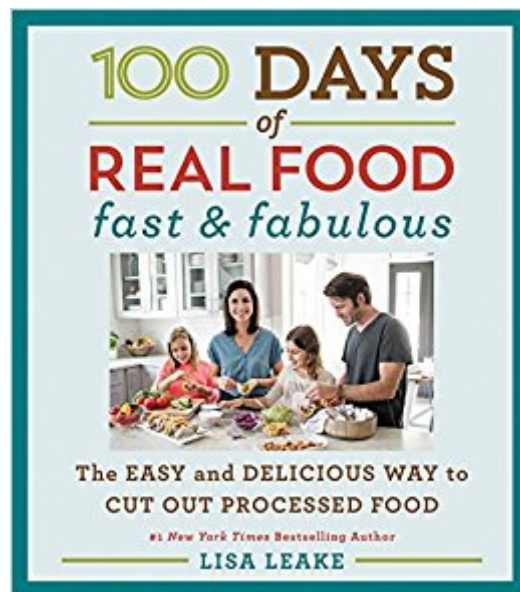




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# 100 Days Of Real Food: Fast & Fabulous: The Easy And Delicious Way To Cut Out Processed Food



## Synopsis

In her first cookbook, 100 Days of Real Food, Lisa Leake revealed how simple it is to think out of the box in the kitchen by replacing unhealthy prepackaged and processed foods with “real food” — mouthwatering meals made with wholesome and familiar ingredients. Now, Lisa is back with 100 quick-and-easy recipes and simple cheat sheets that will work with every family’s busy lifestyle. 100 Days of Real Food: Fast & Fabulous gives Lisa’s devoted fans and newcomers exactly what they want, quick and tasty favorites for breakfast, lunch, dinner, dessert, and even snacks that are a snap to make. Inside you’ll find recipes sure to please everyone, from Cinnamon Raisin Scones, Couscous and Tomato Salad, and Corn Muffins to Citrus Salad With Crispy Quinoa, Honeydew Green Smoothie, and Slow Cooker Black Bean Soup to Easy Fish Tacos, Parmesan Crusted Chicken, and Chocolate Banana Pops. While some dishes are blog favorites, seventy-five percent are brand new. Along with these family-friendly recipes, 100 Days of Real Food: Fast & Fabulous incorporates ideas for adult, big-kid, and little-kid packed lunches and new seasonal meal plans and shopping lists — everything you need for accessible, quick, and real home cooking. Lisa also includes a “CliffsNotes”-style resource section packed with easy guidelines on how to buy real food, supermarket staples (including her Top 10 Shopping Lists by Store), the truth behind more than a dozen grocery store myths, and other handy kitchen tips (such as food prep guides and storage cheat sheets). Making and enjoying healthy meals the whole family will love doesn’t have to be difficult, boring, or expensive. With this essential cookbook, illustrated with color photos for every single recipe, you’ll see just how fast and fabulous good home-cooked meals can be.

## Book Information

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## Customer Reviews

Lisa Leake is the creator of the wildly popular 100 Days of Real Food blog, which in just a few years garnered more than one million Facebook fans and approximately four million monthly page views. She lives with her husband and two daughters in Matthews, North Carolina.

I'm kind of a moderate real-foodie. I still eat some white sugar, and (more than) occasionally splurge on ice cream or a brownie. I do try to cut out trans-fats, processed carbs, and added sugar when eating at home. I really, really, really like these recipes and so do my kids! Our favorites are "Creamy mac and peas" and whole wheat biscuits. Seriously, the mac and cheese is so easy that it takes the same amount of the time as the Kraft boxed stuff, and tastes SO much better. My 8 and 6 year olds pored over this book helping me make menus, and the recipes are really quick and easy for me to make when I get home from teaching school and dragging my four (yes, four) kids to a gajillion after-school activities. This cookbook is a must-have for a busy mom who wants to cook less processed foods. If you are trying to decide between this and Lisa Leake's original book, I'd take this in a heartbeat. Most of the info in the original book is available on her blog, and this has more recipes, and they are quicker and easier.

I have purchased a lot of cookbooks. I have thrown out/donated a fair amount of those cookbooks after finding them less than useful. I have the first 100 days of real food cookbook and quite honestly only use one recipe out of there (homemade granola). I really should take another look at it and give it another try, but it seemed like the recipes weren't exactly kid-friendly and quick to make. Given my nearly non-existent usage of her first cookbook, I was on the fence about ordering this cookbook, but I am so glad I did. I pre-ordered this, so I've had it since it came out. I'm finally sitting down to write a review. I have made quite a few things from this cookbook, so my review is based on actually using it and trying it out. I find many cookbooks look good until you try actually making recipes. Just this week alone, I've made the sloppy joes, tangy pasta salad, parmesan crusted chicken, and brussel sprouts. Everything I've made has gotten good reviews from my husband who really could care less about real vs processed food. I have young kids, so I desperately need good, quick, healthy recipes that they will at least try. This cookbook fits the bill. It's fast, it's real food, no crazy ingredients. I absolutely love that there's a section dedicated to

recipes that will work for school lunch. My twins start kindergarten next year, so I plan to make full use of this section. It's also nice for make ahead lunches when I have activities planned up until lunchtime. Especially if you're new to 100 days of real food and trying to decide between her two cookbooks -- GET THIS ONE!

I might actually love this one more than the first, but I am not sure yet. I love that her recipes manage to be both delicious and healthy. My husband and I worked to cut out processed food, but sometimes find it difficult to make fast meals after work that we like and our toddler will eat. Her first cook book had some awesome ideas we not use all the time, as well as some treats. I received this one yesterday after pre-ordering and literally read it cover to cover after my kids went to bed! I already made the Oatmeal Applesauce pancakes, White Bean Chicken Chili is up tonight, and the cheesy pasta with peas (and maybe cauliflower) are on the menu for the weekend. I cannot stress enough how much I love these recipes - they are easy, fast, and the ingredient lists are simple. A little bit of prepping and chopping the night before or in the morning and dinners will be so easy. I have been able to plan the recipes so far around things I have in the house. Now I have my fingers crossed for the third book!!

LOOOOOOVE my new cookbook! Just got it today and already have scones, muffins, bundt cake, and egg salad lined up to be made. Did NOT disappoint! I couldn't put it down

Great simple and straightforward recipes. There is lots of useful information about nutrition and helpful tips and tables. I would highly recommend this to anyone wanting to cook more nutritiously. Lisa's friendly dialogue throughout the book portrays one of honesty. By the end of the book, you feel like you are one of her neighbors exchanging recipes!

Some great ways to critique food while in the supermarket are presented. The information and opinions presented within the pages is well worth the purchase price.

Another fab recipe book from Lisa Leake. A wonderful reminder to me and my family to eat clean, healthy food that tastes great. Some of the recipes are familiar but on the whole, many are brand new. I have tested a number of them out already and they don't disappoint - family is happy. I was concerned this book might be 'rushed' through but the quality of content is there. Thanks Lisa and family for keeping me and mine on point when it comes to family food!

I have Lisa Leake's first cookbook and it is my go to, so I ended up buying this one, too. I love how her recipes are healthy yet made with normal ingredients (not difficult to find) and her recipes always turn out well for me. I also love the tips she has on a lot of the pages!

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