



# Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food

*Michael S. Fenster*

Download now

[Click here](#) if your download doesn't start automatically

# Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food

*Michael S. Fenster*

## **Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food** Michael S. Fenster

Everyone loves to eat. And everyone wants to be healthy. But how do we navigate between today's extremes—between those offering us gastronomic gluttony and the siren song of convenient junk food and those preaching salvation only through deprivation and boring food choices? Dr. Michael Fenster draws upon his expertise and training as an interventional cardiologist and as a chef to forge a path through this wilderness to offer readers a middle path that endorses both fine dining and health eating. As a chef and foodie, and someone who has battled the bulge himself, he knows that if the food doesn't taste great, no one will sustain any program for a lifetime.

Here, Dr. Mike introduces the idea of becoming a Grassroots Gourmet. Being a Grassroots Gourmet is all about using fresh, wholesome ingredients, from local sources when you can get them. It is about the judicious use of salt, sugars, and fat to create wonderfully appealing and tasty, restaurant-worthy dishes. You do not need to be a trained chef; a few simple techniques, described here, go along way. As a physician, chef, and martial arts expert, Fenster combines knowledge from all three fields to present a cooking and dining program that recognizes our desire to eat great food without gaining weight and without sacrificing our health along the way. Revealing the latest data on previously forbidden foods like red meat and foie gras, Dr. Mike describes why these can be delicious AND healthy choices. He guides the reader step by step through a philosophy of eating and living that is sustainable and enjoyable once the commitment is made, and offers original, kitchen-tested recipes, and information about various food choices.

Recipes include:

- Oven Roasted Mushroom Stuffed Quail with Blueberry Chimichuri
- Chicken Yakitori
- Saffron Risotto with Mushrooms, Peas, and Pearl Onions
- French Omelet with Truffle Butter and Brie
- Butternut Squash Ravioli with Sage Brown Butter
- Porcini Mushroom and Artichoke Heart Ragu
- Grilled Pork Loin Margarita
- Blood Orange Curry Sauce

 [Download Eating Well, Living Better: The Grassroots Gourmet ...pdf](#)

 [Read Online Eating Well, Living Better: The Grassroots Gourn ...pdf](#)

## **Download and Read Free Online Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food Michael S. Fenster**

---

### **From reader reviews:**

#### **Mary Deleon:**

As people who live in typically the modest era should be upgrade about what going on or data even knowledge to make these keep up with the era which is always change and make progress. Some of you maybe may update themselves by examining books. It is a good choice to suit your needs but the problems coming to you actually is you don't know which one you should start with. This Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food is our recommendation to help you keep up with the world. Why, because book serves what you want and want in this era.

#### **Willard Edwards:**

People live in this new morning of lifestyle always aim to and must have the time or they will get wide range of stress from both daily life and work. So , if we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we ask again, what kind of activity are there when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, the actual book you have read will be Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food.

#### **Dianne Janelle:**

That e-book can make you to feel relax. This particular book Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food was colourful and of course has pictures around. As we know that book Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food has many kinds or category. Start from kids until youngsters. For example Naruto or Investigation company Conan you can read and think that you are the character on there. Therefore , not at all of book tend to be make you bored, any it offers up you feel happy, fun and rest. Try to choose the best book for yourself and try to like reading that will.

#### **William Holmes:**

A lot of book has printed but it differs from the others. You can get it by world wide web on social media. You can choose the best book for you, science, amusing, novel, or whatever by means of searching from it. It is named of book Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food. Contain your knowledge by it. Without leaving behind the printed book, it may add your knowledge and make anyone happier to read. It is most important that, you must aware about e-book. It can bring you from one destination to other place.

**Download and Read Online Eating Well, Living Better: The  
Grassroots Gourmet Guide to Good Health and Great Food Michael  
S. Fenster #3YNUI2O1EK4**

## **Read Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster for online ebook**

Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster books to read online.

### **Online Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster ebook PDF download**

**Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster Doc**

**Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster Mobipocket**

**Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food by Michael S. Fenster EPub**