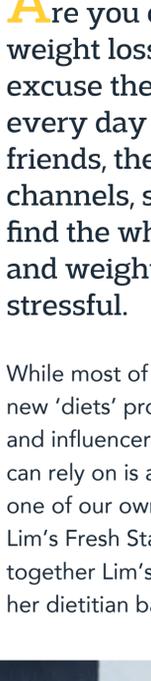


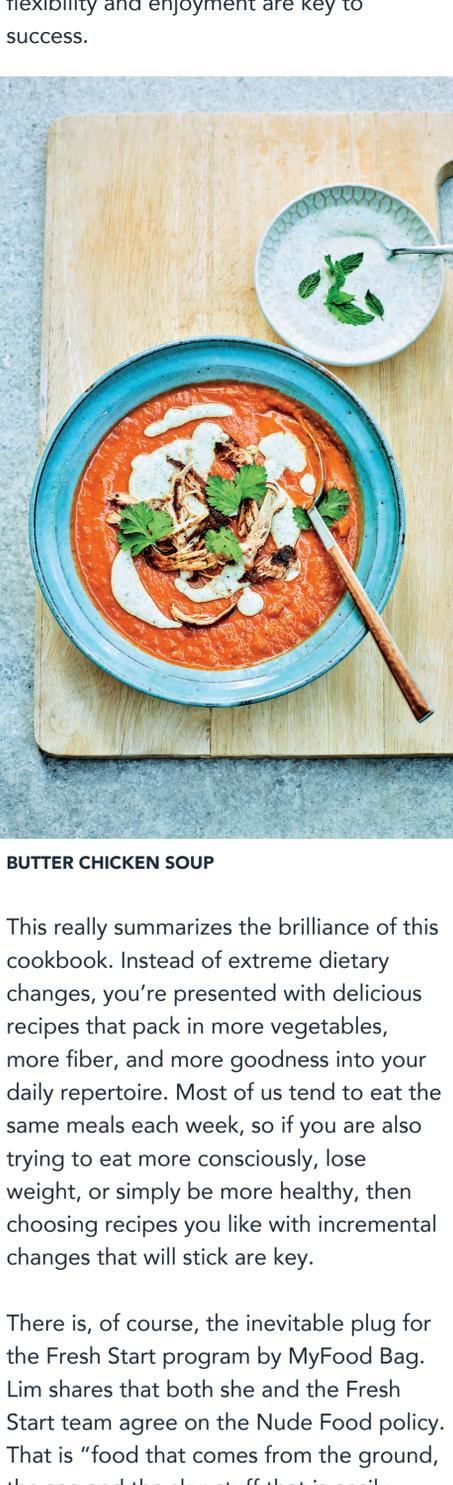
Nadia Lim's Fresh Start Cookbook



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Are you confused about weight loss? We consume – excuse the pun - diet messages every day from well-meaning friends, the media and social channels, so it's no wonder we find the whole topic of nutrition and weight loss confusing and stressful.

While most of us can't keep up with all the new 'diets' promoted by health experts and influencers around the world, what we can rely on is a good healthy cookbook by one of our own. To save the day Nadia Lim's Fresh Start Cookbook brings together Lim's food philosophy, along with her dietitian based expertise.



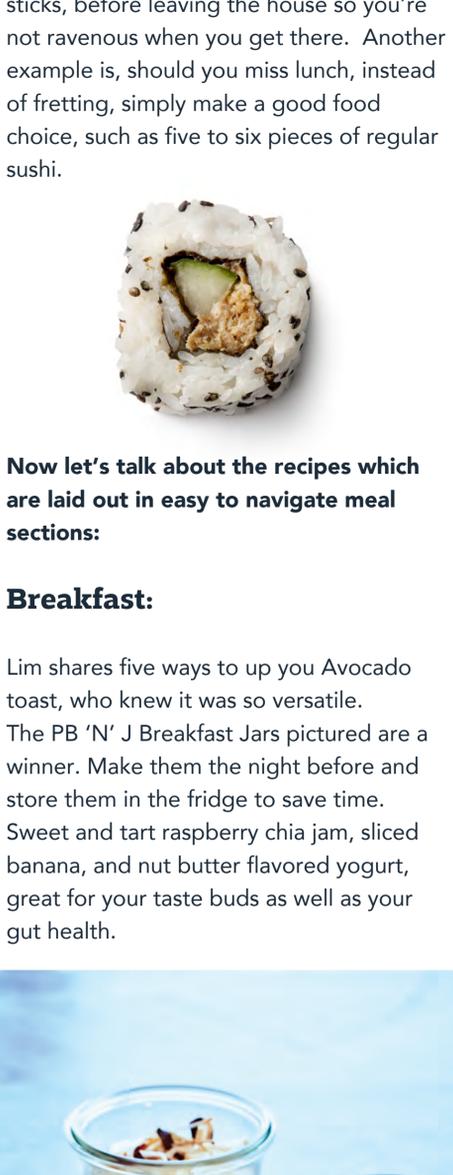
NADIA LIM



The book has a strong kiwi vibe showing Lim in several summer outdoor locations, and is unpretentious with its attractive food photography. It is also attractively produced in the slick marketing of My Food Bag.

It's a relief in the introduction to read Lim share "The only tired-and-true way that continuously works, without fail, is really quite simple Nude Food." What she's implying is we should ignore fad diets and marketing hype, and focus on real food that has no, or minimal, processing while listening to our bodies.

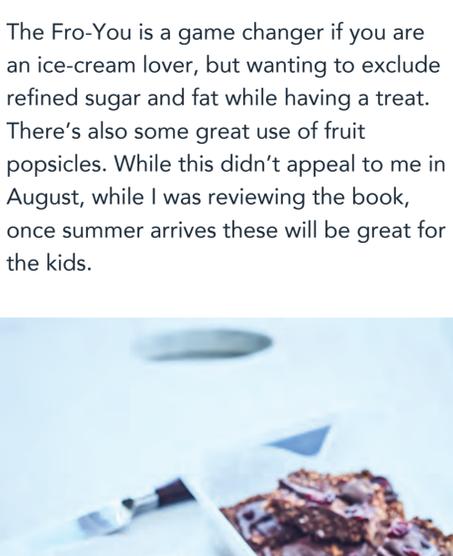
The reason she believes most diets fail is also shared with readers; If you hate doing something and aren't enjoying the process - in this case the food - then it won't be sustainable. She also shares that if a diet doesn't fit into your lifestyle, or isn't tasty, then it won't work. Lim points out that flexibility and enjoyment are key to success.



BUTTER CHICKEN SOUP

This really summarizes the brilliance of this cookbook. Instead of extreme dietary changes, you're presented with delicious recipes that pack in more vegetables, more fiber, and more goodness into your daily repertoire. Most of us tend to eat the same meals each week, so if you are also trying to eat more consciously, lose weight, or simply be more healthy, then choosing recipes you like with incremental changes that will stick are key.

There is, of course, the inevitable plug for the Fresh Start program by MyFood Bag. Lim shares that both she and the Fresh Start team agree on the Nude Food policy. That is "food that comes from the ground, the sea and the sky; stuff that is easily recognisable from nature, that has been minimally processed. Go for food that is nutrient-dense, offering your body lots of useful nutrients, vitamins and minerals."



Food Groups Section:

Here you'll find a list of the major food groups including Carbohydrates, Vegetables, Fruit, Lean Protein, Healthy Fats, Dairy, Drinks and Treats. Also included are instructions on how to put together a 1,200 calorie per day food plan. Lim shares information on portion sizes and how, along with moderate exercise, this can result in weight loss.

fresh start, feel good!

There are a couple of eating plans examples, and an explanation on how to choose from the food groups, and use snacks and fruit in your daily intake. You do get the impression Lim would prefer you sign up to the Fresh Start Food Bag, which let's face it, at \$220 per week is not an option for everyone.

The A-Z of being your best

This handy section provides good tips on A (Absorption) through to Z (Zinc). It's a little light on details but introduces the reader to some important topics that can be researched further.

One handy tip she shares is on 'Dining Out'. She advises readers to check out the menu online, and to snack on vegetable sticks, before leaving the house so you're not ravenous when you get there. Another example is, should you miss lunch, instead of fretting, simply make a good food choice, such as five to six pieces of regular sushi.

Now let's talk about the recipes which are laid out in easy to navigate meal sections:

Breakfast:

Lim shares five ways to up you Avocado toast, who knew it was so versatile. The PB 'N' J Breakfast Jars pictured are a winner. Make them the night before and store them in the fridge to save time. Sweet and tart raspberry chia jam, sliced banana, and nut butter flavored yogurt, great for your taste buds as well as your gut health.

PB 'N' J BREAKFAST JARS

Soups + salads + lunch boxes:

The Butter Chicken Dairy Free Soup pictured is divine, and a healthier choice. Sushi with Quinoa is a tasty new take on sushi that keeps you feeling fuller, for longer.

Fast dinners:

Some of the recipes require a long list of ingredients, and fresh herbs, so planning is key if you want the full flavor and experience.

Comfort food:

This is the best section in my opinion. The Chicken Nuggets are delicious, but were a little dry without the (homemade) tomato sauce. The Macaroni Cheese uses cauliflower as a "cheese" sauce – but relax it does have cheese! It's an innovative way to deliver more vegetables into your families diet, while providing that saucy comfort food feel. Perfect for a winter night in front of the fire.

Smoothies + snacks, sides and extras and sweets:

The Fro-You is a game changer if you are an ice-cream lover, but wanting to exclude refined sugar and fat while having a treat. There's also some great use of fruit popsicles. While this didn't appeal to me in August, while I was reviewing the book, once summer arrives these will be great for the kids.

BLACK FOREST BLISS BITES

Get your chocolate hit with these Blackforest Bars and combination of dates and nuts topped with chocolate and dried cranberries or cherries.

The sweets section has some excellent, refined sugar-free options, but remember these are a once a week treat if your goal is weight loss.

Should you read this book?

Overall, Nadia Lim's Fresh Start Cookbook has over 300 great recipes that infuse flavor, a variety of low GI (Glycemic Index) carbohydrates, and an abundance of vegetables to make tasty and interesting meals the whole family will love. The cookbook also has a cover with inside flaps, and a ribbon, to use to bookmark your favourite recipes.

Purchase Nadia Lim's Fresh Start Cookbook from Lim's website nadialim.com for \$49 plus postage.