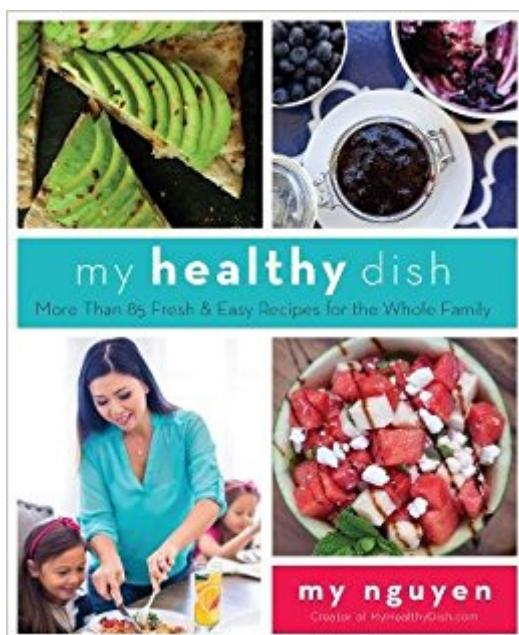


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# My Healthy Dish: More Than 85 Fresh & Easy Recipes For The Whole Family



## 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

From an Instagram blog on healthy eating comes a very interesting collection of recipes

intended for all kinds of audiences. Though Vietnam-born Nguyen has no nutritional credentials, she compensates by providing a shopping basket full of tips, notes, and easy-to-emulate dishes. What's more, she's refreshingly forthright about her lifestyle philosophy and her own encounters with food. Readers will be drawn into her life almost instantly as she begins the book with a preface chronicling a day in her life. The book's real guts are in the recipe pages. All are fairly quick to make in an oven, on the stovetop, in a slow cooker, or via the refrigerator, and although there are no calorie counts, 'healthy' is the key word here, showcased in recipes for carrot leek soup, stuffed quinoa bell peppers, and turkey sloppy joes. Notes, such as 'don't store tomatoes in the refrigerator because they'll get mealy and mushy,' accompany almost every recipe. Nguyen is a great spokeswoman for everything in moderation. • Booklist "My's recipes are mouth-watering, beautiful, and so nourishing for your body! She knows what it takes to make cooking easy and healthy for anyone with a busy schedule. So, no excuses!" Cassey Ho, creator of POP Pilates "This book makes it seem so simple; eating healthy for the entire family. After reading, anyone can make delicious and nutritious meals that their family will love!" Kelly Plowe, MS, RD, CSSD, Livestrong.com dietitian and nutrition expert "My Healthy Dish is my go-to resource for simple meal recipes that my entire family loves. I love how flavorful and quick the recipes are. Not only are the ingredients easy to find at my local grocery store, but this book makes healthy eating a part of my everyday lifestyle." Jadah Sellner, author and cofounder of Simple Green Smoothies "My Healthy Dish brings cookable recipes for the busy but health-conscious mom. The ingredients are often what you already have in your pantry, the directions are simple, and the entire family enjoys it. Finally, an easy cookbook for an everyday working family." Maria Kang, founder of No Excuse Mom and author of The No More Excuses Diet

My Nguyen graduated from California State University with a degree in communications, but she learned about cooking and food styling while working in her family's restaurant. Though the restaurant closed, she has maintained that knowledge, applying it to her popular Instagram account and corresponding blog, My Healthy Dish, which now have more than one million followers and subscribers. My, her husband, and her twin daughters reside in California. Follow My on Instagram @myhealthydish\_

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.

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 have been following My's website/blog for a few years now. I have made numerous recipes off her website and loved them all. When I heard she was publishing her cookbook I just had to have it and she did not disappoint. Simple easy to make recipes!

Amazing and easy recipes. If you're serious about making a change, then you should buy this book. The investment is worth it, I honestly think for all the work she has put into this book, and the amazing/easy recipes, she should be charging much more for it. I'm a huge fan and Instagram follower. Thank You for the amazing recipes. I LOVE the book!

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 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.

I was so excited to receive the book, however, the pages in the book binded upside down when I opened the front cover to being the last page. Not sure if it was a print error but instead covered it up with the paper cover. Basically the hard cover was either put on the wrong way or the pages were binded the wrong way. Overall the pages were in color and pictures too which is great but disappointed the fact it wasn't put together correct.

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