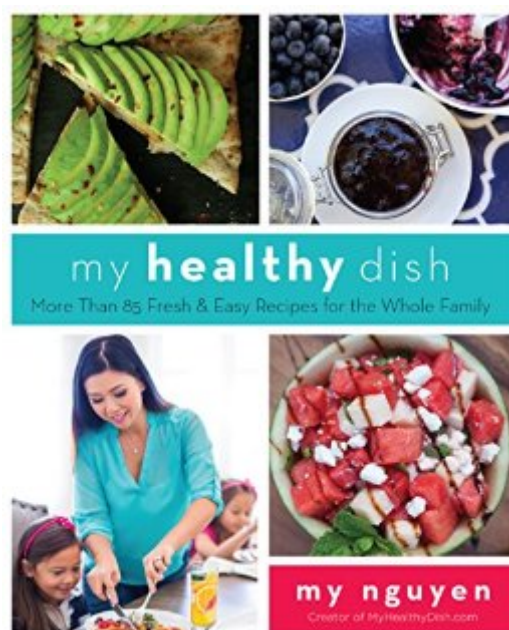


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# My Healthy Dish: More Than 85 Fresh & Easy Recipes For The Whole Family



## Synopsis

From the Creator of the Popular Food Blog My Healthy Dish, a Collection of Recipes for Everyone in the Family! In 2012, My Nguyen—a mother of two with a background in finance and dreams of becoming a dietitian—logged onto Instagram and started posting photos of meals she was making for her family on a regular basis. Her posts attracted more than 30,000 followers in four months, so she decided to give them more of what they were requesting via a blog titled My Healthy Dish. Two years later, she'd hit the one-million mark in followers and has never looked back! On her blog, My endorses the idea of a whole, healthy lifestyle while embracing a healthy diet. She posts recipes that are simple, delicious, and nutritious. Her approach of taking the dishes we already love and making them healthier with both beloved and new ingredients makes her recipes attractive to anyone looking to go back to the basics, cook more, and choose real foods over processed ones. In her first cookbook, My Healthy Dish, My presents more than eighty-five new recipes perfect for any family. These recipes are not only healthy, but also easy—great for the busy parent who may not have hours to devote to menu planning each week. Dishes such as stuffed blueberry pancakes, cauliflower tater tots, chicken tortilla soup, orange coconut cream smoothies, and peanut butter and jelly cookies are sure to please every type of eater. With tips related to quality over quantity and organic versus nonorganic, as well as notes on meal prepping and pages of stunning photos, home cooks will surely fall in love with this collection.

## Book Information

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## Customer Reviews

This is a fantastic cookbook. I've been actively working on all things related to my health and physical fitness with what I eat being a key component of that plan. The challenge has been to create some great healthy food for myself and the family especially when we are busy. I also purchased the Skinnytaste Cookbook which I also highly recommend but it's recipes are pretty elaborate and while I think I have some cooking skills, I'm challenged to bring some of these recipes to fruition. My's recipes are straightforward, simple and taste great. I especially love the slow cooker section that includes prepping freezer bags of ingredients that you can then freeze and make at a later date. Really well done pictures and some personal stories that you can easily relate to. I even like some of the tips included along with each recipe about general household stuff too. All in all if you are looking for a great, no gimmick healthy eating cookbook this is a great place to start.

Love it, Love it, Love it! I follow My on Instagram so I had high expectations. I can truly say she didn't disappoint! The recipes are simple and tasty and the illustrations are vivid, but I think my favorite page is where she tells what she keeps in her cabinet. I like to take the book to the grocery store with me for inspiration.

I love the recipes offered in this book. They are simple and easy to follow. The ingredients are not hard to find and My offers substitutions if one ingredient is not available. The book allows the author's personality to shine through. Such an inspiration as well.

This cookbook is wonderful. I am a busy working mom and I have often found it hard to balance healthy eating with my schedule. I have also found it difficult to know what ingredients are healthy. Add to this that I don't really enjoy cooking or am not great at it and you have a recipe for disaster in the kitchen. This book has helped me change that. The recipes don't overwhelm me. The ingredients are few, the directions are simple and straightforward, and the results are delicious. My kids are eating foods they never liked before and I am actually excited to make dinner. This is the perfect book, especially if you are trying to save time and energy. Great work My.

I'm so happy to finally be able to read something that will allow me to make changes not only for myself but for my family. My children love seeing the girls in the book and well as on youtube. They are SUPER STARS to them. When I see My Healthy dish I make sure to tell everyone how awesome you are. Of course everything is not for everyone, but you will most definitely have change the way people see things in life. If you have not had the chance to meet MY, you need to if you get the chance. She has definitely come a long way with sleepless nights and long, long days. I will most definitely recommend this book to all of my friends and family. Thank you My Love you lots!! GLORIA

I absolutely love this cookbook! I found all her recipes to be easy to follow and for everyone in the family. Pretty much every recipe has a picture and a little synopsis with information about every ingredient. This book is about eating 'real food', food that has only one-ingredient. I also love the conversion charts in the back of the book, the information on ALL the different cooking oils, and the slow-cooker section! My Nguyen is a very smart, talented lady that knows her way around a kitchen! I would Highly recommend you buy this book!!

Easy and very quick meals. I love how the ingredients are things that you already have at home and/or can be found in your local grocery stores. My husband and kids enjoyed the meals I've tried so far.

I got my copy of My's first cookbook: My Healthy Dish. This book contains more than 85 fresh & easy recipes for the whole family!! just read the first 11 pages and I feel so intrigued and in awe. My definitely captures your heart as she spills every detail onto these pages. I believe that we all can relate in some way shape or form and thats what most intriguing. Her contents in the cookbook includes: My Story (clever ^%o), A Day in the Life, So, What's Healthy?, What's in My Kitchen?, Recipes, Breakfast, Soups, Salads, & Sauces, Lunch & Dinner, Meal Prepping with Slow Cooker Dinners, Smoothies, Shakes, & Desserts. For someone like me who wants to eat healthy and prepare healthy meals for her family, this is a great book to have! My's recipes are not only healthy. They are simple, quick, and cost-effective!! Thank you mama for creating this book! I have to agree 110%- "The sad part is we are losing a bit of our family history with each generation. No longer are we passing down grandma's homemade pot roast recipe; all we're passing down to our children are stacks of take-out menus and re-heating instructions. (Not to mention obesity, diabetes, high

cholesterol, and a shorter life expectancy.)" In order to fix these problems, we need to take the time to realize that there is really a severeness to what we consume and what we allow our kids to consume. If you want to make the necessary changes and don't know where to start in the kitchen, I encourage you all to purchase this book and start hereâ••¶Ĵ•.

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