



The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty

Serena Wolf

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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.

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From reader reviews:

Kenny Grant:

Have you spare time for the day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the particular Mall. How about open or even read a book allowed The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty? Maybe it is to be best activity for you. You recognize beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with their opinion or you have additional opinion?

Edmond Pounds:

Nowadays reading books are more than want or need but also work as a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book which improve your knowledge and information. The knowledge you get based on what kind of guide you read, if you want get more knowledge just go with schooling books but if you want truly feel happy read one using theme for entertaining for example comic or novel. The particular The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty is kind of book which is giving the reader erratic experience.

Robert Cobb:

Playing with family in a very park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try matter that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty, you could enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't understand it, oh come on its identified as reading friends.

Dennis Bryant:

As we know that book is significant thing to add our understanding for everything. By a publication we can know everything we would like. A book is a set of written, printed, illustrated or even blank sheet. Every year was exactly added. This publication The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty was filled with regards to science. Spend your time to add your knowledge about your scientific research competence. Some people has distinct feel when they reading any book. If you know how big good thing about a book, you can sense enjoy to read a reserve. In the modern era like at this point, many ways to get book you wanted.

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