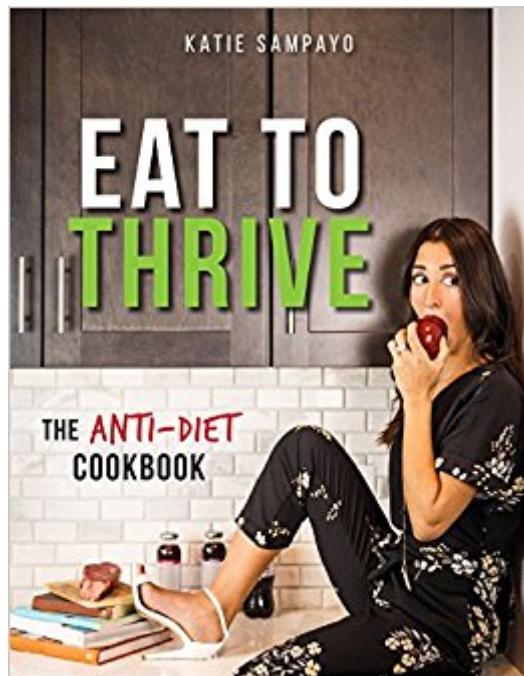


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# Eat To Thrive: The Anti-Diet Cookbook



## Synopsis

If you've ever tried a diet, and absolutely hated it, this book is for you. Katie explains in "no bullsh\*t" terms how to live a healthy and thriving life without ever following another diet fad again. No fluff. No big words you can't pronounce. This book gets straight to the point and explains everything you need to know about developing healthy eating habits that fit you and your lifestyle. From understanding what types of fats are healthy, to choosing the perfect protein powder, Katie spills all the must-know nutrition secrets in this book. Best of all, she DOESN'T tell you what to eat! Katie simply provides the necessary knowledge and tools so you can decide for yourself. To help, Katie provides 50 mouth-watering breakfast, lunch, dinner, dessert, and snack recipes. Each takes 30 minutes or less to make, and they are LOADED with flavor. Plus, each recipe contains complete nutrition information, full-page photos, pro tips, and fun facts to help make the cooking process fun and easy. Katie also provides vegetarian, pescatarian, gluten-free, and dairy-free options for each recipe. This book is NOT a cookie-cutter guide on how to magically drop 20 lbs. in a week. This is the no-nonsense, straight-talk guide to taking control of your body and your life.

## Book Information

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## Customer Reviews

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powder, Katie spills all the must-know nutrition secrets in this book. Best of all, she DOESN'T tell you what to eat! Katie simply provides the necessary knowledge and tools so you can decide for yourself. To help, Katie provides 50 mouth-watering breakfast, lunch, dinner, dessert, and snack recipes. Each takes 30 minutes or less to make, and they are LOADED with flavor. Plus, each recipe contains complete nutrition information, full-page photos, pro tips, and fun facts to help make the cooking process fun and easy. Katie also provides vegetarian, pescatarian, gluten-free, and dairy-free options for each recipe. This book is NOT a cookie-cutter guide on how to magically drop 20 lbs. in a week. This is the no-nonsense, straight-talk guide to taking control of your body and your life.

This book is life changing. I've tried a few "crash diets" like beach body and whole 30, but always felt that it was a struggle to meet all the diet restrictions... and then when it was over I was right back to old habits. Eat to Thrive has helped me change my mindset from the "crash and burn" diets to a healthy and manageable lifestyle 24/7. Time is also super important to me, so I love how simple and quick all the recipes are.

I am pleasantly surprised that a cookbook could actually be informative and fun at the same time. I have tried three recipes until now and WOW! healthy AND tastes excellent. Thank you for motivation as well. Looking forward to even more recipes in the future!!

A no nonsense guide to making healthy, FLAVORFUL meals that don't take all evening to make! Appreciate that the author doesn't compromise taste for fewer calories. Found it very helpful that she makes suggestions for substitutions in each recipe.

I truly enjoyed this book! It's to the point and full of information in order to eat right for your body. I've been looking for something just like this! People who know me know I love my food and this lets me do so. Also, I love the bit of spunk that's added. This author does not hold back and I love it!

Finally a cookbook that tells you what you need to know about the food you're putting in your body! Each chapter titled the "No BS Truth about (Fats, carbs, gluten, alcohol, etc.)" feels like you're getting off your couch and stepping into a personal motivation seminar that kicks your ass into gear on health and wellness. This book is great for anyone who wants to get serious about changing their daily habits to clean and healthy eating.

I'm into health and I exercise frequently, but I still struggle to eat healthy because I refuse to spend hours meal prepping or spend insane money on groceries. This book makes eating healthy 10x easier. The recipes have simple ingredients and they all take less than about thirty min. Just what I needed being so busy! She also explains complicated terms in a way that makes it easy to understand.

Katie's book Eat to Thrive really helped me understand the importance of balance. Feeling great and looking my best requires more than just completing the latest 'fad diet'. The author gives you the tools you need to understand the types of food you are putting into your body and she explains them in an informative and spunky style. Katie is able to take a complicated topic like macronutrients, and break it down in a simple, but conducive fashion.

I've finally found a book on nutrition that is easy to understand and full of fun and delicious recipes. I love knowing that if I have any question about what I am putting in my body, I can turn to this book as the perfect resource. Katie puts a fun spin on eating healthy and provides you will tons of knowledge and tips on healthy eating to incorporate in your every day life. Overall, great read!

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