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

Adina Steiman, Paul Kita, Editors of Men's Health

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Man cannot live on bread alone. He also needs chili and steak, tacos and jambalaya, barbecued ribs and burgers. But what about keeping body and mind in top-notch condition? How do you satisfy your appetite *and* stay lean and healthy?

From Adina Steiman, the food and nutrition editor of *Men's Health*, and Paul Kita, who oversees the *Guy Gourmet* blog on *MensHealth.com*, comes **GUY GOURMET: Great Chefs' Amazing Meals for a Lean & Healthy Body**, the ultimate guide to crafting easy, delicious meals at home.

GUY GOURMET, the first-ever cookbook from *Men's Health* magazine, features more than 150 healthy, delicious recipes, many from the best chefs in the nation - including Thomas Keller, Rick Bayless, Kenny Callaghan, Tyler Florence, Adam Perry Lang, Chris Lilly, Anita Lo, Masaharu Morimoto, Seamus Mullen, Eric Ripert, John Stage and Marcus Samuelsson.

Written for seasoned cooks and beginners alike, **GUY GOURMET** satisfies readers' hunger with nutrient-packed, soul-satisfying dishes like Steak au Poivre with Roast Potatoes, Crab Cakes, Grilled Fish Tacos with Chipotle Crema, Backyard Baby Back Ribs and more.

Highlights of **GUY GOURMET** include:

- **Fast Weeknight Meals**: Instead of takeout, try these fast, protein-packed, delicious dinners
- **Cooking for a Crowd**: Round up the crew for big-batch meals designed to feed the masses
- **Celebration Meals**: Craft holiday meals that won't wipe out or weigh down readers (or their guests)
- **A Guide to Imbibing**: Pair the right beers and wines with food; make cocktails a breeze and more
- **Date Night Meals**: Impress her with failsafe recipes and chef-worthy tricks
- **How to Master the Grill**: Learn all the skills you need to become a backyard grilling champ

In addition to tons of great recipes and cooking techniques, the 320-page manual packs in all the basics on essential cooking equipment and tools, tips on stocking a pantry, organizing a fridge, and more. And throughout, quick kitchen tricks on how to flip a flapjack, roll dough with a wine bottle, and zest a lime will transform any hungry guy into a confident home cook.

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Carlos Pollard:

In this period of time globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. Typically the book that recommended to you is Guy Gourmet: Great Chefs' Best Meals for a Lean & Healthy Body this reserve consist a lot of the information in the condition of this world now. This specific book was represented so why is the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book suitable all of you.

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