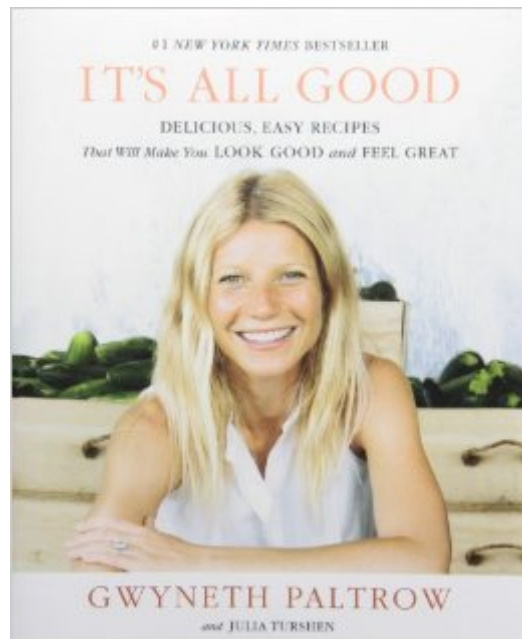


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# IT'S ALL GOOD: Delicious, Easy Recipes That Will Make You Look Good And Feel Great



## 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

I'm torn on how to write this review. On one hand, no one can argue the benefits of a clean diet, both physically and mentally, and the recipes in this book are overall healthful. On the other hand, it briefly made me wonder if we colonized Mars while I was asleep and made Gwyneth Paltrow the Planetary President... I'll explain. I eat a clean diet and have to cook without gluten, tree nuts, and

soy due to varying dietary issues in my family. So, I'm always looking for new recipes and I was excited for this book's release. But for disclosure, I admit to rolling my eyes when I saw the author was GP. Isn't this the same person who has sworn by macrobiotic diets, then raw diets, then juicing fasts, and those acupuncture and cupping procedures? And didn't she just write a different clean diet cookbook recently? But, I figured maybe she learned a few things and if the book provided some good recipes, then why not try it? So, I did. I will try to keep my eye rolls separate from the contents of the book, but it may get tricky. And with 35 of 80some photos in this COOKbook being of her and not food (that's nearly half, math wizard!), Ms. Paltrow doesn't make it easy. First, the misinformation/contradictions: Gwyneth decided that her kids, husband, and herself are intolerant to gluten, dairy, and chicken when her doctor put her on an elimination diet to clear out her system after she mistook a migraine for dying. (No, really.) I thought she was already eating this way, according to her past diets, but she calls her "overindulgence" a "lapse" in her healthy lifestyle sparking health problems that made her adopt this new diet. Call me skeptical, but it just comes across as someone just riding the newest diet wave.

I'm delighted that this cookbook is so highly rated on , because it deserves it. When I have given this book an enthusiastic recommendation in the real world, I'm usually met with an incredulous look. It's All Good is beautifully styled and photographed, and the recipes are well written (well, sort of dorkily-written, but I just opened my review with the word "delighted," so, you know...). Frankly, I don't see what there is to dislike about it. I suspect that the poor ratings come primarily from people who dislike Gwyneth Paltrow the Public Persona, which is ridiculous; there is a lot to be outraged about in the world, so directing your vitriol to some actress who writes cookbooks in her spare time borders on the absurd. (Can we digress for a tiny second? Let's just take a brief retrospective of Paltrow's life: she was born to and raised by Blythe Danner; then she grew up, dated Brad Pitt, and finally settled down with the singer for one of the highest-grossing bands in the English-speaking world. And now normal people bemoan the fact that she's unrelatable. With that biography, I'm surprised that the entirety of this book isn't just an advocacy for eating caviar smeared on shaved black truffle as you bathe in a tub of La Mer. I wouldn't even call myself a Paltrow fan--my opinion of her is pretty much limited to, "Oh, isn't she pretty?"--but I think it's adorable that she basically wrote a cookbook showing us how she [or her personal chef] cooks her vegetables.) More important than the presentation of the book itself are the recipes contained therein, and they are GOOD; all of them fall somewhere on the spectrum between "Hey, this is pretty tasty," and "OMG IN MY MOUTH WHAT IS THIS AMAZING THING?".

This review is based on having made 7 recipes (so far) from her book. All of them were delicious and I plan on cooking them again soon-- signs of successful recipes. Lentil Salad with Mustard + Tomatoes: Grade: A+. This took about 30 mins in total to make and it tasted fantastic. My husband and I ate this as the main entree with a side of sage-chicken sausage. We were in heaven.

(Omitted: italian parsley, because I didn't have any on hand. Also, used less oil than written but I do this with all recipes). UPDATE: Served this at a group bbq and it was hit--lots of compliments on how delicious it was, several wanted a copy of the recipe from me. :) Black rice with fresh coconut: Grade: A. This took about an hour to make-- the bulk of that was waiting for the black rice to cook (it does need an hour!) and then stirring everything else in. I used canned young coconut juice-- it really is delicious with the nutty flavors of the black rice. I'm never cooking black rice with plain water again. The lime added a refreshing quality. I wasn't 100% sold on the peas with these flavors, I think I'll try steamed carrots instead next time. Note: 2 cups of coconut juice wasn't enough liquid, I did need to add about 1 cup more water during the cooking process. This might vary per stove-top setup, just make sure to keep an eye on it and if the water has evaporated too early keep adding the water. The final texture should be slightly chewy (al dente) and not crunchy (this means you didn't use enough water). White Bean Puree with Turnip + Roasted Garlic: Grade: A+ (with modifications). I have an allergy to potatoes and have been missing mashed potatoes so I was really happy to see this in the book.

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