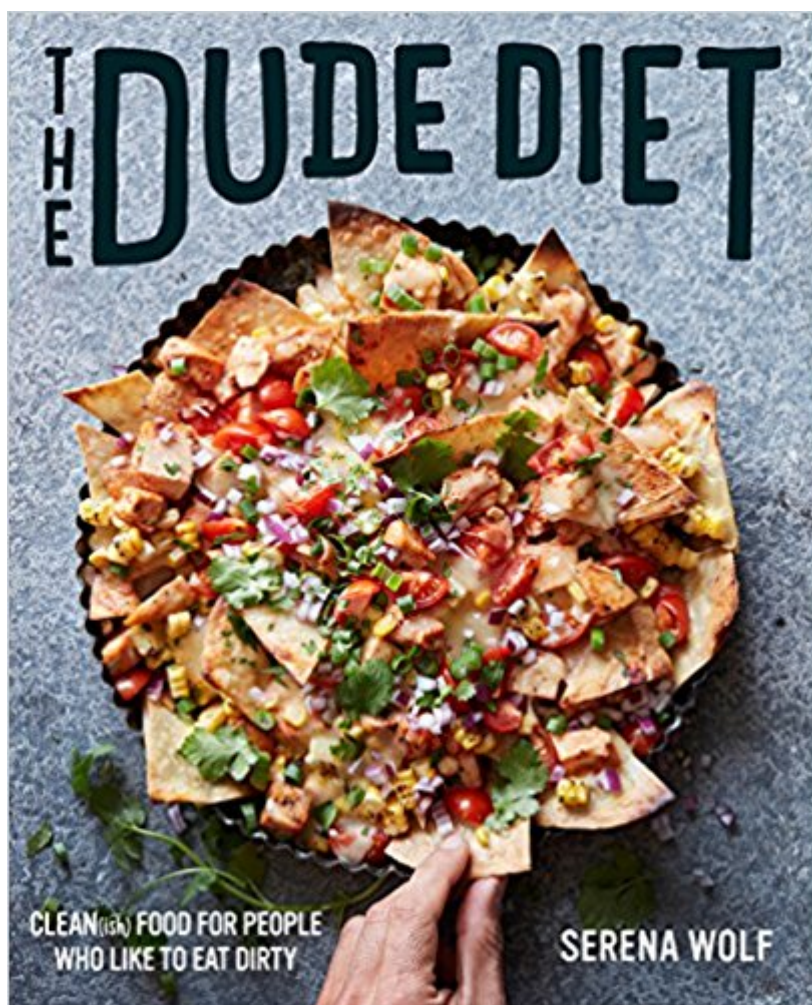


The book was found

The Dude Diet: Clean(ish) Food For People Who Like To Eat Dirty



Synopsis

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.

Book Information

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Customer Reviews

• "Whether you're looking to drop serious weight or you simply want to eat awesome food without feeling like crap, *The Dude Diet* has your back." • (Rocco DiSpirito, bestselling author of *The Negative Calorie Diet*)

• "Serena gets it. We all want to look good and feel good, but we want to be bad. Indulgent, drool-worthy, #foodporn feasts call our name. Luckily, her dude food for manly men (and badass ladies) is just what we ordered: double flavor, extra nutrition, hold the beer belly." • (Daphne Oz, cohost of *The Chew*, bestselling author of *Relish*)

• "If you want to feast like a rock star without getting man boobs, Serena's Philly cheesesteaks, nachos, and Buffalo chicken tenders might just save your life." • (Abel James, bestselling author of *The Wild Diet*)

• "With *The Dude Diet*, Serena Wolf proves that being nutritionally conscious doesn't mean giving up delicious, crave-worthy comfort food. This funny, approachable cookbook is for anyone who cares about health but wants to keep eating like a dude." • (Andie Mitchell, bestselling author of *It Was Me All Along* and healthy lifestyle blogger)

• "I think a book of guy-approved recipes is genius. Have your man whip something up on your next date night." • (Khloe Kardashian, television personality, socialite and entrepreneur)

After graduating from Harvard in 2009, Serena followed her passion for food to Le Cordon Bleu Paris, receiving her cuisine diploma in 2011. Since then, she has put her culinary skills to work as a private chef, food writer, recipe developer, and blogger at Domesticate-Me.com. She is currently a food contributor for ELLE.com and a member of SELF Magazine's SelfMade Collective (an elite group of 25 influencers in the lifestyle space), as well as the former private chef for two players on the New York Giants. She also creates regular video content for her growing YouTube channel. Serena's writing, recipes and photography have been featured on The Huffington Post, SHAPE.com, SELF.Com, BetterHomesandGardens.com, WomensHealth.com, BuzzFeed and POPSUGAR among others. She has also appeared as a guest on The Dr. Oz Show and [Martha Stewart's Radio Show "Mostly Martha."](http://Martha Stewart's Radio Show 'Mostly Martha.')

If you're on a "dude-diet" (aka meat and cheese and starch diets) then this book will be a blessing; it includes hearty, "man food" but lightened up so you'll have less of a chance of a heart attack. This book is friendly for those who don't have much experience cooking too because there is a section that lays out pantry/kitchen essentials, and all the meals are do-able. Chapter 1 is "Dude Diet 101: The Keys to Success" which is an informative nutritional section which talks about the negative long term effects of eating fatty, sugary, meaty, cheesy foods. The section includes "cravings decoded"

and "portion size guidelines" among other useful information. Chapter 2 contains all the kitchen essentials to make cooking easier. After that, the meals are broken down as follows (and I'll include a few recipes from each section):

3. Badass Breakfasts
Bacon and Egg Quinoa Bowl; Chocolate Chip Banana Pancakes
4. The Classics
Cauliflower Mac and Cheese With Chicken Sausage, Cheeseburger Quinoa Bake, Summer Spaghetti
5. Game Day Eats
Buffalo Chicken Tenders With Yogurt Ranch; Bison And Sweet Potato Waffle Fry Sliders with Special Sauce
6. On The Grill
Fiery Pork and Pineapple Skewers; Grilled Vegetables with Goat Cheese and Balsamic
7. Serious Salads
Buffalo Chicken Salads; Arugula Salad with Crispy Prosciutto, Parmesan, and Fried Eggs; Chopped Chicken Club Salad with Honey Mustard Dressing
8. Take-out Favorites
Dude Diet Sushi Bowls; Sesame Orange Chicken; "Taco Bell" Beef Tacos
9. Sexy Sides
Roasted Cauliflower with Chimichurri; Vegetable Soba Noodles with Peanut Sauce; Caprese Quinoa Cake
10. Back-Pocket Recipes
Idiot Proof Chicken Breasts; Smoky Black Bean Chicken Stew; Grown-Up Beans on Toast
11. Chronic Cocktails
Manhattan Smash; Watermelon Mojito
12. Sweetness
Pumpkin-Banana Bread; Coconut-Lime Chia Pudding; Apple-Blueberry Skillet Crumble; Cherry Garcia "Milkshake"

This whole book is laced with humor, making it fun to read and easy to follow! I will update as I make the recipes.

I love rich indulgent gourmet meals, but I'm a busy mom on a budget. I don't have time to go looking for specialty ingredients. I also need foods that are simple, flavorful, and healthy that the whole family can relate to. This book delivers just that. I have made 4 meals from this book and each one has been better than the last. My 12 year old didn't even realize she was eating quinoa.

I have never seen my dude excited by a cookbook before but when I presented him with The Dude Diet, he read it cover to cover and was completely energized and inspired by Serena's delicious, fun, easy to follow recipes and her witty and relatable stories! The recipes we have followed so far have been home runs.

I recently bought this book to help my family eat healthier. We had the steak salad for dinner tonight and oh my goodness it was amazing. My husband loved the salad dressing and sweet potatoes. It was so easy and delicious. I cannot wait to make more recipes. Highly recommended.

For a guy who struggles with denying any sort of game day snack, this book is a blessing

Good so far...I have tried the Magic Faux-tisserie Chicken, the Chocolate Chip Banana Pancakes, the Chicken Shawarma with Garlicky Yogurt Sauce, Taco Bell Beef Tacos, & the Cherry Garcia Milkshake. All turned out good. I wouldn't say it excellent, because to me- anything excellent would be very unhealthy. This book incorporates more healthier variations, which to me- good is superb! Because common- healthy being tasty?? Rare. When I buy a cookbook- it is important to me that the amount of ingredients & the directions are clear, meaning they have all been tested before making it into this book. So far, so good- every recipe that I have tried so far has been accurate. Now I guess the amount of stars can go down as I try more recipes, but so far so good.

A delicious array of health-ified recipes that pleases the whole family while keeping an eye out for your waistline!

Super excellent book and fun to read! I stumbled across this by accident and upon glancing at the author's blog, I knew I had to order it! And...I am happy I did! The recipes are easy to prepare, with accessible ingredients and very 'Dude-friendly.' I have so far made the turkey melt sandwiches, the Thai chicken meatballs (sooo good) and peanut sauce vegetables (The sauce is bomb!) which I substituted zoodles for pasta and topped with the said meatballs. Funny, I have not prepared any of the recipes for my 'Dude' (he's out of town this week), but I have already bookmarked several to try out.

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