



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

*Giada De Laurentiis*

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

**Food Network's most beautiful star reveals 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.**

Finally answering the question her fans ask most often, “How do you stay so trim?,” Giada De Laurentiis shares the delicious easy recipes and tips she uses to maximize energy and remain fit. Here are 120 recipes for breakfasts, juices, lunches, snacks, dinners, and desserts that can be combined into a month of delicious feel-good meals. So that everyone can enjoy these dishes, many are gluten-free, dairy-free, vegetarian, and/or vegan, with helpful icons to call them out—and, for the very first time, each recipe includes a calorie count and nutritional analysis. 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 staying on track while still eating everything and enjoying life to its fullest.

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