



Giada's Feel Good Food: My Healthy Recipes and Secrets

Giada De Laurentiis

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Food Network's most beautiful star shares her secrets for staying fit and feeling great in this gorgeous, practical book with healthy recipes including nutritional information, and personal lifestyle and beauty tips.

The number one question that Giada De Laurentiis is asked when on book tour is, "How do you stay so trim?" Admirers then ask about her favorite recipes, her nail polish color, her exercise routine. . . and much more. In *Giada's Feel Good Food*, she answers all of these questions in her most personal and also most hardworking book yet.

Here are 120 recipes for breakfasts, juices, lunches, snacks, dinners, and desserts--each with nutritional breakdowns--that can be combined into 30 days of delicious feel-good meals. Special sections delve into Giada's everyday life, including her beauty and exercise routines, how she satisfies sugar fixes, what's always in her bag, and her ordering tips for eating in restaurants. With 100 color photographs, *Giada's Feel Good Food* is a beautiful guide to leading a happy, healthy lifestyle.

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