

The Dude Diet Clean Ish Food For People Who Like To Eat Dirty

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The Dude Diet Clean Ish

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The Dude Diet: Clean (ish) Food for People Who Like to Eat Dirty. From chef and creator of the popular food blog Domesticate-Me.com, 125 outrageously delicious yet deceptively healthy recipes for dudes (and the people who love them), accompanied by beautiful full-color photography. Dudes.

The Dude Diet: Clean(ish) Food for People Who Like to Eat ...

The Dude Diet also demystifies the basics of nutrition, empowering men to make better decisions whether they're eating out or cooking at home. Better still, each recipe is 100% idiot-proof and requires only easily accessible ingredients and tools.

The Dude Diet: Clean(ish) Food for People Who Like to Eat ...

The author of The Dude Diet is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic The Dude Diet, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula.

The Dude Diet Dinnertime: 125 Clean(ish) Recipes for ...

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The Dude Diet - Easy, Healthy, Recipe Cookbook ...

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Praise For The Dude Diet: Clean(ish) Food for People Who Like to Eat Dirty.... "Whether you're looking to drop serious weight or you simply want to eat awesome food without feeling like crap, The Dude Diet has your back."

The Dude Diet: Clean(ish) Food for People Who Like to Eat ...

Dude Diet: Volume number 1. The Dude Diet Clean(ish) Food for People Who Like to Eat Dirty. by Serena Wolf. On Sale: 10/25/2016

The Dude Diet - Serena Wolf - Hardcover

Another comical cook book addition. The Dude Diet: Clean (ish) Food for People Who like to Eat Dirty, is both a recipe-packed cook book and a pretty amusing read.

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The Dude Diet Dinnertime on Apple Books

The Dude Diet: Buffalo Chicken Quinoa Bake (and BIG NEWS!) - Domesticate ME. Buffalo chicken, veggies, quinoa, two cheeses, and lightened up ranch dressing create flavor fireworks in this healthy (ish) whole-grain casserole. The best thick crust oven pizza recipe.