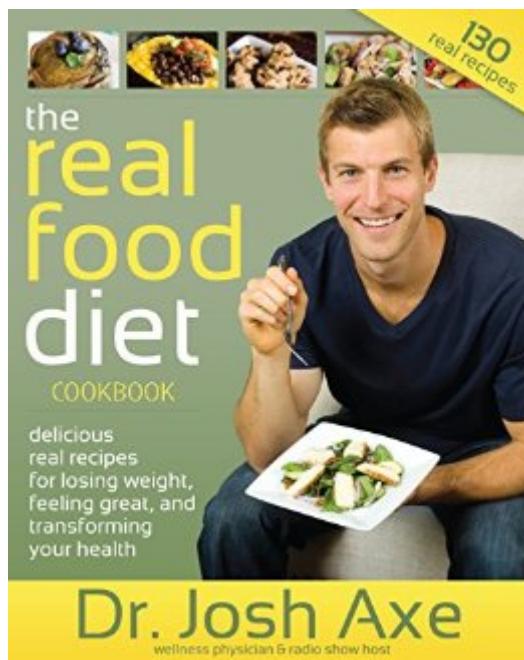


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# The Real Food Diet Cookbook: Gluten-Free, Grain-free And Real Food Recipes For Losing Weight, Feeling Great, And Transforming Your Health



## **Synopsis**

The Real Food Diet Cookbook contains delicious gluten-free, grain-free recipes that are simple to prepare. It combines the power of advanced nutrition with delicious and real-food recipes for losing weight, feeling great, and transforming your health! This cookbook contains recipes with three things in mind: you love food, you're busy, and you want to look and feel better! Eating real, natural foods and using proper preparation can actually make food taste amazing. This book is filled with short, easy gluten-free and grain-free recipes that taste incredible and make you feel better. You're going to lose weight and feel great following these simple recipes.

## **Book Information**

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## **Customer Reviews**

I have been following Dr. Axe's website for some time now, and just love his recipes and how he lives his life. I decided to order this cookbook. I knew I would love it, which I DO!!!! I have already made the chocolate mousse made out of avacados. I've made the homemade hummus. I've made Lori's banana coconut and chocolate-chip cookies. They are just unbelievable. I will be trying the chicken bryan this weekend. For anyone that wants to change the way they are eating and wants to start to feel better - This is the cookbook for you!!!! There are some ingredients that I had to go and

purchase at the health food store. but I know I'll have that item for a long time. I know I'll have it in my cupboard the next time I'm ready to make that recipe again. Very good recipes!!!!

This book contains some great recipes, such as "Breakfast Quesadilla", but not having an index or table of contents is very irritating! You have to leaf through the whole book to find what you are looking for!

I love this book. My husband and I have two little boys and are committed to eating well and feeding our little ones the best food we can. We have made almost every single recipe in this book multiple times. We love the blueberry pumpkin pancakes and the ketchup recipe. My other favorite thing about the book is that the first 30 or so pages do a great job of explaining the why and how of truly eating well. The information is clear and easy to follow. We bought this book for all of our friends and family for Christmas and I gave away a free copy on my blog.

This cookbook is a wealth of information...in the front of the book are some concise and informative tidbits of information about nutrients vs calories, including a list of the top 30 nutrient-dense foods; the "real food" pyramid; the real lowdown on healthy foods (including easy-to follow, colorful food lists and WHY they're so good for you). The recipes are easy, simple and delicious, and they use only good, healthy, REAL foods. Just what I've been looking for. I have four teenagers, and they've all started telling me that NOW (since I began using The Real Food Diet Cookbook) I'm a good cook. :) In other words, this cookbook obliterates the old notion that eating healthy means eating boring and tasteless foods. My favorites are Teriaki Salmon, Buffalo Pizza , Spiced Nuts (Heaven!), Super Antioxidant Trail Mix (love Dr Axe's little addition of dark chocolate bits), Raw Apple Crisp, and (OMG, you won't believe how decadent this one is...) Raw Chocolate Mousse. Oh YUM...Great job, Dr. Axe!

This book is simply amazing. I love the pictures, easy to follow instructions, and unique ideas. I always thought that eating well meant that the food has to taste bad. This book proves that you can have it both ways.

The recipes in this book are easy to prepare and delicious. The majority of ingredients will already be in the cabinet. The biggest investment an individual should make is in his own health. These recipes allow you to feel better and eat healthier. There are easy recipes for snacks, smoothies,

breakfast, lunch and dinner. This book also challenges you to examine your thoughts about food, specifically processed foods versus real foods. This includes additives and preservatives, such as sugars. The amount of processed food we ingest is excessive, this book, however, allows you to create meals with real ingredients and real foods. It also teaches you the ingredients to look for when eating out, such as more nutrient rich foods like spinach and kale. An emphasis in this book is placed on the importance of eating organic and locally grown foods. This not only supports local farmers, which you will likely meet at the farmer's market where you may purchase your food, but it also allows you to see where your food comes from. The organic part was initially a different switch, but once you read and understand the damage of the pesticides, etc used in growing food, it is easy to make the transition to healthier food choices.

I love these recipes, easy to prepare, delicious and obviously with many health benefits. I was, however, disappointed when I received my copy and the pages were stuck together at the metal ring binder. Upon careful attempts to separate these pages, some were damaged and even came out of the book. I requested instructions for returning for a replacement but was ignored. An important part of a good cook book is its attractiveness.

Some of what he says about real food is really good, but then he ruins it by promoting the use of protein powder, gluten-free pancake mix and almond milk in some of the recipes without any clarification about checking the ingredients on those items to make sure they are indeed "real food". Most of the protein powders, almond milk, and pancake mixes (gluten-free or not) contain additives that you will probably want to think twice about consuming. Where does the protein in the protein powder come from? Is it from an organic source? Are there any flavors added to it? Are the ingredients in the flavorings fully disclosed (i.e. not listed as the generic "natural flavors")? Does it contain some form of sweetener? Does the almond milk contain carrageenan and/or other additives (most do)? Are there dough conditioners in that pancake mix? I will use the recipes that do not call for those ingredients (fortunately there are some) but seeing that he recommended using those ingredients, it leaves me with some questions concerning his credibility as a real food advocate.

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