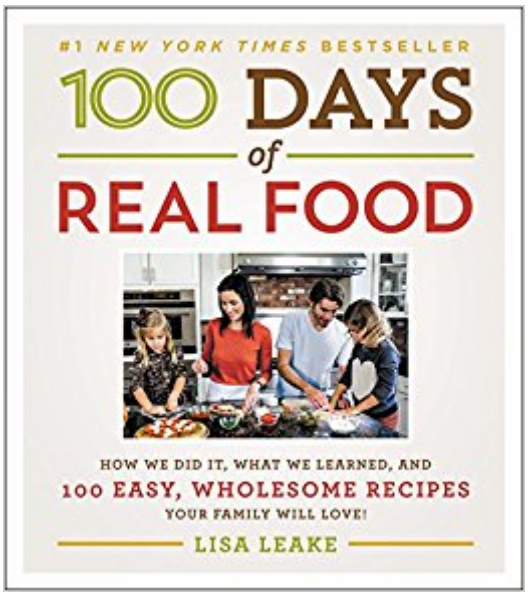
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100 Days Of Real Food: How We Did It, What We Learned, And 100 Easy, Wholesome Recipes Your Family Will Love



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Synopsis

#1 New York TimesÃ Â BestsellerThe 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'sÃ Â 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 foodsÃ¢â ¬â •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 foodÃ¢â ¬â •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 purchasesTips for reading ingredient labels100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed PopcornMeal plans and suggestions for kid-pleasing school lunches, parties, and snacks"Real Food" anecdotes from the Leakes' own experiencesA 10-day mini starter-program, and much more.Ã Â

Book Information

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Customer Reviews

#1 New York Times Bestseller (New York Times)Ã¢â ¬Å“Very detailed and comprehensive.Ã¢â ¬Â|If youÃ¢â ¬â„¢re ready to take the challenge, this is an excellent

handbook.Ã¢â ¬Â• (Charleston Post & Courier)Ã¢â ¬Å“Perfect for those who are trying to ditch processed foods.Ã¢â ¬Â• (wellandgood.com)Ã¢â ¬Å“For practical pointers on making real food a family affair, thereÃ¢â ¬â„¢s no better resource than Lisa LeakeÃ¢â ¬â„¢s 100 Days of Real Food. It offers both gradual and wholesale approaches to relinquishing synthetics.Ã¢â ¬Â• (Portland Press Herald)

Simple, family-friendly recipes and practical advice to help you ditch processed food and eat better every day!Thanks to Michael Pollan's In Defense of Food, Lisa Leake was given the wake-up call of her life when she realized that many of the foods she was feeding her family were actually "foodlike substances." So she, her husband, and their two young girls completely overhauled their diets by pledging to go 100 days without eating highly processed or refined foodsÃ¢â ¬â •a challenge she opened to readers on her blog. What she thought would be a short-term experiment turned out to have a huge impact on her personally. After wading through their fair share of challenges, experiencing unexpected improvements in health, and gaining a preference for fresh, wholesome meals, the Leakes happily adopted their commitment to real food as their "new normal."Now Lisa shares her family's story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food prepared with easily found ingredients such as whole grains, fruits and vegetables, seafood, locally raised meats, whole-milk dairy products, nuts, natural sweeteners, and more.Filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart real food 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, Cheesy Broccoli Casserole, The Best Pulled Pork in the Slow Cooker, and Cinnamon-Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks A 10-day mini-starter program, and much more.100 Days of Real Food offers all the support, encouragement, and guidance you'll need to make these incredibly important and timely life changes.

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!

Love. Love. Love this cookbook!!!I have been a blog and facebook follower of Lisa for a couple of years now and we have slowly incorporated the transition to real food in our lives. I am no saint, and definitely do not eat real food 100% of the time, but myself (and my family) have gotten pretty darn close, thanks to Lisa!She has REAL tips and REAL advice for everyday cooking and meal planning. She has educated me so much on real vs processed food over the years and has truly impacted and changed the way I approach meal planning and food.This book now puts all of her useful information (so much more than just recipes) at my fingertips. I will say that I love that there are photos for every single recipe in this book. I don’t know if you’re like me, but I tend to gravitate towards recipes in cookbooks with photos and nearly never make ones without them, so that is a huge plus for me!Also, I love the lunch section. I am a mom and struggle with lunches every single day and this booked has helped me tremendously.I love Lisa. I love this book. And I love the impact she has made on my life and my family’s life. Get this book- you won’t regret it!!

I’ve really enjoyed this book. I didn’t follow the plan exactly because my life schedule is just too crazy, but my family and I have really enjoyed making things clean and natural. I’m glad I purchased this book because I had no idea where to start. This has helped me build a strong foundation for eating REAL food.

So many people do not follow healthy eating habits because they "diet"! It isn’t about that, it’s about a lifestyle change and a commitment to our health and that of our families. There is no gimmick, no trick just simply results. If you eat as this book leads you to, you will be healthy. Period.

Great cookbook! She spends a fair of time educating the reader in the first half, much of what I’ve

learned already, but the large majority of people do not...very good information. I love the fact that each recipe contains a beautiful photo of the finished product...that's the only thing that draws me to try new things! I am using this cookbook on a weekly basis as I plan our meals and the recipes are great for the average family with kids. Really helps me get out of the meal ruts I can fall into. Would give this to all my friends & family if I could!

I have been clean eating for over two years now, and Lisa's blog is what got me started on it all! I happened to stumble onto her blog, and there was so much information about what's really in our food, tricks on packages, and much more. I couldn't stop reading. I have tried many of the recipes on her blog, and not one was disappointing. In fact, many of them are our family favorites. Her recipe book does not disappoint either! I have tried her veggie soup, veggie pancakes, granola, pumpkin muffins, southwestern chicken wraps, whole wheat pancakes/waffles, honey cinnamon popcorn, and a few more. All of them are marked as favorites, and we make them often. That veggie soup is to die for. However, I could say that for most of the recipes. The beginning of the book explains a lot about real food, and GMOs. What to avoid, and what to look for. Very informative, but not overwhelming. I like that she says that you don't have to jump in the whole 'clean eating' band wagon all at once. You can take small steps towards eating whole foods, even if it takes a while to get it all down. Love this book!

This is one of the best written books I have read! I was lucky enough to come across Lisa's blog, "100 Days of Real Food" a week before this book launched, so I anxiously waited for this book to become available! In addition to providing the history of how her and her family came to make these healthy changes for their family, Lisa provides incredibly useful resources that well help you overcome hurdles as you make these same changes for your family. As you read through her tips for navigating restaurants, attending friends and family parties, and making sure kids still get to be kids, it becomes apparent that not only has Lisa truly been in these situations, but she organizes this information within the book in a way that we can easily refer back to. Can't wait to start our 10 Day Challenge!!

I love her blog and and my family follows the real good concept. This cookbook as some good recipes but i find for our tastes that I have to add more spices to almost every recipe and or adjust the ingredient context to add more flavor. Whether it's breakfast, lunch or dinner. Still a good book though.

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