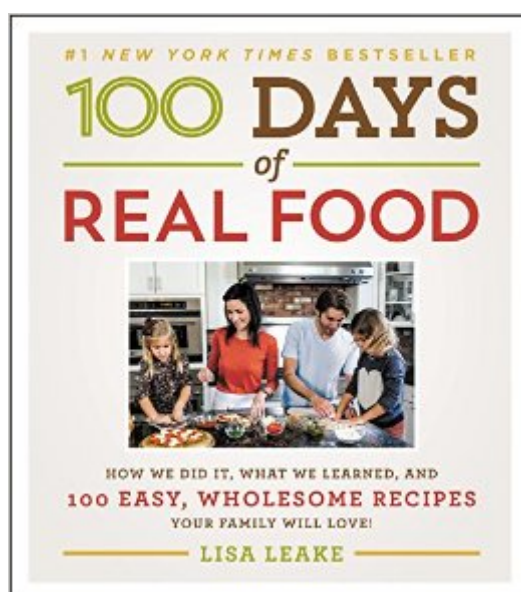


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# 100 Days Of Real Food: How We Did It, What We Learned, And 100 Easy, Wholesome Recipes Your Family Will Love



## Synopsis

#1 New York Times Best Seller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's In Defense of Food, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks "Real Food" anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

## Book Information

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## Customer Reviews

I was excited to get my copy of this cookbook. I'm one of those people who knows all about real food and what I should be eating but don't actually follow most of the advice out there. With three young kids I'm trying to do better, which is why I bought this cookbook. I feared I would crack it

open, get overwhelmed, shelve it and never look at it again. Or that all the recipes would use items I couldn't find in Canadian stores or if I did would cost a fortune. When I opened it up I felt like I was greeted by a friend. Someone who had walked the same road as me and was there to help make it easier for me. She wasn't making me change all my ways overnight, just giving me easy changes I could make to improve my diet. I went grocery shopping the next day. I didn't make over my entire grocery cart but I had meal planned based on this cookbook (something I don't typically do with a new cookbook but I actually wanted to make everything!). In doing so I ended up filling my cart with real food and it didn't feel like a huge life change. All the recipes use normal foods found in normal grocery stores. They're easy to follow with step by step instructions, great tips, family friendly recipes with pictures of every meal. The first section is informative and not condescending in tone (great for a new cook or someone like me who is new to a real food journey). I love this cookbook! I feel like it will be living on my counter for many years!

The book is beautiful, and there is a lot of helpful information about eating real food, but some of the 100+ recipes I would not consider worth having in there (flavored yogurt, popcorn, etc). While not everyone may know how to flavor their yogurt or make popcorn without additives, those could have been provided as tips, rather than "recipes." Also included as a recipe is honey mustard (which is really just mixing two ingredients), a corn tortilla recipe straight off the side of the bag, and a perfect omelet recipe, which is so super simple I don't think it should have been included as a "recipe." As I mentioned, some of these simple things could have been given as tips (e.g., I use the corn tortilla recipe on the Brand X bag...you should check it out; or in the school lunch section to say, "My daughter loves mixing 1/2 tsp of Honey and X amount of mustard to make her own honey mustard for lunch."). I was looking for more real recipes and less information about how to get started with eating real food. I understand there are a lot of people out there that don't know these things, but they could have been communicated in a different way, other than a "recipe." I felt like it was done to inflate the number of recipes in the book. If you are a newbie and have never read the info she has on her site about getting started with real food, there is good information here though!

I don't get the hype over this book. I wanted to like it because I've liked going to her website for recipes. My gripe is that most of the recipes in the book are on the website, so I felt like I just wasted money. There was way too much overlap so I felt like I didn't get anything new or special recipe wise. Also, if you're even a marginally competent cook you'll find a lot of these "recipes" silly. Did I really just spend money on a book that has a recipe for an egg fried in a piece of bread with the

middle cut out. Really?!?!Bottom line: save your \$ and just get her recipes on her website.

I'm a fan of Lisa Leake's blog and have cooked many recipes from it over the past year. It's my go to source for basic, healthy, simple recipes so I was very excited about this book. This review is primarily for the recipes. So far I've cooked: Baked mac and cheese -- Very good and toddler approved Slow cooker beef fajitas -- Easy prep but not much flavor, mushy vegetables, not as good as other fajitas I've made at home Whole wheat flour tortillas -- Using the coconut oil gave them a funny flavor, to my taste, so I think I'd use a different cooking fat if I tried this again Cinnamon raisin quick bread -- Easy and yummy, a definite winner Grass-fed burgers -- Very tasty, I'd make these again I'm giving the book 3 stars because there were fewer recipes I was interested in trying than I expected and two of the 5 recipes I've made so far were sort of meh. I'll update as I cook more from the book. All in all, I guess I'm not fully convinced that it's necessary to buy this book if you're already enjoying the blog.

I have been following Lisa's blog for a few years and I have an extensive nutrition background. I just read this on my Kindle from cover to cover on a flight from Vegas. This is much more than a cookbook; it is basically a Real Food Bible. Lisa explains from start to finish why each Real Food Rule exists. You may think that by hopping around on the website or following her on Facebook, you are getting tons of free information, and you are right. But reading it in this fashion helps one to understand the concepts on a deeper level. It covers recipes, yes, but the scenarios and explanations solidifies why we need to eat this way. This is exactly what I needed to make the final changes towards a real food diet. Before, I was applying most rules, but not with conviction or purpose, as in organic or local meats. As a dietitian, I recommend this book to everyone!

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