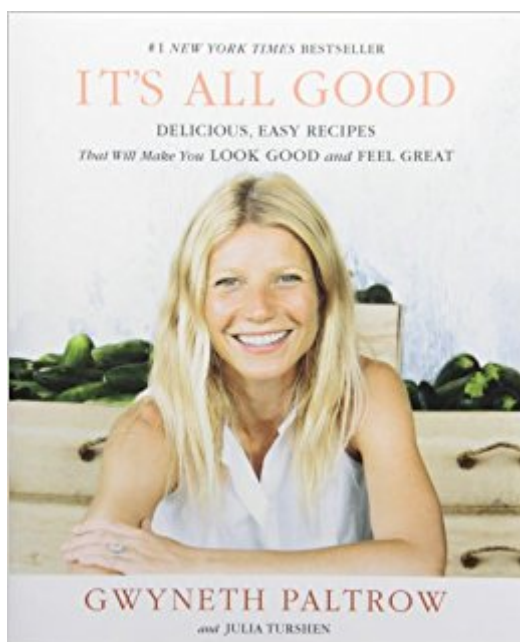




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# IT'S ALL GOOD: Delicious, Easy Recipes That Will Make You Look Good And Feel Great



## Synopsis

Gwyneth Paltrow, Academy-Award winning actress and bestselling cookbook author, returns with recipes for the foods she eats when she wants to lose weight, look good, and feel more energetic. Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all! An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in IT'S ALL GOOD, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Hummus Tartine with Scallion-Mint Pesto, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana "Ice Cream," and more!

## Book Information

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## Customer Reviews

Gwyneth Paltrow is an Oscar Award-winning actor and author of the New York Times bestselling cookbooks *My Father's Daughter* and *It's All Good*. She is founder of the website Goop, which covers food, fashion, fitness, and travel. Paltrow is an actress, businesswoman, and mother who lives in Los Angeles.

This book is loaded with terrific healthy recipes, including some good vegetarian ones. Also, many delicious vegetable side dishes. The book really emphasizes recipes to make vegetables delicious, including recipes children will like. I got this book first from our library and liked it so much I ordered my own copy.

I'll admit I was skeptical when I got this. However, I have now made five of the dishes from this book and each one has been better than the last: the Spicy Brussels Sprouts (yummy), the Risotto with Peas and Greens (very creamy despite using no dairy), the Chickpea and Tuna Salad (fresh and delicious), the Turkey Meatballs (savory), and the Crazy Good Fish Tacos (amazing). What I love about these dishes, besides the fact that they are very clean, is that they are very easy to modify. For example, the Chickpea and Tuna salad calls for arugula, and we didn't have any in the fridge, so I substituted spinach. Delicious. And the Spicy Brussels Sprouts-- Gwyneth's recipe calls for fish sauce, which my husband hates. So I left it out. No problem, still yummy. I also tried adding pine nuts to the risotto, and it was excellent. So instead of using this book verbatim, I'm using it more as a guideline of how to combine ingredients in new and creative ways. It's working for my husband and me. The only downside of this book is that the descriptions of the dishes are pretty pretentious (e.g. she calls arborio rice a "beautiful grain", but it's tolerable as long as the food comes out well). I'm posting photos of the fish tacos, and the garbanzo/tuna salad and also risotto and peas.

I totally get that people can like or dislike whoever they want (hello JLo... no reason too, just don't like her... ) and that's fine. Having our own opinions is fun and if you hate this cookbook because you hate her... I totes get it. I personally have no real opinion of her at all. She doesn't bother me nor she does she interest me. I love the Iron Man movies but I also hate most of her romantic comedies (I don't like most romantic comedies to be fair). So my review is only of the cookbook. I picked up this book only because I heard the recipes might work for me. I eat a semi-paleo diet thanks to being diagnosed with Crohn's disease. I gave up most grains, dairy, soy, all sugar, anything processed and most beans in an attempt to stop my condition from getting worse. I was staring at a possible removal of 2-3 ft of my intestines right before my son started kindergarten and I wasn't interested in missing his first day of school so I could eat only liquids in a hospital room. I'm also the daughter of a chef and restaurateurs so not being able to eat food I love was not going to work for me. I want to not be sick but I also want to be a human and eat things like cake and cookies. I grabbed this book because I love to mix up and get inspired by ideas for myself and my

family. Simply put, the recipes are good. Everything I've made has been great and it has allowed me ideas to make variations of my own to keep our lunches and dinner varied and interesting. The pictures are awesome and for me, I like to see the food when I'm reading the recipe, call it colors-by-number cooking but it can turn a recipe that sounds 'eh...' into a 'must make'. I read people all bent out of shape about the 'hard boiled egg' recipe but so what? Cookbooks are made for those who have no idea what oregano is all the way to culinary school grads... they cover a gamut of readership and one recipe that feels ostracizing can simply be skipped. Anyhow I've been asked how to boil an egg before (many people don't know how long to get a fully cooked yoke or a slightly raw yolk... that's a fair query). Many cookbooks talk about how to cut veggies and so be it... some people don't know the difference between a mince and a dice or a julienne. I'm not going to bash the teacher or those who don't know those things. If I don't like or need something in a cookbook, I have the ability to turn the page and move on. Fresh ideas for food, encouraging people to eat locally and naturally are good things and this book mostly has recipes that I think are practical for people to make. Every cookbook I own has a handful of recipes that fall into the 'oh yeah... I'm not going to make that...' category, normally due to the level of prep and this book is no exception. The salmon burgers are amazing but I didn't freeze and then shove salmon into my food processor. I bought wild caught canned salmon and modified the recipe to suit and guess what, it was awesome. Also the salt roasted fish was a little more than I was willing to do but my local Whole Foods sells amazing fish and they easily prepped the fish for me so the rest was easier than I thought. I'm lucky that I live in an area where all these ingredients are readily available even at my local grocery store, but luckily with , most of the dry ingredients can be available to anyone (hello I buy my almond flour and coconut flour from ... its way cheaper). I also a lucky enough to be able to devote a lot of time to cooking at home, something I know most people don't have but what I appreciate about this cookbook is most of the recipes are easy and don't have a page long list of ingredients. It uses canned beans or canned tuna to make some recipes extra easy. Some of these recipes are out of reach for me because I don't eat corn (often... its hard to pass on roasted corn if someone has made it) and I very rarely eat beans but if I ever found a cookbook in which I liked every recipe I'm pretty sure I'd be in alternate or faux-Matrix like reality because it's just not possible. The reason I gave 4 stars instead of five is because the book does call for ingredients that are both expensive and at times hard to find. Like I said, I live in an area where everything is easy to find but I'm from Ohio originally and I know finding xantham gum powder or xylitol at my local Kroger's would be a stretch. I'm half-Asian so most of the things she asks for are a given and I keep already but I can imagine for someone with little knowledge of Asian cooking finding fish sauce or kimchee and

sriracha is a challenge. Stocking your pantry with raw honey, almond flour, enough natural oils, coconut oil, raw cocoa powder and all these other things is really pricey. When I first began eating this way I was worried about how much money I was spending just stocking up on basics but what I can say is after awhile, you save money. I no longer buy cereals, goldfish crackers, cookies or random snacks for my family and I quickly realized, cutting out the processed foods cut my grocery bill even though I was buying more organic, free range meats and local produce. I didn't read any of the text outside of the recipes so I can't comment on them. But as far as the recipes, I think this is great book.

I have her other cookbook, It's All Easy, which I also frequently use. Both are great resources with easy, healthful, tasty recipes that don't require a lot of expensive or hard to find ingredients (unless you live in the boondocks). I have made nearly every single recipe in both books.

Do you have food allergies? Are you discouraged with time-consuming recipes that yield inedible meals? After 2 years of struggling to accommodate a gluten-free, dairy-free diet, I discovered this wonderful book. I've used the book for 2 months and haven't hit a bad recipe yet. What is equally delightful is the rekindled joy I have in the kitchen. I had been so frustrated before...it is a bummer to prepare food for hours only to end up with an unpalatable meal that you can barely get down. This book is the exact opposite! Here you will find recipes that are not overly complex yet yield sophisticated, well-balanced, fresh flavors. The only downside of the book is that you may have a hard time not eating too many helpings of what you have just cooked.

Great book for the modern busy and healthy lifestyle.

I sat down to flip through this cookbook this summer when a friend brought it to my house and wound up reading it cover to cover. It's a beautiful book, a fun read, and I was interested (but skeptical) in recipes that didn't use gluten/dairy/soy/sugar, etc. We have a healthy diet, but I couldn't imagine so many recipes that would work on an "elimination diet" would taste any good. And I'm so happy to be wrong! I ordered the book asap, and have been cooking my way through it. The recipes are easy to follow and so, so good. The food tastes amazing, we haven't tried a bad recipe yet. I've never understood why so many people have mean things to say about Gwyneth Paltrow, she seems like a lovely person, a great mom, and a great cook. We love the book and love making such healthy food for our girls, who love the food too! Highly recommended.

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