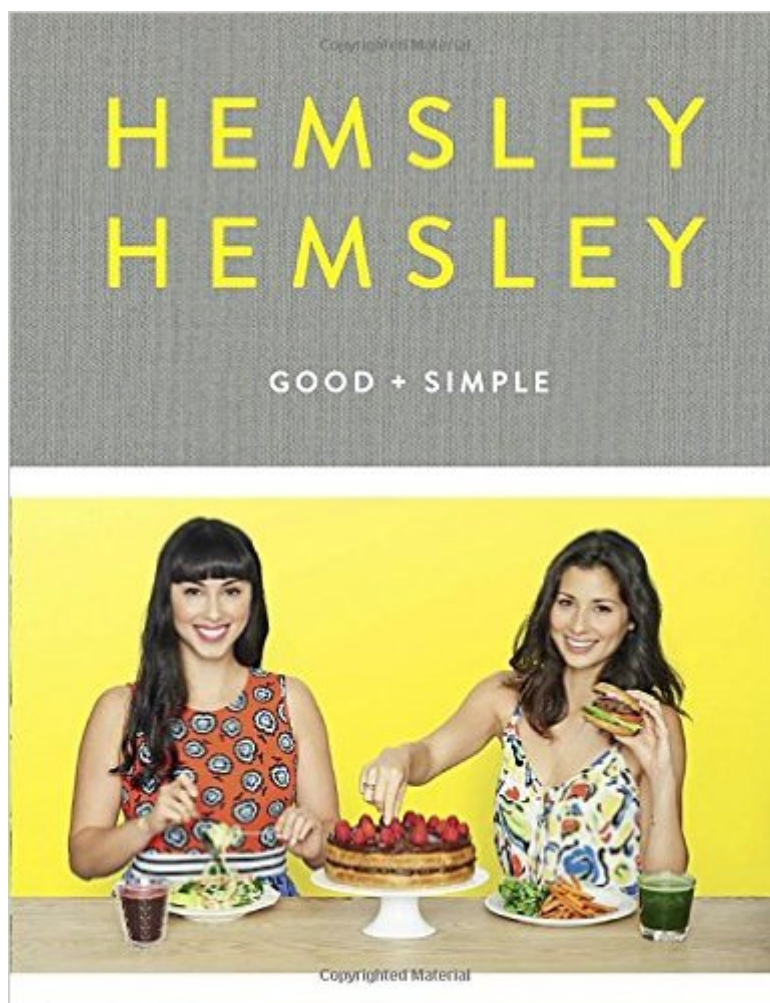


The book was found

# Good And Simple: Recipes To Eat Well And Thrive



## Synopsis

Discover how simple and delicious eating well can be.Â Jasmine and Melissa Hemsley are revolutionizing how we eat. Experts on wholesome, nutritious cooking and living a healthy, fashionable lifestyle, the sisters teach people how to enjoy real food to feel happier and more energized. Their simple philosophy of eliminating gluten, grains, and refined sugars, while focusing on maximizing nutrition has revolutionized the way people think of a diet. And, the best part is, preparing such meals is easy and fun. Good + Simple has 140 beautiful recipes that are so tasty you'll forget that they're designed with nourishment in mind. Dishes such as Roasted Squash Soup with Coriander Pesto, Green Goddess Noodle Salad, Cauliflower Rice 3 Ways, Roasted Chicken Thighs with Watercress Salsa Verde, Shrimp and Arugula with Zucchini Noodles, and Cannellini Vanilla Sponge Cake with Chocolate Avocado Frosting are packed with healthful, whole ingredients and taste wonderful. Also included is lots of helpful information from the sisters on making first steps and maintaining a healthy lifestyle; you'll find an at-a-glance guide to their principles of eating well, ten recipes to get you started, basic pantry ingredients to have on-hand, their signature bone broth recipe, and much more. With 140 vibrant photographs, tips on transforming leftovers, stocking your fridge and freezer, meals on the run, advice on mindful eating, and a one-week body reset plan, as well as two weekly meal plans, Good + Simple is the perfect book for any home cook who loves food and wants to eat well every day.

## Book Information

Hardcover: 352 pages

Publisher: Clarkson Potter; unabridged edition (April 12, 2016)

Language: English

ISBN-10: 1101905506

ISBN-13: 978-1101905500

Product Dimensions: 7.8 x 1.1 x 10 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â  See all reviewsÂ  (21 customer reviews)

Best Sellers Rank: #33,131 in Books (See Top 100 in Books)  #44 inÂ  Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal  #116 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Gluten Free  #173 inÂ  Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

Are you ready for some back-to-basics cooking with a lot of nutrient dense recipes? I know I am! I was super excited to receive Good + Simple by Jasmine and Melissa Hemsley. Once I got the book, I immediately choose some recipes to try out. I loved the Spicy Miso Salmon with Broccoli Rice. I left out the chili powder so it wasn't spicy for my family. The Avocado Boats 3 Ways was also a hit. I have one child who loves avocado and another who hates it. The child who usually hates avocado loved the variation with the drizzled honey on top of the avocado. I love how this cookbook has a number of recipes that shows you how to prepare it 2-3 ways. We also liked the Cucumber and Smoked Salmon Canapés. I love all the simple recipes that are quick to prepare but are also healthy for my children. It was such a nice surprise and a huge plus that the cookbook includes smoothies and healthy juice recipes. Truth be told, I was looking for a juice recipe book because I bought a juicer recently and really wanted to get in the habit of juicing to help get the nutrients in my family's bodies. I loved reading about the Hemsley sisters' philosophy on food and all the little tidbits included in the cookbook. Most of what they mentioned, I already knew and follow, but it's nice to be reminded why I had originally followed certain routines (soaking nuts, make bone broth, cook with leaf lard). I loved how they mention that "fat is your friend". I've always felt that there is nothing wrong with eating lots of healthy whole fat (we cook with leaf lard, use a lot of pastured and cultured butter, drink whole raw milk); it's all the other processed junk food that is bad for us. But companies blame fat and have convinced so many of us to consume a low-fat diet.

[Download to continue reading...](#)

Good and Simple: Recipes to Eat Well and Thrive Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great Eat & Explore Washington Favorite Recipes, Celebrations and Travel Destinations (Eat & Explore State Cookbooks) Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Money for Life! How to thrive in good times and bad... (The Money for Life Books Book 1) Cook like a Caterer: Party Sized Recipes for Entertaining and Catering. Over 240 party sized recipes suited for a variety of themes.

Included is an ... for recipes that work well as a station. What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series) The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Endometriosis: What Your Doctor Doesn't Tell That You Need to Know (Living Well (Collins)) by Morris. Kerry-Ann ( 2006 ) Paperback Well Said (Well Said, New Edition) Hot Times : How to Eat Well, Live Healthy, and Feel Sexy During the Change The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight.

[Dmca](#)