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## Guy Gourmet: Great Chefs' Best Meals for a Lean & Healthy Body

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By Adina Steiman, Paul Kita

Rodale Incorporated. Hardback. Book Condition: new. BRAND NEW, Guy Gourmet: Great Chefs' Best Meals for a Lean & Healthy Body, Adina Steiman, Paul Kita, Man cannot live by bread alone. Women, neither. They need toast and steak, and tacos, wings and burgers, beef stew and pizza. They need to eat well but also to watch what they eat for the benefit of body and mind. Guy Gourmet provides home cooks with more than 200 recipes for guy meals that both satisfy the taste buds and deliver healthy nutrition for peak performance. Many of the recipes in the book are healthy makeovers of popular chefs' favorite creations. In addition to Thomas Keller, who writes the foreword, some of the well-known chefs who've contributed recipes include Seamus Mullen, Eric Ripert, Mark Vetri, and many others. Not only will readers get tons of great recipes, they'll also learn valuable lessons about eating healthier, cooking (and cleaning up) faster, cooking for a crowd, becoming a master of the barbeque grill, and pairing the right beers and wines with the food they make. Each chapter will feature a hodgepodge of factoids, informational quotes and tips like how to flip a flapjack, roll dough with a wine...



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### Reviews

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