

The 150

"There's a wise saying that more is better, medicine-wise. If you live to be 120 years old, but fail to eat out all of life's pleasures to do so, why bother? Dr. Bowden teaches you how pleasure and health can naturally go hand in hand - even with today's hectic pace of life. Fantastic!"

— **Joan Robertson, M.D.**, author of the bestselling *From Hospital to Hospital* and *How to Stay Healthy Now*, and author of the popular *Dr. Phyllis*® television "Talk It Out"

Healthiest

15-Minute Recipes

on Earth

The Surprising, Unbiased Truth about
How to Make the Most Deliciously
Nutritious Meals at Home in Just
Minutes a Day



Jonny Bowden, Ph.D., C.N.S., and Jeannette Bessinger, C.H.H.C.
Authors of The Healthiest Meals on Earth

Jonny Bowden

The 150 Healthiest 15-Minute Recipes on Earth: The Surprising, Unbiased Truth about How to Make the Most Deliciously Nutritious Meals at Home in Just Minutes a Day



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NormalOMicrosoftInternetExplorer4You can put a healthy dinner up for grabs in only 15 minutes because of acclaimed nutritionist Jonny Bowden, Ph. , C.N.S., and personal chef and diet educator Jeannette Bessinger, C. H. The healthiest meals are just minutes away! Chef Jeannette offers suggestions for fast, tasty, and healthy side dishes to complete your food, in addition to quick variations and substitutions that infuse these recipes with variety, while Dr. Jonny explains how they made these easy recipes healthy. D. The two have created a lot more than 150 nutritious recipes that can be manufactured in minutes, and come out therefore great tasting you'll never need to toil in the kitchen for hours once again. Savor the Grilled Cayenne Honey Drumsticks and Citrus Jicama Salad, Ten-Minute Flounder with Lemon-Basil Butter and Almonds, and Gorgonzola Beef with Spinach, Pears, and Walnuts. Benefit from the sublime Camembert Quesadilla with Melon Salsa or the Dark Chocolate Ricotta Dream with Strawberries. The quality recipes in this reserve will make sure you every palate, from meat lovers to vegans, and may be produced by both newbie and veteran house cooks. H. C.



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My favorite cookbook I admit I don't often write testimonials, but We felt that book deserved an excellent shout-out. It's my go-to cookbook. The introduction explains some helpful essentials of eating and purchasing "healthy". Many of the recipes have full-page color photos, although I love a lot of those without photos. Some dishes might take a squish more than quarter-hour, but it's hardly noticeable. Here's my bottom line: I needed an easy cookbook that suit the eating habits that proved helpful for me, and this one is the best! In need of more variety, but short on meal ideas, I was disappointed that Haylie Pomroy's cookbook for The Fast Metabolism Diet wouldn't turn out until past due December. Several have unusual ingredients, but I love trying new points. It's only a way to consume more nutrient-dense food. (And I'm right now maintaining an ideal fat with low cholesterol and no hunger. Easy, and the explanations as to the reasons they're the healthiest are really interesting! Great cookbook True some things may take much longer than stated but I have good knife abilities and would rather save the \$ as opposed to the time. I've used many of the low cal recipes for intermittent fasting for weight loss and health-- several of the quality recipes are under 270 cal. Just over 2 a few months later, we haven't had to make the same meal twice however, and 14 pounds lighter - I've never lost weight this easily and I am a 49 y/o feminine. After my results hubby got on Board too. Have a look at Michael Mosley and the 5:2 intermittent fasting regimen. This reserve has made the process a whole lot tastier on the fasting days and my kids (10, 13 and 19) have loved the meals too. They said most of them are restaurant quality. Great companion for The Fast Rate of metabolism Diet!. I especially such as this particular publication, because I am not really a skilled cook and do not like spending a lot of time preparing my meals. In my case, the easier the better. There are some great recipes in right here that have become section of my regular routine. I wouldn't say all of them are 15 mins (specifically with two toddlers in your kitchen) but they are reasonable and well worth the extra 10. So significantly I've made five and all of them have been great. That one does, which is why I use it daily. Still, this is a nice reserve that provides some excellent suggestions for how to consume fast and healthy.. I've looked through this and am excited to try a few of these dishes as they look extremely delicious. Ideal for busy families. This is the best cookbook - my go-to when things get boring - the book where I know my husband will absolutely love whatever it really is that I devote front of him. The protein salad is a great idea (I would've never thought of combining dijon mustard with yogurt). My 2 and 4 year olds' preferred may be the lemony tomato tilapia. Quick & soo easy and delicious. Not 15 minute recipes I like this publication, have made several recipes and they have almost all been enjoyable. Nevertheless, the reason behind my 3 stars is normally that I was under the impression from the name that I would have dinner up for grabs in 20 - 25 mins with these recipes. NOT THE case. I do however think that most dished take a lot more than 15 a few minutes to prepare, but the tastiness and healthfulness of the food a lot more than makes up for it. Three Stars This is an excellent book with plenty of info but didn't workout for me. We originally borrowed this reserve from the library, but knew nearly immediately that I needed to buy it. 5 hours in my opinion, not 15 min. Great addition to the library I've bought a lot of Bowden's books and like his simple writing style. This helps me avoid the sugar, flour, trans extra fat, etc. Soooo, I visited the library to find ideas for adding range to meals while following diet., but not that longer to bother me. Not only did a few of the recipes use the diet's three phases, but they also served as springboards for coming up with more, easy concepts of my own for each phase of the diet. Worked for me personally anyway!/? Awesome. This is dinner in 45 min to 1 1. Can't wait to try more! products that were my downfall before, and it's really not about dieting. We gave the publication to both my hubby and son and had them choose 10 dishes they would be willing to try. That they had no problem finding that many. But I'm removing a star, because a few of the ingredients were a bit hard to find. It is normally more like a quarter-hour of preparing, and there's cooking time. Delicious recipes I've tried 3 recipes up to now plus they were delicious. The recipes are very appealing & most seem easy. What kind of a specialist chef orders you to put a whole teaspoon of thyme (probably the most disgusting spice to ever end up being dried and utilized to spice meals) into pasta sauce? Fast and healthful - love it! There are many with this ingredient. The "Quick & Hearty Vegetable-Bean Quinoa" was the best. Just like most of the additional reviewers say, they perform take a lot more than 15 mins. I must say i don't love to spending some time in the kitchen, therefore the "150 Healthiest 15-minute Recipes on Earth" perfectly suited my requirements. It should actually be named the 150th Healthiest 30-minute Recipies on Earth. Fast and healthy - love it! Easy! I really like quinoa, for instance. Five Stars Appreciate the book and appreciate

Jonny! What kind of a specialist chef orders you to put a whole teaspoon of thyme (the most disgusting spice to ever be dried and utilized to spice . It's all just about just a picture alongside a conclusion of why the truth is healthy.. I'd give it zero superstars if I could. You have to already have the types of foods needed in the dishes, or at least like that sort of food, or you'll be adding to your purchasing lists. It tastes like utter crap. It really is WAAAAAY too much. As a person who doesn't know that much about cooking, I trust recipes that are written by supposedly professional chefs. When I totally WASTE my precious time AND expensive elements because the recipe offers idiotic ingredient amounts, then it is NOT a book I could trust to create other recipes from. I'm finished with this stupid reserve! Do NOT WASTE YOUR TIME WITH THIS! Will probably make like 3 dishes and never make it again Will probably make like 3 recipes and never make it again. It costs big money to buy ingredients Healthy explained! The food is delicious, basic, and easy. Great recipes!) Check it out! A LOT of the recipes need to cook for 30 - 60 minutes. fun, healthy dishes for anybody to use Well written and very practical, fun, healthy recipes for anyone to use, even for those who consider themselves non cooks. Yummy and Quick These recipes are delicious and an easy task to help to make! I'm a healthy-recipe "collector", but many books out there don't possess really tasty fare. Also, I would've liked to observe some of the dishes to be even simpler and easier to prepare.



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